Pembrokeshire Velo Cycling Club Records

updated 1st January 2023

Juvenile Girls:

10: 25.34	R10/10	Sara Gambold	29/05/1990
25: 1:09:57	R25/7	Sara Gambold	08/09/1990

Juvenile Boys:

10: 22:50		Daniel Colman	20/07/2010
25: 54:19		Daniel Colman	
30: 1:08:12		Daniel Colman	
50: 2:02:28		Daniel Colman	12/06/2011
100: 4:08:20		Daniel Colman	
12hr: 221.44	R12/95	Daniel Colman	04/07/2010

Junior Women:

10: 25:45	U4	Sara Gambold	16/07/1991
25: 1:05:14	R25/7	Sara Gambold	05/09/1992
30: 1:28:36	R30/5	Sara Gambold	26/04/1992
50: 2:27.23	R50/3	Sara Gambold	23/08/1992

Junior Men:

10: 20.29	R10/17	Luke Cornish	15/09/2012
25: 55:11	R25/3L	Luke Cornish	11/09/2011
30: 1:14:03	R30/5	Luke Cornish	04/04/2010
50: 1:58:46		Daniel Colman	26/08/2012
100: 3:49:18		Daniel Colman	11/08/2013
12hr: 281.53		Daniel Colman	01/09/2013

Senior Women:

10: 24:47	U4	Linda Favorido	17/7/1990
25: 1:02:02	R25/3L	Mel Morgan	04/09/2011
30: 1:26:06	R30/6	Sara Gambold	1993
50: 2:18:26	E2/50C	Rhianne Griffiths	16/16/2019
100: 4:45:40	E2/100C	Rhianne Griffiths	23/06/2019
12hr: 219.77	R12/16	Rhianne Griffiths	09/07/2017

Senior Men:

10: 20:33		Daniel Colman	12/07/2018
25: 50:54	R25/3L	Daniel Colman	18/07/2018
30: 1:07:32	R30/4	Andy Dow	09/08/1992
50: 1:51:04	R50/3C	Daniel Colman	11/06/2017
100: 3:43:53	R100/8	Daniel Colman	24/09/2016
12hr: 294.12	R12/16	Daniel Colman	01/09/2019
24hr: 421.51	D24/1	Paul Colman	26/07/1990

Veteran Women:

10: 23:31	R10/17	Bethan Ousley	03/08/2022	Age 45
25: 58:41	R25/3H	Kirsty Murray	05/08/2017	Age 44
30: 1:51:45	R30/3	Christine Gambold	??/??/1992	Age 48
50: 2:08:03	R50/1B	Kirsty Murray	30/07/2017	Age 44
100: 4:36:35	R100/8	Kirsty Murray	03/09/2017	Age 44

Veteran Men:

10: 21:03	R10/22A	Will Jenkins	14/06/2014	Age 41
25: 51:19	R25/3H	Richard Coomer	22/04/2018	Age 40
30: 1:05:43	R30/7	David Francis	17/09/2016	Age 49
50: 1:56:10	R50/5	Richard Coomer	09/06/2019	Age 41
100: 3.59.32	R100/8	Paul Colman	31/07/2011	Age 50
12hr: 267.62	R12/95	Paul Colman	03/07/2011	Age 50
24hr: 428.44	D24/1	Cliff Jackson	24/07/2002	Age 53

Tricycle Records Men

10: 25:57	U4	John Cowburn	17/07/1988
25: 1:12:15	K24	John Cowburn	18/08/1988
30: 1:31:29	R30/2	John Cowburn	01/05/1988
50: 2:41:30	R50/6	John Cowburn	17/07/1988

Tandem Records Men

10: 22:11	R10/17	Mark Jones & Mike George	22/08/2010
12h: 207.36	R12/95	Mark Jones & Mike George	31/08/2008

Team Time Trial – Four-up

25	R25/3H	09.06.18	Daniel Colman, Ross McNally, Rob Dyde, Grant Arnold (Senior team)	48.25	30.98
25	R25/3H	18.06.09	Cliff Jackson, Pete Lloyd, Nick Brown, Matt Brown (Team with a vet)	54.03	27.75
25	R25/23	17.06.10	Paul Colman, Dan Colman, Jon Lear, Jack Lear (Team with a junior/juv)	56.59	26.36
25	R25/23	17.06.10	Debbie Phillips, Jon Phillips, Dave Hawkins, Simon Wilson (Team with a woman)	1.03.48	23.51
25	R25/23	17.06.10	Nigel Merrony, Richard Harrison, Mark Jones (Composite team with a Velo)	59.31	25.20

Team Time Trial – Two-up

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	R10/17	17.05.14	W Jenkins, J Regan (Veteran/Veteran)	21.18	28.17
25	R25/7	15.05.82	G Asparassa, S Gregson (Senior/Veteran)	56.28	26.56
25	R25/3H	12.03.17	G Arnold, S Davies (Senior/Senior)	52.45	28.44
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