



# Penmaenpool 10 mile trail race

## Age group course records

(Certified accurate measured course, Race est. 2000)

<u>Men</u>	<u>Time</u>	<u>Name</u>	<u>Club</u>	<u>Year</u>
<b>Record</b>	<b>54.14</b>	<b>Alex Rowe</b>	<b>Wesham</b>	<b>2002</b>
Junior	66.18	Tristan Evans	Bro Dysynni AC	2001
Vet O/35	58.27	Mark Garratt	Road Runners Club	2008
Vet O/40	56.09	Richard Jones	NWRRC	2002
Vet O/45	54.14	Alex Rowe	Wesham	2002
Vet O/50	59.56	Len Best	Stockport H	2001
Vet O/55	64.49	Dave Hill	NWRRC	2001
Vet O/60	61.36	Emyr Davies	Eryri	2003
Vet O/65	72.23	Stan Holbrook	Penny Lane	2002
Vet O/70	79.28	Doug Morris	Oswestry	2003
Vet O/75				
Vet O/80	104.06	Tom Evans	Bro Dysynni AC	2002

<u>Women</u>	<u>Time</u>	<u>Name</u>	<u>Club</u>	<u>Year</u>
<b>Record</b>	<b>63.21</b>	<b>Cecilia Greasley</b>	<b>Macclesfield</b>	<b>2001</b>
Junior	72.27	Ffion Morgan	Aberystwyth AC	2003
Vet O/35	66.59	Paula Jeffs	Bro Dysynni AC	2000
Vet O/40	63.21	Cecilia Greasley	Macclesfield	2001
Vet O/45	71.46	Carol Willgoose	Halifax Harriers	2003
Vet O/50	68.46	Dawn Kenwright	Sarn Helen	2007
Vet O/55	75.00	Mary Meredith	Prestatyn	2000
Vet O/60	86.15	Brenda Jones	Bro Dysynni AC	2003
Vet O/65	83.39	Brenda Jones	Bro Dysynni AC	2006