

# Totnes 10K Course Records

(after the course changed in 2022)

Please note that all course records are done on gun time and not chip time

Category	Name	Club	Time	Year
<b>Male Course Record</b>	<b>Tom Merson</b>	<b>Exmouth Harriers</b>	<b>38:26</b>	<b>2022</b>
Junior Male (under 18)	Mathew Gilvear	Erme Valley Harriers	41:08	2023
MV40	Ronnie Haynes	Erme Valley Harriers	42:42	2023
MV45	Lee Turner	Torbay Tri Club	41:17	2022
MV50	Ceri Rees		40:02	2023
MV55	Peter Monaghan		44:37	2023
MV60	Ian Hayward	Torbay AC	50:51	2022
MV65	Michael Cork	Plymouth Coasters	57:32	2023
MV70	Allan Herdman	Tavistock AC	54:52	2023
<b>Female Course Record</b>	<b>Katie Synge-Curtis</b>	<b>Royal Navy AC</b>	<b>44:47</b>	<b>2023</b>
Junior Female (Under 18)	Charlotte Walker	Tavistock AC	46:54	2023
FV40	Ami Peyton Jones	Plymouth Harriers	55:14	2022
FV45	Heather Eve	Torbay AC	52:04	2023
FV50	Jo Pearce	SWRR	53:31	2022
FV55	Sharon Daw	East Cornwall Harriers	53:17	2022
FV60	Cathy Newman	Exmouth Harriers	49:55	2022
FV65	Eleanor Wood	Axe Valley Runners	53:30	2022

New M/F course records receives £100 cash, and any new vet course records receives £25 cash.  
Set them both and you'll get £125.

As with all Teignbridge Trotter races, one person **can** win more than one prize.