

**LAUNCESTON ROAD RUNNERS**

**MALE CLUB RECORDS**

**UPTO 59 YEARS OF AGE 31/12/2022**

<b>MALE</b>	<b>5K</b>	<b>5M</b>	<b>10K</b>	<b>7M</b>	<b>10M</b>	<b>1/2M</b>	<b>20M</b>	<b>MARATHON</b>
<b>Senior</b>	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
<b>Vet 40/44</b>	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
<b>Vet 45/49</b>	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
<b>Vet 50/54</b>	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
<b>Vet 55/59</b>	Kevin Marshall	Brian Wiles	Brian Wiles	Brian Wiles	Brian Wiles	Brian Wiles	Kevin Marshall	Kevin Marshall
	19.37	30.23	38.41	44.12	1.04.26	1.24.30	2.28.27	3.20.00
	Tavy 5K 2022	Treetops 05	Bideford 05	Tavy 04	Teignbridge 05	Bideford 05	Duchy 20 - 2020	Newport 2021