

Female

| 11.10.18 | MILE | 3K | 5k | 10k | 10 MILE | HALF MARATHON | MARATHON |
|----------|----------------|----------------|-------------------|------------------|-----------------|-----------------|-----------------|
| UN 35 | MEL INNESS | MEL FRANCIS | LOUISE WADE | CHARLENE SHOREY | KIRSTY IRELAND | KIRSTY IRELAND | KIRSTY IRELAND |
| | TAVI RELAYS | ARMADA NETWORK | ARMADA NETWORK | ARMADA 10K | STORMFORCE 10 | BIDEFORD HALF | EDINBURGH |
| | 13.07.2017 | 08.11.2017 | 13.06.2012 | 21.06.2014 | 19.01.2014 | 02.03.2014 | 25.05.2014 |
| | 00.06.07 | 00.15.29 | 00.20.58 | 00.41.18 | 01.20.48 | 01.41.29 | 03.45.29 |
| 35-39 | SHARON STEVENS | CHLOE HOATSON | SHARON STEVENS | SHARON STEVENS | SHARON STEVENS | CHARLENE SHOREY | JOANNE FOLEY |
| | TAVI RELAYS | ARMADA NETWORK | PLYMOUTH COASTERS | TORBAY 10K | PLYMOUTH HOE 10 | OXFORD HALF | MANCHESTER |
| | 16.07.2009 | 08.03.2017 | 06.06.09 | 23.08.2009 | 15.02.2009 | 12.10.2014 | 02.04.2017 |
| | 00.06.39 | 00.13.49 | 00.22.06 | 00.46.22 | 01.19.28 | 01.26.28 | 03.47.31 |
| 40-44 | CLAIRE WOODS | SARAH ROBINSON | SARAH WHITTAKER | SARAH WHITTAKER | SHARON STEVENS | VICKY SAUNDERS | VICKY SAUNDERS |
| | TAVI RELAYS | ARMADA NETWORK | EXETER X COUNTRY | FIRST CHANCE 10k | TEIGNBRIDGE 10K | ARMADA HALF | PARIS |
| | 13.07.2017 | 14.02.2018 | 04.12.16 | 08.01.2017 | 28.03.2010 | 05.10.2014 | 06.04.2014 |
| | 00.06.02 | 00.14.19 | 00.21.28 | 00.44.05 | 01.20.03 | 01.38.00 | 03.25.21 |
| 45-49 | SAM MARTIN | SAM MARTIN | RACHAEL TARRANT | RACHAEL TARRANT | RACHAEL TARRANT | SANDRA THOM | ANNETTE HOOPER |
| | TAVI RELAYS | ARMADA NETWORK | 5KOOL RUN | PLYMOUTH 10K | LOOE 10 | TAUNTON HALF | LONDON MARATHON |
| | 19.07.2018 | 10.10.2018 | 18.02.2017 | 07.10.2018 | 25.02.2018 | 06.04.2008 | 21.04.2013 |
| | 00.06.27 | 00.13.33 | 00.21.32 | 00.43.58 | 01.20.39 | 01.55.40 | 04.28.25 |
| 50-54 | LYNDA HARRIS | LOUISE KING | MAGGIE LEWIS | LYNDA HARRIS | MAGGIE LEWIS | LYNDA HARRIS | LOUISE KING |
| | TAVI RELAYS | ARMADA NETWORK | DML 5K | IVYBRIDGE 10K | PLYMOUTH HOE 10 | PLYMOUTH HALF | BOURNEMOUTH |
| | 19.07.2018 | 09.11.2016 | 07.06.2008 | 13.05.2018 | 15.02.2009 | 20.05.2018 | 05.10.2014 |
| | 00.06.39 | 00.16.55 | 00.24.39 | 00.47.37 | 01.23.37 | 01.48.59 | 04.09.12 |
| 55-59 | MAGGIE LEWIS | LISA LIGHT | MAGGIE LEWIS | MAGGIE LEWIS | MAGGIE LEWIS | MAGGIE LEWIS | KATE HOWARD |
| | TAVI RELAYS | ARMADA NETWORK | PARKRUN 5K | IVYBRIDGE 10K | TEIGNBRIDGE 10 | TAVI HALF MARA | BARCELONA |
| | 14.07.2011 | 08.11.17 | 13.07.2011 | 14.05.2011 | 28.03.2010 | 18.04.2010 | 16.03.2015 |
| | 00.06.36 | 00.15.35 | 00.24.24 | 00.49.11 | 01.26.15 | 01.54.32 | 05.19.54 |
| 60+ | LYNN JONES | LYNN JONES | MAGGIE LEWIS | MAGGIE LEWIS | LYNN JONES | MAGGIE LEWIS | |
| | TAVI RELAYS | ARMADA NETWORK | FORUM 5K | JANUARY JAUNT | LOOE 10 | CHELTENHAM | |
| | 13.07.2017 | 10.10.2018 | 13.08.2014 | 08.01.2017 | 25.02.2018 | 07.09.2014 | |
| | 00.09.25 | 00.20.22 | 00.26.26 | 00.56.17 | 02.33.53 | 02.00.28 | |

| Men | | | | | | | |
|-------|---------------|----------------|------------------|-----------------|----------------|---------------|------------------|
| | MILE | 3K | 5k | 10k | 10 MILE | HALF MARATHON | MARATHON |
| UN40 | MATT WEARNE | ALEX LEA | SCOTT MANSFIELD | SCOTT MANSFIELD | MIKE MINERS | DAVE SHEPPARD | DAVE SHEPHERD |
| | TAVI RELAYS | ARMADA NETWORK | 5KOOL RUN | PLYMOUTH 10K | BIDEFORD 10 | CARDIFF | NEWPORT MARATHON |
| | 14.07.2016 | 08.03.2017 | 18.08.2018 | 07.10.2018 | 01.11.2015 | 07.10.2018 | 29.04.2018 |
| | 00.04.57 | 00.10.36 | 00.18.28 | 00.37.20 | 01.04.09 | 01.23.48 | 03.08.11 |
| 40-44 | JUSTIN FROST | JUSTIN FROST | MARTIN FRENCH | MARTIN FRENCH | MARTIN FRENCH | MARTIN FRENCH | MATT BRADLEY |
| | TAVI RELAYS | ARMADA NETWORK | THE 5KOOL RUN | TORBAY 10K | BIDEFORD 10 | BIDEFORD | MANCHESTER |
| | 13.07.2017 | 08.02.2017 | 18.03.2017 | 24.08.2014 | 01.11.2015 | 08.03.2015 | 02.04.2017 |
| | 00.05.01 | 00.11.01 | 00.18.15 | 00.37.35 | 01.04.17 | 01.22.56 | 03.19.29 |
| 45-49 | STEVE MACE | GARY MARTIN | ALAN RYDER | ALAN RYDER | ALAN RYDER | GUY BOSWELL | NEIL WILLIAMS |
| | TAVI RELAYS | ARMADA NETWORK | PARKRUN 5K | PLYMOUTH 10K | BIDEFORD 10 | TAUNTON HALF | BRIGHTON |
| | 17.07.2014 | 12.10.2016 | 13.07.2013 | 03.11.2013 | 01.11.2015 | 11.04.2010 | 06.04.2014 |
| | 00.05.38 | 00.12.17 | 00.18.06 | 00.35.54 | 00.58.50 | 01.29.09 | 03.11.50 |
| 50-54 | ALAN RYDER | ALAN RYDER | ALAN RYDER | ALAN RYDER | ALAN RYDER | ALAN RYDER | ALAN RYDER |
| | TAVI RELAYS | ARMADA NETWORK | PARKRUN 5K | MAGON MARSH 10K | LOOE 10 | BRISTOL | TAUNTON MARA |
| | 17.07.2014 | 11.01.2017 | 16.08.2014 | 26.07.2015 | 09.03.2016 | 21.09.2014 | 06.04.2014 |
| | 00.04.52 | 00.10.37 | 00.16.21 | 00.35.14 | 01.05.34 | 01.15.19 | 02.47.18 |
| 55-59 | JIM ANDREWS | MIKE WALSH | ROY UNDERWOOD | MIKE WALSH | BRYAN KING | DAVE MAHIAS | BRYAN KING |
| | TAVI RELAYS | ARMADA NETWORK | PARKRUN 5K | PLYMOUTH 10K | TEIGNBRIDGE 10 | SILVERSONE | DUTCHY MARA |
| | 14.07.2016 | 10.10.2018 | 02.08.2014 | 07.10.2018 | 28.03.2010 | 15.03.2015 | 08.03.2009 |
| | 00.06.20 | 00.12.59 | 00.20.39 | 00.43.07 | 01.14.56 | 01.32.33 | 03.57.28 |
| 60-64 | PHIL BEES | PHIL BEES | R HILLEBRANDT | R HILLEBRANDT | R HILLEBRANDT | R HILLEBRANDT | BRYAN KING |
| | TAVI RELAYS | ARMADA NETWORK | SALTRAM 5K | TORBAY 10K | TEIGNBRIDGE 10 | BIDEFORD HALF | LONDON MARA |
| | 19.07.2018 | 08.02.2017 | 04.09.2010 | 22.08.2010 | 28.03.2010 | 06.03.2011 | 13.04.2014 |
| | 00.06.41 | 00.13.51 | 00.21.54 | 00.44.22 | 01.12.12 | 01.35.34 | 04.05.32 |
| 65-69 | R HILLEBRANDT | R HILLEBRANDT | R HILLEBRANDT | R HILLEBRANDT | R.HILLEBRANDT | BOB CRAIG | BOB CRAIG |
| | TAVI RELAYS | ARMADA NETWORK | SUMMER 5K SERIES | TORBAY 10K | WEYMOUTH 10 | DARTVALE HALF | CORNISH MARA |
| | 17.07.2014 | 08.11.2017 | 13.08.2014 | 24.08.2014 | 18.10.2015 | 18.10.2009 | 15.11.2009 |
| | 00.06.42 | 00.15.36 | 00.23.13 | 00.46.58 | 01.21.16 | 01.42.43 | 04.42.53 |
| 70+ | R HILLEBRANDT | R HILLEBRANDT | R HILLEBRANDT | R HILLEBRANDT | | R HILLEBRANDT | BOB CRAIG |
| | TAVI RELAYS | ARMADA NETWORK | 5KOOL RUN | PLYMOUTH 10K | | PLYMOUTH HALF | CORNISH MARA |
| | 19.07.2018 | 10.10.2018 | 18.08.2018 | 07.10.2018 | | 20.05.2018 | 20.11.2013 |
| | 00.07.03 | 00.15.16 | 00.23.46 | 00.49.01 | | 01.52.13 | 04.56.36 |