

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 | Ronnie Haynes | Erme Valley Runners | 39:49 | 2025 |
| MV45 | James Baker | Chichester Runners & AC | 39:22 | 2025 |
| MV50 | Ceri Rees | | 38:39 | 2024 |
| MV55 | Graham Bale | Plymstock Road Runners | 43:22 | 2024 |
| MV60 | Graham Bale | Plymstock Road Runners | 44:28 | 2025 |
| MV65 | Hal Pawson | | 49:00 | 2025 |
| MV70 | John Shapland | Bideford AAC | 51:12 | 2024 |
| Female Course Record | Rebecca Ezra-Ham | Tamar Trotters | 43:00 | 2025 |
| Junior Female (Under 18) | Tara Ferguson | Windsor Slough Eton & Hounslow AC | 44:20 | 2025 |
| FV40 | Louise Flynn | Les Croupiers RC | 44:14 | 2024 |
| FV45 | Amy Jones | SWRR | 47:31 | 2025 |
| 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 | Jenny Reay | Exmouth Harriers | 51:07 | 2025 |
| FV70 | Lesley Nesbitt | Yeovil Town RRC | 72:51 | 2025 |

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.