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	*01:10:49* **Daniel Costello** Manchester 2026	*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	*01:10:49* **Daniel Costello** Manchester 2026	*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	*00:20:12* **Melodie Manners** Par 2026	*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	*00:31:02* **Emma Paull** Sticker 2026	*00:37:40* **Emma Paull** Marazion 2026	*01:09:37* **Charlotte Bennett** StormForce 2015	*01:29:33* **Emma Paull** Truro 2026	*03:16:59* **Charlotte Bennett** London 2015

	5000m/5K	5 Miles	10000m/10k	10 Miles	Half Marathon	Marathon
Male V45	*00:17:27* **Francis Malone-Lee** Penrose Parkrun 2026	*00:28:23* **Neil Hayhurst** Mob Match 2025	*00:35:19* **Francis Malone-Lee** Marazion 2026	*01:00:09* **Scott Abraham** StormForce 2017	*01:19:02* **Neil Hayhurst** Fleet 2026	*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	*03:29:29* **Kirsty Medlock** Abingdon 2026

	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	*00:36:38* **Charlotte Bennett** Sticker 2026	*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	*00:18:45* **Steve Wherry** Penrose Parkrun 2024	*00:32:40* **Steve Wherry** Sticker 2025	*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	*00:18:51* **Jon Eldon** Start Fitness Fast 2026	*00:33:33* **Jon Eldon** Sticker 2025	*00:39:21* **Jon Eldon** Bideford 2026	*01:07:55* **Jon Eldon** An Res hellys 2026	*01:27:47* **Jon Eldon** Worcester 2026	*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	*00:46:21* **Andrea Simmons** Bideford 2026	*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		