

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
Male Course Record	Tom Merson	Exmouth Harriers	38:26	2022
Junior Male (under 18)	Mathew Gilvear	Erme Valley Harriers	41:08	2023
MV40	Joel Heatley	SWRR	41:21	2024
MV45	Lee Turner	Torbay Tri Club	41:17	2022
MV50	Ceri Rees		38:39	2024
MV55	Graham Bale	Plymstock Road Runners	43:22	2024
MV60	Richard Smith	Torbay Tri Club	47:26	2024
MV65	Hugh Marsden	Exmouth Harriers	53:53	2024
MV70	John Shapland	Bideford AAC	51:12	2024
Female Course Record	Louise Flynn	Les Croupiers RC	44:14	2024
Junior Female (Under 18)	Charlotte Walker	Tavistock AC	46:54	2023
FV40	Louise Flynn	Les Croupiers RC	44:14	2024
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
FV70	Lesley Nesbitt	Yeovil Town RRC	74:21	2024

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.