

LAUNCESTON ROAD RUNNERS

MALE CLUB RECORDS

UPTO 59 YEARS OF AGE

31/12/2019

MALE 5K 5M 10K 7M 10M 1/2M 20M MARATHON

Senior Dan Rodgers Dan Rodgers Dan Rodgers Dan Rodgers Dan Rodgers Mark Heard Tim Robinson Mark Heard
 15.47 25.2 31.17 37.05 54.47 1.15.00 2.04.16 2.41.54
 Exe 2014 Cubert 15 Leeds Abbey 14 Treggy 2014 Bideford 13 Bideford 08 Gloucester 17 London 06

Vet 40/44 Nick Harrison Trevor Gynn Trevor Gynn Trevor Gynn Trevor Gynn Mark Heard Steve Babb Steve Babb
 21.22 28.55 36.18 41.14 58.47 1.16.18 2.13.37 2.48.21
 Tavy 5K 2019 Redruth 05 At Eval 04 Tavy 03 Blaythorne 04 Bath 10 Duchy 10 London 09

Vet 45/49 Steve Cox Steve Babb Steve Babb Steve Babb Steve Babb Steve Babb Nigel Reddicliffe Steve Babb
 20.04 29.2 37.02 44.31 1.07.14 1.21.11 2.23.11 2.50.10
 Tavy 5Kool 16 Cubert 11 Exeter 11 Tavy 11 Launceston 11 Yeovil 11 Duchy 10 Paris 11
 Kevin Marshall

Vet 50/54 Kevin Marshall Kevin Marshall Kevin Marshall Ian Alexander Mike Whitley Mike Whitley John Brown Kevin Marshall
 19.21 32 39.46 48.31 1.08.00 1.29.43 3.05.12 3.07.24
 Tavy 5Kool 18 Falmouth 14 Plymouth 18 Wadebridge 04 Force 10 14 Bideford 14 Duchy 08 London 14

Vet 55/59 Andrew Parker Brian Wiles Brian Wiles Brian Wiles Brian Wiles Brian Wiles Peter Kirby Alan Littlejohns
 24.02 30.23 38.41 44.12 1.04.26 1.24.30 2.52.04 3.32.18
 Tavy 5K 2019 Treetops 05 Bideford 05 Tavy 04 Teignbridge 05 Bideford 05 Gloucester 09 Malta 07