

Muddy Duck 10km Previous Winners

2023	Joe Beaton Tavistock AC	33:57	Sarah Markwick	45:11
2022	Daniel Thrift Pontypridd	37:50	Sharon Daw	47:10
2019	Samuel Yearling Plymouth Harriers	37:50	Rebecca Ezra Tamar Trotters	41:25
2018	Ben Morrish	37:53	Marie Faithful	41:57
2017	Les Newell Abingdon AC	37:46	Ami Yetton Plymouth H	45:37
2016	Ben Morrish	38.12	Maddie Horton	41.12
2015	Neil Barkell Tavistock AC	31.46	Cleo Perry Erme Valley Harriers	36.52

10km Course Record - Men

31.46

10km Course Record - Ladies

36.52

Neil Barkell

Cleo Perry

Duckponds 7km Previous Winners

	<u>Male</u>	<u>Time</u>	<u>Female</u>	<u>Time</u>
2014	Pete Waumsley Tamar Trotters	23.22	Ami Yetton Plymouth H	26.58
2013	Pete Waumsley Tamar Trotters	23.17	Heidi Tregenza Cornwall AC	26.36
2012	Michael Robinson Tamar Trotters	23.23	Ami Yetton Plymouth H	27.29
2011	Adam Holland Tavistock AC	22.58	Ami Yetton Plymouth H	27.01
2010	Les Newell Abingdon AC	22.44	Ami Yetton Plymouth H	25.00
2009	Neil Mytton Plymouth H	23:26	Ami Yetton Plymouth H	26:54
2008	Jan Pichl Newcastle AC	23:16	Deborah Pitocco SDAC	29:06
2007	Andrew Chambers Exeter H	23:10	Hayley Marsh	29:52
2006	Adam Holland Tavistock AC	23:07	Sarah Herbert Launceston RR	29:28
2005	Pete Waumsley Tamar T	22:55	Fiona Dunn Tavistock AC	27:24
2004	Bob Goutcher Plymouth H	23:33	Revis Crowle East Cornwall H	26:46
2002	Stuart Hall Tipton Harriers	22:54	Lucy Whittaker Saddleworth	27:05
1999	Stuart Hall Tipton Harriers	23:21	Stephanie Ross Teignbridge T	29:21
1998	Simon Anderson Plymouth H	24:27	Stephanie Ross Teignbridge T	31:08

7km Course Record - Les Newell

22.44

7km Course Record - Ami Yetton

25.00