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	00:54:19 **Joshua Rowe** StormForce 2022	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	00:54:19 **Joshua Rowe** StormForce 2022	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
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
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
Male V45	00:17:37 **Neil Hayhurst** Penrose Parkrun 2025	00:28:23 **Neil Hayhurst** Mob Match 2025	00:36:14 **Richard Savage** Newquay 2012	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
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

	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
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

	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
Male V55	00:18:02 **Neill Cookson** Penrose Parkrun 2020	00:30:23 **Bob Richards** Cubert 2008	00:37:53 **Steve Wherry** Burrator 2021	01:02:12 **Steve Wherry** StormForce 2020	01:21:00 **Steve Wherry** Richmond 2021	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	04:25:28 **Timothea Cardell** London 2001

	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
Male V60	00:19:25 **Jon Eldon** Penrose Parkrun 2025	00:34:01 **Jon Eldon** Mob Match 2022	00:38:55 **Steve Wherry** Newquay 2024	01:06:06 **Steve Wherry** An Res hellys 2024	01:26:18 **Steve Wherry** Barnstaple 2025	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	03:57:37 **Timothea Cardell** Duchy 2004

	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
Male V65	00:20:04 **Jon Eldon** Penrose Parkrun 2026	00:33:33 **Jon Eldon** Sticker 2025	00:40:52 **Jon Eldon** Marazion 2025	01:14:31 **Stewart Townend** Stormforce 2011	01:33:31 **Jon Eldon** Indian Queens 2025	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	03:44:35 **Andrea Simmons** Berlin 2024

	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
Male V70	00:24:17 **Stewart Townend** Penrose Parkrun 2016	00:37:47 **Stewart Townend** Cubert 2015	00:48:37 **Stewart Townend** Newquay 2015	01:18:15 **Stewart Townend** StormForce 2013	01:48:07 **Stewart Townend** Indian Queens 2015	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	01:42:27 **Andrea Simmons** Swansea 2025	03:37:48 **Andrea Simmons** New York 2025

	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
Male V75	00:24:38 **Stewart Townend** Penrose Parkrun 2017	00:41:45 **Stewart Townend** Mob Match 2017	00:50:18 **Chunky Penhaul** Newquay 2023	01:24:36 **Chunky Penhaul** StormForce 2023	01:52:39 **Chunky Penhaul** Chester 2023	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	

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