

CLUB RECORDS (as of 12 Aug 2009)

Club Course Records by Club Members					
Distance	Course	Date	Name	Time	Av. speed (mph)
1.2	Milton hill climb	31.07.02	James Shaw	4.02	19.50
10	Neyland (up to 2004)	14.07.93	Andy Dow	21.57	27.33
10	Neyland (from 2004)	22.07.09	Pete Lloyd	22.55	26.18
10	Redberth (2004 to 2006)	09.08.06	Rhys Howells	23.35	25.44
10	Redberth (2006 - 2009)	06.05.09	Nick Brown	23.08	25.94
10	Redberth (2009)	12.08.09	Luke Cornish	23.05	25.98
10	Pemb Dock (up to 2005)	24.08.05	C Evans	22.46	26.37
10	Carew	29.08.93	Andy Dow	22.12	27.03
10	Pemb. Dock (from 2005)	29.07.09	Pete Lloyd	22.22	26.80
13	Letterston Hilly	23.03.03	Marcus John	34.20	22.72
15	Pemb. Dock (2005 to 2008)	30.08.05	J Pritchard	34.02	26.45
15	Pemb. Dock (2008-2009)	25.08.08	Nick Brown	34.47	25.87
15	Pemb. Dock (from 2009)	5.08.09	Pete Lloyd	34.22	26.19
11	Maidenwells Hilly (1 lap)	17.09.06	Cliff Jackson	28.43	22.98
22	Maidenwells Hilly (2 laps)	16.06.04	Marcus John	54.14	24.34
25	Manor House (up to 2004)	21.07.93	Andy Dow	57.17	26.19
25	Gumfreston (from 2008)	10.06.09	Cliff Jackson	58.56	25.45

Club Course Records by All Comers					
Distance	Course	Date	Name	Time	Av. speed (mph)
1.2	Milton hill climb	26.08.07	Darren Carpenter	3.51	-
10	Neyland (up to 2004)	14.07.93	Andy Dow	21.57	27.33
10	Neyland (from 2004)	22.07.09	Pete Lloyd	22.55	26.18
10	Redberth (2004 to 2006)	24.08.05	Charlie Evans	22.46	26.37
10	Redberth (2006 on)	13.06.06	Gavin Pardoe	21.54	27.40
10	Pemb. Dock (up to 2005)	29.08.93	Andy Dow	22.12	27.03
10	Pemb. Dock (2005 on)	24.08.08	Thomas Collier	21.43	27.63
13	Letterston Hilly	23.03.03	Marcus John	34.20	22.72
15	Pemb. Dock (2005 to 2008)	25.08.07	David Povall	33.21	26.99
15	Pemb. Dock (2008 on)	25.08.08	David Povall	33.14	27.08
11	Maidenwells Hilly (1 lap)	17.09.06	Cliff Jackson	28.43	22.98
22	Maidenwells Hilly (2 laps)	16.06.04	Marcus John	54.14	24.34
25	Manor House (up to 2004)	21.07.93	Andy Dow	57.17	26.19
25	Gumfreston (from 2008)	10.06.09	Cliff Jackson	58.56	25.45

Juvenile Girls

Distance	Course	Date	Name	Time	Av. speed (mph)
10	R10/10	29.05.90	S Gambold	25.34	23.47
25	R25/7	08.09.90	S Gambold	1.09.57	21.44

Juvenile Boys

Distance	Course	Date	Name	Time	Av. speed (mph)
10	Redberth 10	12.08.09	Luke Cornish	23.05	25.98
25	R25/20	17.07.94	C Warlow	1.01.45	24.29
30	U18	20.08.94	C Warlow	1.17.35	23.2
50	R50/1b	21.09.98	Philip Hartland	2.15.01	22.22

Junior Ladies					
Distance	Course	Date	Name	Time	Av. speed (mph)
10	U4	16.07.91	S Gambold	25.45	23.3
25	R25/7	05.09.92	S Gambold	1.05.14	22.99
30	R30/5	26.04.92	S Gambold	1.28.36	20.32
50	R50/3	23.08.92	S Gambold	2.27.23	20.35

Junior Men					
Distance	Course	Date	Name	Time	Av. speed (mph)
10	U4	???.?.95	C Warlow	22.20	27.03
25	R25/17	26.07.92	Jason Gay	1.00.43	24.70
30	R30/4	16.08.92	Jason Gay	1.14.28	24.17
50	R50/3	09.08.92	Jason Gay	2.09.54	23.09
100	R100/6	02.08.92	Jason Gay	4.41.18	21.33

Senior Ladies					
Distance	Course	Date	Name	Time	Av. speed (mph)
10	U4	17.07.90	Linda Favorido	24.47	24.21
25	R25/3	29.07.01	Jill Colman	1.02.06	24.15
30	R30/6	???.?.93	S Gambold	1.26.06	20.91
50	R50/1b	05.08.01	Jill Colman	2.20.47	21.31
100	R100/1r	12.08.01	Jill Colman	5.14.35	19.07
12 hr	R12/95	02.09.01	Jill Colman	206.69	17.22

Senior Men					
Distance	Course	Date	Name	Time	Av. speed (mph)
10	R10/20	21.08.93	Andy Dow	20.58	28.61
25	R25/3	13.05.01	A Holland	53.54	27.81
30	R30/4	09.08.92	Andy Dow	1.07.32	26.65
50	R50/3	01.08.93	Andy Dow	1.52.48	26.59
100	R100/6	09.08.98	Mike Lindsay	4.04.36	24.52
12h	R12/95	05.09.99	Phil Walker	262.32	21.86
24h	D24/1	26.07.90	Paul Colman	421.51	17.57

Veteran Ladies						
Distance	Course	Date	Name	Time	Av. speed (mph)	Age
10	U4	17.07.92	C Gambold	28.25	21.114	48
25	R25/3	13.05.01	A Thomas	1.12.17	20.753	40
30	R30/3	???.?.92	C Gambold	1.51.45	16.107	48
50	R50/5A	24.06.01	A Thomas	2.35.14	19.324	40
100	R100/1	17.06.01	A Thomas	6.23.09	15.662	40

Veteran Ladies on standard							
Distance	Course	Date	Name	Time	Av. speed (mph)	Age	Standard Time
10	U4	17.07.92	C Gambold	28.25	21.114	48	0.27
25	R25/3	13.05.01	A Thomas	1.12.17	20.753	40	-2.13
30	R30/3	???.?.92	C Gambold	1.51.45	16.107	48	-22.31
50	R50/5A	24.06.01	A Thomas	2.35.14	19.324	40	-9.46
100	R100/1	17.06.01	A Thomas	6.23.09	15.662	40	-1.11.00

Veteran Men						
Distance	Course	Date	Name	Time	Av. speed (mph)	Age
10	R10/17	02.08.08	Nick Brown	21.51	27.40	50
25	R25/3	31.05.09	Nick Brown	54.02	27.76	51
30	R30/3c	10.05.09	Cliff Jackson	1.13.50	24.38	60
50	R50/3c	14.06.09	Cliff Jackson	1.56.50	25.68	60
100	R100/8	09.08.09	Cliff Jackson	4.03.56	24.60	61
12h	R12/95	01.09.02	Paul Colman	259.35	21.61	41
24h	D24/1	24.07.02	Cliff Jackson	428.44	17.85	53

Veteran Men on standard							
Distance	Course	Date	Name	Time/ distance	Av. speed (mph)	Age	Standard Time
10	R10/14	09.09.02	Cliff Jackson	21.59	27.30	51	+5.47
25	R25/7	19.07.08	Cliff Jackson	57.18	26.18	59	+18.45
30	R30/3c	10.05.09	Cliff Jackson	1.13.50	24.38	60	+18.07
50	R50/3c	14.06.09	Cliff Jackson	1.56.50	25.68	60	+42.13
100	R100/8	09.08.09	Cliff Jackson	4.03.56	24.60	61	+99.55
12h	R12/1	31.08.08	Cliff Jackson	255.76	21.31	59	+60.75
24h	D24/1	24.07.02	Cliff Jackson	428.44	17.85	53	+71.40

Trike Records					
Distance	Course	Date	Name	Time	Av. speed (mph)
10	U4	17.07.88	John Cowburn	25.57	23.12
25	K24	18.08.88	John Cowburn	1.12.15	20.76
30	R30/2	01.05.88	John Cowburn	1.31.29	19.68
50	R50/6	17.07.88	John Cowburn	2.41.30	18.58

Tandem Records					
Distance	Course	Date	Name	Time/ Distance	Av. speed (mph)
10	R10/17	26.07.09	M. Jones and M. George	23.19	25.73
12h	R12/1	31.08.08	M. Jones and M. George	207.36	17.28

Team Time Trial - Four-Up					
Distance	Course	Date	Names	Time	Av. speed (mph)
25	R25/3	24.06.99	Paul Colman, Dave Hawkins, Phil Walker (Ade Holland DNS)	Senior team	53.52

Team Time Trial - Two-Up					
Distance	Course	Date	Names	Time	Av. speed (mph)
10	R10/10	14.05.90	A Dow, S Gambold (Senior/Juvenile)	23.41	25.35
10	R10/22	15.05.08	D Hawkins, C Jackson (Senior/Veteran)	23.02	26.03
10	R10/22	15.05.08	N Brown, P Lloyd (Veteran/Veteran)	21.44	27.60
25	R25/7	15.05.82	G Asparassa, S Gregson (Senior/Veteran)	56.28	26.56
25	R25/7a	26.09.99	D Taylor, P Colman (Senior/Senior)	55.23	27.09
25	R25/3	14.05.89	J Cowburn, E Cowburn (Veteran/Junior)	1.05.55	22.76
25	R25/2	01.03.98	C Jackson, D Marriot (Veteran/Veteran)	1.06.18	22.62