



Senior Male

	Name	Time	Date	Venue
1 Mile	Steve Sandalls	5'20.7"	05/05/08	Cheltenham
1.3 Miles	Iain Jennings	6'38"	14/11/11	Evesham (AC)
5 km	Simon Hall	17'02"	19/06/08	Sandhurst
4 Miles	Simon Hall	22'39"	08/03/08	Sandhurst
5 Miles	D Harris/I Jennings	28'45"	06/11/11	Tewkesbury
10 km	Simon Hall	35'41"	23/09/07	Stourport (1)
12 km	Daniel Harris	44'24"	16/01/11	Stratford
15 km				
10 Miles	Steve Sandalls	1.04'14"	14/12/08	Walsall
Half Marathon	Daniel Harris	1.22'30"	23/10/11	Stroud
20 Miles	Steve Sandalls	2.23'03"	07/03/10	Gloucester
Marathon	Steve Sandalls	3.21'57"	11/04/10	Taunton
Bredon Hill	Iain Jennings	38'08"	23/06/11	Bredon Hill

Veteran Male 40

	Name	Time	Date	Venue
	Steve Sandalls	5'26"	25/04/11	Bushley
	Simon Tarplee	6'51"	09/07/07	Evesham (CW)
	Simon Hall	17'47"	20/06/10	Hollywood
	Steve Sandalls	24'36"	02/04/11	Sandhurst
	Simon Tarplee	29'05"	04/11/07	Tewkesbury
	Phil Parsons	36'07"	20/07/11	Droitwich
	Simon Tarplee	45'22"	20/01/08	Stratford
	Simon Tarplee	57'18"	01/06/08	Warndon
	Simon Tarplee	1.11'04"	08/02/09	Stourbridge (MT)
	Phil Parsons	1.19'22"	09/05/10	Tewkesbury
	Ned Lammam	2.23'04"	07/03/10	Gloucester
	Simon Hall	2.55'44"	25/04/10	London
	Phil Parsons	37'19"	23/06/11	Bredon Hill

Veteran Male 45

	Name	Time	Date	Venue
1 Mile	Robin Coll	5'03"	19/07/08	Bourton
1.3 Miles	Robin Coll	6'44"	12/05/08	Evesham (CW)
5 km	Robin Coll	18'02"	01/06/08	Warndon
5 Miles	Robin Coll	29'04"	04/11/07	Tewkesbury
10 km	Robin Coll	36'20"	13/07/08	Evesham
12 km	Ned Lammam	48'07"	16/01/11	Stratford
15 km				
10 Miles	Roy Betts	1.09'37"	03/04/11	Chedworth (MT)
Half Marathon	Kevin Blyth	1.21'48"	21/10/07	Coventry
20 Miles	Ned Lammam	2.27'15"	19/03/11	Rhayader
Marathon	Ned Lammam	3.13'53"	16/10/11	Amsterdam, NL
Bredon Hill	Ned Lammam	41'08"	17/06/10	Bredon Hill

Veteran Male 50

	Name	Time	Date	Venue
	Chris Taylor	6'50"	18/12/06	Evesham (CW)
	Chris Taylor	17'39"	27/11/07	Bristol
	Chris Taylor	29'08"	04/11/07	Tewkesbury
	Chris Taylor	37'55"	17/07/09	Evesham (1)
	Phil Cashman	50'24"	15/01/12	Stratford
	Roy Betts	1.18'59"	06/02/11	Stourbridge (MT)
	Phil Cashman	1.34'28"	11/03/12	Blackminster
	Roy Betts	2.43'32"	19/03/11	Rhayader
	Steve Yarnold	3.57'09"	31/05/09	Edinburgh
	Chris Taylor	42'30"	18/06/09	Bredon Hill

Veteran Male 55

	Name	Time	Date	Venue
1 Mile				
1.3 Miles	John Peacock	7'46"	20/07/09	Evesham (AC)
5 km	John Peacock	19'14"	01/06/08	Warndon
5 Miles	Roger Day	33'48"	04/11/07	Tewkesbury
10 km	Chris Taylor	38'48"	11/07/10	Evesham
12 km	Roger Day	54'58"	20/01/08	Stratford
15 km	David Hughes	1.18'57"	14/12/08	Forest of Dean
10 Miles	Robert Hale	1.27'27"	14/09/08	Witney
Half Marathon	John Peacock	1.31'57"	25/10/09	Coventry
20 Miles	Ray Harris	2.44'03"	02/03/08	Gloucester
Marathon	John Peacock	3.36'51"	05/12/09	Negril, Jamaica
Bredon Hill	Robert Hale	1.04'50"	27/06/08	Bredon Hill

Veteran Male 60

	Name	Time	Date	Venue
	Clive Stewart	6'42"	25/04/11	Bushley
	Colin Tether	8'38"	30/03/09	Evesham (AC)
	Roger Day	22'25"	22/08/10	Sandhurst
	Colin Tether	35'55"	04/11/07	Tewkesbury
	Colin Tether	44'39"	10/05/09	Crowle
	Colin Tether	56'30"	18/01/09	Stratford
	Colin Tether	1.16'06"	14/12/08	Walsall
	Colin Tether	1.36'38"	29/03/09	Reading
	Keith Davis	2.44'16"	08/03/09	Gloucester
	Colin Tether	3.52'13"	26/04/09	Stratford
	Colin Tether	51'55"	18/06/09	Bredon Hill

Veteran Male 65

	Name	Time	Date	Venue
1 Mile	David May	7'50"	25/04/11	Bushley
1.3 Miles	Colin Tether	9'01"	19/09/11	Evesham (AC)
5 km	David May	26'28"	26/03/11	Evesham
5 Miles	Colin Tether	36'46"	07/11/11	Tewkesbury
10 km	Colin Tether	46'24"	10/07/11	Evesham
12 km				
Half Marathon	Colin Tether	1.43'27"	23/10/11	Stroud
Marathon	David May	4.49'18"	17/04/11	London
Bredon Hill	Colin Tether	51'15"	23/06/11	Bredon Hill

Veteran Male 70

	Name	Time	Date	Venue
1.3 Miles	Tom Couch	14'19"	18/08/10	Evesham (AC)
Half Marathon	Les Bailey	2.08'25"	23/10/11	Birmingham

Junior Male

	Name	Time	Date	Venue
1.3 Miles	Will Russell	7'17"	25/02/09	Evesham (AC)
5 km				
10 km	Will Russell	40'44"	12/09/09	Evesham

Notes:

(1) Short Course:

Faster times were achieved at Bourton 10k in 2008/09,

however the course was noted to be 110m short:

Simon Hall 34'29" 22/02/2009

Chris Taylor 35'00" 24/02/2008

(MT) Stourbridge Stagger/Chedworth:

Multi-Terrain Event

Club records can only be established by fully paid up members of the club, competing as a member of Evesham Vale Running Club. All records will be considered but must be presented to the Club Committee for approval.

(CW) = Handicap run in Clockwise direction,

(AC) = Handicap run in Anti-Clockwise direction

All records must be run on an accurately measured course under UKA/IAAF rules and regulations. Chip times shall be accepted where applicable

Updated: 19th March 2012