



Evesham Vale Running Club



Senior Male

	Name	Time	Date	Venue
1 Mile	Marcus Mumford	4'51"	17/09/18	Staverton
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	Iain Jennings	35'06"	24/02/13	Bourton
12 km	Daniel Harris	44'24"	16/01/11	Stratford
15 km				
10 Miles	Steve Sandalls	1.04'14"	14/12/08	Bloxwich
Half Marathon	Marcus Mumford	1.15'06"	30/09/18	Bristol
20 Miles	Steve Sandalls	2.23'03"	07/03/10	Gloucester
Marathon	Marcus Mumford	2.53'08"	21/05/17	Windermere
50 Miles	Matt Manners	10.50'29"	13/06/15	Endure 24
100 Miles				
Bredon Hill	Iain Jennings	38'08"	23/06/11	Bredon Hill

Veteran Male 40

	Name	Time	Date	Venue
	Steve Sandalls	5'18.5"	25/07/12	Cheltenham
	Simon Hall	17'42"	31/03/12	Evesham
	Steve Sandalls	24'36"	02/04/11	Sandhurst
	Simon Tarplee	29'05"	04/11/07	Tewkesbury
	Simon Hall	35'51"	07/07/13	Evesham
	Simon Tarplee	45'22"	20/01/08	Stratford
	Simon Tarplee	57'18"	01/06/08	Warndon
	Kurt Dusterhoff	1.06'28"	13/08/17	Hereford
	Phil Parsons	1.19'22"	09/05/10	Tewkesbury
	Ned Lammass	2.23'04"	07/03/10	Gloucester
	Simon Hall	2.55'44"	25/04/10	London
	Kurt Dusterhoff	9.26'52"	2013	Endure 24
	Kurt Dusterhoff	22.41'36"	2015	Rocky Raccoon
	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
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 Lammass	48'07"	16/01/11	Stratford
10 Miles	Steve Sandalls	1.06'17"	03/07/16	Warwick
Half Marathon	Kevin Blyth	1.21'48"	21/10/07	Coventry
20 Miles	David Mitchell	2.15'06"	21/03/15	Berkeley
Marathon	David Mitchell	2.53'39"	19/04/15	Manchester
50 Miles	David Mitchell	8.06'09"	28/06/14	Endure 24
100 km	David Mitchell	14.10'03"	Feb 2014	Donnington
100 Miles	David Mitchell	18.59'51"	28/06/14	Endure 24
Bredon Hill	Ned Lammass	41'08"	17/06/10	Bredon Hill

Veteran Male 50

	Name	Time	Date	Venue
	Bob Pope	5'32.6"	05/09/15	Staverton
	Chris Taylor	17'39"	27/11/07	Bristol
	Chris Taylor	29'08"	04/11/07	Tewkesbury
	Chris Taylor	37'55"	17/07/09	Evesham
	Ned Lammass	47'42"	15/01/17	Stratford
	Bob Pope	1.08'49"	13/03/16	Liverpool
	Ned Lammass	1.26'33"	06/09/15	Kenilworth
	Steve Batsford	2.19'59"	11/03/18	Milton Keynes
	Ned Lammass	3.05'17"	27/09/15	Berlin, Germany
	David Mitchell	9.08'27"	01/07/18	Endure 24
	Steve Batsford	14.42'24"	17/07/17	Race to Stones
	David Mitchell	17.55'09"	01/07/18	Endure 24
	Ned Lammass	42'00"	18/06/15	Bredon Hill

Veteran Male 55

	Name	Time	Date	Venue
1 Mile	John Peacock	5'38"	21/07/12	Bourton
5 km	John Peacock	19'14"	01/06/08	Warndon
5 Miles	Bob Pope	31'49"	05/11/17	Tewkesbury
10 km	Chris Taylor	38'48"	11/07/10	Evesham
12 km	Bob Pope	49'26"	14/01/18	Stratford
15 km	David Hughes	1.18'57"	14/12/08	Forest of Dean
10 Miles	Bob Pope	1.08'30"	13/08/17	Hereford
Half Marathon	Bob Pope	1.28'49"	17/09/17	Bristol
20 Miles	Ray Harris	2.44'03"	02/03/08	Gloucester
Marathon	Bob Pope	3.23'53"	25/09/17	Loch Ness
Bredon Hill	Stuart Bonham	43'41"	19/06/14	Bredon Hill

Veteran Male 60

	Name	Time	Date	Venue
	John Peacock	5'37"	20/07/13	Bourton
	Roger Day	22'25"	22/08/10	Sandhurst
	John Peacock	19'34"	17/05/14	Arrow Valley PR ⁽¹⁾
	John Peacock	32'35"	28/08/13	Coventry
	John Peacock	41'29"	09/07/14	Droitwich
	Colin Tether	56'30"	18/01/09	Stratford
	Colin Tether	1.16'06"	14/12/08	Bloxwich
	John Peacock	1.33'44"	20/10/13	Birmingham
	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 Hughes	7'01.6"	09/08/17	Staverton
5 km	Dave May	23'32"	01/07/12	Evesham
	John Peacock	20'35"	22/09/18	Evesham PR ⁽¹⁾
5 Miles	Colin Tether	36'46"	07/11/11	Tewkesbury
10 km	Colin Tether	46'24"	10/07/11	Evesham
12 km	Robert Hale	1.00'06"	18/01/15	Stratford
10 Miles	Robert Hale	1.25'26"	21/09/14	Witney
Half Marathon	Colin Tether	1.43'27"	23/10/11	Stroud
Marathon	Robert Hale	4.05'48"	04/05/14	Worcester
Bredon Hill	Colin Tether	51'15"	23/06/11	Bredon Hill

Veteran Male 70

	Name	Time	Date	Venue
	David Hughes	7'38.0"	31/08/19	Staverton
	Colin Tether	23'29"	30/07/16	Evesham PR ⁽¹⁾
	David Hughes	42'41"	03/11/19	Tewkesbury
	Colin Tether	50'51"	26/07/16	Blaisdon
	Les Bailey	2.08'25"	23/10/11	Birmingham
	Robert Hale	4.41'17"	21/10/18	Abingdon

Junior Male

	Name	Time	Date	Venue
10 km	Will Russell	40'44"	12/09/09	Evesham

Notes:

⁽¹⁾ **Non-UKA event:**
Established in a non-UKA event. Considered a "club best" time.