



CLUB RECORDS



	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
Male	00:15:39 Sam Farmer Start Fitness Fast 2025	00:26:04 Chris McQuillen-Wright Cubert 2008	00:32:01 Joshua Rowe Vitality London 10k 2022	00:53:24 Joshua Rowe StormForce 2023	01:12:54 Jordan Morant Bideford 2023	02:35:34 Jordan Morant London 2017
Female	00:17:46 Emma Paull Penrose Parkrun 2017	00:29:35 Emma Paull Cubert 2015	00:36:36 Emma Paull Marazion 2015	01:01:11 Emma Paull StormForce 2015	01:19:56 Jane Khan Torbay 2013	02:56:41 Emma Paull London 2017

AGE GROUP RECORDS

	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
Male senior	00:15:39 Sam Farmer Start Fitness Fast 2025	00:26:38 Peter 'Oz' Ellis Cubert 2009	00:32:01 Joshua Rowe Vitality London 10k 2022	00:53:24 Joshua Rowe StormForce 2023	01:12:54 Jordan Morant Bideford 2023	02:35:34 Jordan Morant London 2017
Female Senior	00:17:46 Emma Paull Penrose Parkrun 2017	00:29:35 Emma Paull Cubert 2015	00:36:36 Emma Paull Marazion 2015	01:01:11 Emma Paull StormForce 2015	01:19:56 Jane Khan Torbay 2013	02:56:41 Emma Paull London 2017

	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
Male V35	00:16:49 Adam Gore Exmouth Parkrun 2023	00:26:04 Chris McQuillen-Wright Cubert 2008	00:33:20 Chris McQuillen-Wright Mounts Bay 2007	00:57:53 Adam Gore StormForce 2023	01:14:56 Adam Gore Fleet 2023	02:36:50 Jacob Gardner London 2025
Female V35	00:20:46 Kirsty Medlock Penrose Parkrun 2017	00:30:59 Emma Paull Mob Match 2022	00:37:53 Emma Paull Newquay 2023	01:08:03 Emma Paull Stormforce 2024	01:29:41 Emma Paull Flamouth 2023	03:15:10 Faye Savage London 2014

	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
Male V40	00:16:44 Neil Hayhurst Penrose Parkrun 2023	00:28:18 Neil Hayhurst Mob Match 2022	00:35:00 Neil Hayhurst Burrator 2024	00:56:45 Neil Hayhurst StormForce 2022	01:16:49 Andrew Paroissien Newport 2024	02:39:01 Neil Hayhurst Valencia 2024
Female V40	00:20:26 Debbie Harrison-Webb Carn Brea 2013	00:32:19 Fiona Ruetsch Cubert 2008	00:41:33 Charlotte Bennett Marazion 2015	01:09:37 Charlotte Bennett StormForce 2015	01:31:51 Charlotte Bennett Bath 2015	03:16:59 Charlotte Bennett London 2015

	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
Male V45	00:17:37 Neil Hayhurst Penrose Parkrun 2025	00:28:23 Neil Hayhurst Mob Match 2025	00:35:50 Neil Hayhurst Newquay 2026	01:00:09 Scott Abraham StormForce 2017	01:20:33 Francis Malone-Lee Indian Queens 2025	02:45:54 Neil Hayhurst Valencia 2025
Female V45	00:21:34 Kirsty Medlock Penrose Parkrun 2025	00:33:52 Debbie Harrison-Webb Cubert 2015	00:42:48 Debbie Harrison-Webb Marazion 2015	01:08:36 Debbie Harrison-Webb Bideford 2015	01:31:26 Debbie Harrison-Webb Bridgwater 2015	03:32:57 Charlotte Bennett London 2019

	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
Male V50	00:17:35 Neill Cookson Steve Wherry Penrose Parkrun 2017	00:29:09 Steve Wherry Cubert 2018	00:37:12 Steve Wherry Newquay 2018	01:00:38 Steve Fuller StormForce 2022	01:20:39 Steve Fuller Bath 2019	02:53:56 Chris Barrett Berlin 2022

Female V50	00:20:35 Charlotte Bennett Penrose Parkrun 2025	00:36:50 Julia Burns Cubert 2017	00:43:56 Debbie Harrison-Webb Newquay 2020	01:12:48 Debbie Harrison-Webb StormForce 2020	01:35:46 Debbie Harrison-Webb Bridgwater 2020	03:25:57 Debbie Harrison-Webb Newport 2021

Male V55	5000m/5K 00:18:02 Neill Cookson Penrose Parkrun 2020	5 Miles 00:30:23 Bob Richards Cubert 2008	10000m/10k 00:37:53 Steve Wherry Burrator 2021	10 Miles 01:02:12 Steve Wherry StormForce 2020	Half Marathon 01:21:00 Steve Wherry Richmond 2021	Marathon 03:09:09 Steve Fuller Cornish 2022
	Female V55	00:24:19 Maria Williams Penrose Parkrun 2018	00:41:41 Ann Senior Cubert 2013	00:48:22 Maria Williams Newquay 2019	01:19:06 Maria Williams StormForce 2019	01:49:18 Maria Williams Stratford upon Avon 2018

Male V60	5000m/5K 00:18:45 Steve Wherry Penrose Parkrun 2024	5 Miles 00:32:40 Steve Wherry Sticker 2025	10000m/10k 00:38:55 Steve Wherry Newquay 2024	10 Miles 01:06:06 Steve Wherry An Res hellys 2024	Half Marathon 01:26:18 Steve Wherry Barnstaple 2025	Marathon 03:26:32 Jon Eldon London 2023
	Female V60	00:24:34 Diane Warren Northampton Parkrun 2017	00:39:18 Diane Warren Cubert 2019	00:48:59 Diane Warren Telford 2019	01:20:22 Diane Warren Portsmouth 2019	01:48:01 Diane Warren Richmond 2021

Male V65	5000m/5K 00:20:04 Jon Eldon Penrose Parkrun 2026	5 Miles 00:33:33 Jon Eldon Sticker 2025	10000m/10k 00:40:52 Jon Eldon Marazion 2025	10 Miles 01:07:55 Jon Eldon An Res hellys 2026	Half Marathon 01:33:31 Jon Eldon Indian Queens 2025	Marathon 03:43:22 Jon Eldon Cornish 2025
	Female V65	00:24:47 Andrea Simmons Penrose Parkrun 2024	00:39:20 Andrea Simmons Mob Match 2024	00:49:48 Andrea Simmons Marazion 2023	01:22:37 Andrea Simmons Stormforce 2024	01:44:42 Andrea Simmons Cardiff 2024

Male V70	5000m/5K 00:24:17 Stewart Townend Penrose Parkrun 2016	5 Miles 00:37:47 Stewart Townend Cubert 2015	10000m/10k 00:48:37 Stewart Townend Newquay 2015	10 Miles 01:18:15 Stewart Townend StormForce 2013	Half Marathon 01:48:07 Stewart Townend Indian Queens 2015	Marathon 04:13:28 Chunky Penhaul Berlin 2022
	Female V70	00:27:15 Timothea Cardell DAN Stithians 2011	00:39:20 Andrea Simmons Mob Match 2025	00:47:56 Andrea Simmons Birmingham 2025	01:23:45 Diane Warren StormForce 2025	01:41:02 Andrea Simmons Berlin 2026

Male V75	5000m/5K 00:24:38 Stewart Townend Penrose Parkrun 2017	5 Miles 00:41:45 Stewart Townend Mob Match 2017	10000m/10k 00:50:18 Chunky Penhaul Newquay 2023	10 Miles 01:24:36 Chunky Penhaul StormForce 2023	Half Marathon 01:52:39 Chunky Penhaul Chester 2023	Marathon 04:35:15 Chunky Penhaul Chicago 2023
	Female V75	00:28:46 Timothea Cardell Penrose Parkrun 2018	00:50:08 Timothea Cardell Cubert 2019	01:05:31 Timothea Cardell Newquay 2020	01:49:54 Timothea Cardell An Res Hellys 2019	02:33:46 Timothea Cardell Truro 2019

Male V80+	5000m/5K 00:29:59 Stewart Townend Penrose Parkrun 2022	5 Miles 00:51:04 Howard Haynes Sticker 2017	10000m/10k 00:59:12 Stewart Townend Newquay 2023	10 Miles 01:41:27 Stewart Townend StormForce 2023	Half Marathon 02:28:31 Stewart Townend Indian Queens 2023	Marathon
	Female V80+	00:31:13 Timothea Cardell Penrose Parkrun 2022	01:00:00 Timothea Cardell Mob Match 2023	01:07:12 Timothea Cardell Newquay 2022	01:49:03 Timothea Cardell StormForce 2022	