



# Evesham Vale Running Club



## Senior Male

	Name	Time	Date	Venue
<b>1 Mile</b>	Marcus Mumford	4'51"	17/09/18	Staverton
<b>5 km</b>	Simon Hall	17'02"	19/06/08	Sandhurst
<b>4 Miles</b>	Simon Hall	22'39"	08/03/08	Sandhurst
<b>5 Miles</b>	D Harris/I Jennings	28'45"	06/11/11	Tewkesbury
<b>10 km</b>	Iain Jennings	35'06"	24/02/13	Bourton
<b>12 km</b>	Daniel Harris	44'24"	16/01/11	Stratford
<b>15 km</b>				
<b>10 Miles</b>	Steve Sandalls	1.04'14"	14/12/08	Bloxwich
<b>Half Marathon</b>	Marcus Mumford	1.15'06"	30/09/18	Bristol
<b>20 Miles</b>	Steve Sandalls	2.23'03"	07/03/10	Gloucester
<b>Marathon</b>	Marcus Mumford	2.53'08"	21/05/17	Windermere
<b>50 Miles</b>	Matt Manners	10.50'29"	13/06/15	Endure 24
<b>100 Miles</b>				
<b>Bredon Hill</b>	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 Lammars	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
<b>1 Mile</b>	Robin Coll	5'03"	19/07/08	Bourton
<b>5 km</b>	Robin Coll	18'02"	01/06/08	Warndon
<b>5 Miles</b>	Robin Coll	29'04"	04/11/07	Tewkesbury
<b>10 km</b>	Robin Coll	36'20"	13/07/08	Evesham
<b>12 km</b>	Ned Lammars	48'07"	16/01/11	Stratford
<b>10 Miles</b>	Steve Sandalls	1.06'17"	03/07/16	Warwick
<b>Half Marathon</b>	Kevin Blyth	1.21'48"	21/10/07	Coventry
<b>20 Miles</b>	David Mitchell	2.15'06"	21/03/15	Berkeley
<b>Marathon</b>	David Mitchell	2.53'39"	19/04/15	Manchester
<b>50 Miles</b>	David Mitchell	8.06'09"	28/06/14	Endure 24
<b>100 km</b>	David Mitchell	14.10'03"	Feb 2014	Donnington
<b>100 Miles</b>	David Mitchell	18.59'51"	28/06/14	Endure 24
<b>Bredon Hill</b>	Ned Lammars	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 Lammars	47'42"	15/01/17	Stratford
	Bob Pope	1.08'49"	13/03/16	Liverpool
	Ned Lammars	1.26'33"	06/09/15	Kenilworth
	Steve Batsford	2.19'59"	11/03/18	Milton Keynes
	Ned Lammars	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 Lammars	42'00"	18/06/15	Bredon Hill

## Veteran Male 55

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

## Veteran Male 60

	Name	Time	Date	Venue
	John Peacock	5'37"	20/07/13	Bourton
	Bob Pope	19'56"	21/08/22	Worcester
	John Peacock	19'34"	17/05/14	Arrow Valley PR <sup>(1)</sup>
	Bob Pope	32'32.5"	06/11/22	Tewkesbury
	Bob Pope	40'59"	08/10/22	Alcester
	Colin Tether	56'30"	18/01/09	Stratford
	Bob Pope	1.08'00"	19/09/22	Oldbury, Glos
	Bob Pope	1.31'41"	23/10/22	Stroud
	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
<b>1 Mile</b>	David Hughes	7'01.6"	09/08/17	Staverton
<b>5 km</b>	Dave May	23'32"	01/07/12	Evesham
	John Peacock	20'35"	22/09/18	Evesham PR <sup>(1)</sup>
<b>5 Miles</b>	Colin Tether	36'46"	07/11/11	Tewkesbury
<b>10 km</b>	Colin Tether	46'24"	10/07/11	Evesham
<b>12 km</b>	Robert Hale	1.00'06"	18/01/15	Stratford
<b>10 Miles</b>	Robert Hale	1.25'26"	21/09/14	Witney
<b>Half Marathon</b>	Colin Tether	1.43'27"	23/10/11	Stroud
<b>Marathon</b>	Robert Hale	4.05'48"	04/05/14	Worcester
<b>Bredon Hill</b>	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 <sup>(1)</sup>
	David Hughes	42'41"	03/11/19	Tewkesbury
	Colin Tether	50'51"	26/07/16	Blaisdon
	Robert Hale	1.09'26"	26/01/20	Stratford
	David Hughes	2.06'46"	10/10/21	Royal Parks
	Robert Hale	4.41'17"	21/10/18	Abingdon

## Notes:

<sup>(1)</sup> Non-UKA event:

Established in a non-UKA event. Considered a "club best" time.