



Dolgellau 5 Mile Road Race

Age group course records

(Certified accurate measured course, Race est 2002)

<u>Men</u>	<u>Time</u>	<u>Name</u>	<u>Club</u>	<u>Year</u>
Record	24.36	Luke Northall	Wrexham AC	2003
Junior	24.36	Luke Northall	Wrexham AC	2003
Vet O/35	26.04	Paul Dodsworth	Warrington AC	2007*
Vet O/40	25.23	Bernie Jones	Wrexham AC	2003
Vet O/45	26.03	Steve Gilliland	Bro Dysynni	2007
Vet O/50	26.07	Mike Weedall	Wrexham AC	2006
Vet O/55	28.05	Keith Crute	Warrington AC	2002
Vet O/60	28.50	Ron Elliott	NWRRC	2005
Vet O/65	30.59	EmyrDavies	Eryri	2008
Vet O/70	37.33	Doug Morris	Oswestry	2003
Vet O/75	47.00	Roy Peel	Bro Dysynni AC	2005

* New UKA age category 2007

<u>Women</u>	<u>Time</u>	<u>Name</u>	<u>Club</u>	<u>Year</u>
Record	26.48	Amanda Wright	Birchfield H	2006
Junior	36.33	Gemma Morgans	Eryri	2008
Vet O/35	26.48	Amanda Wright	Birchfield H	2006
Vet O/40	28.34	Catherine Newman	Exmouth H	2005
Vet O/45	29.48	A Hamilton-Morris	Wrexham	2004
Vet O/50	39.24	Anita Worthing	Aberystwyth AC	2008
Vet O/55	36.09	Hazel Dirkson	Buckley Runners	2005
Vet O/60	37.30	Brenda Jones	Bro Dysynni AC	2005
Vet O/65	38.29	Brenda Jones	Bro Dysynni AC	2006
Vet O/70	54.03	Sheila Symmonds	Bro Dysynni AC	2007