

36km Solo Time Trial

Course Records

Male overall course record – Joe Cooper. Time – 45.37 min (2019. Set in the 1st lap of the 72km Solo Time Trial)

Female overall course record – Emily Herfoss. Time – 52.43 min (2019)

Men

Category	Name	Time	Year
Open Men	Stephen Lane	46.19	2019
40-49 Men	Andrew Patten	48.30	2013
50-59 Men	Andrew Patten	49.32	2018
60 plus Men	Gary Madigan	53.11	2020

Women

Category	Name	Time	Year
Open Women	Emily Herfoss	52.43	2019
40-49 Women	Helen Griffiths	1.00.02	2013
50-59 Women	Liz Nelson	1.00.55	2019
60 plus Women	Clare Johnston	1.06.24	2017

Honour Board

King of the Valley	Queen of the Valley
2012: Peter Herzig	2012: Katrin Garfoot (27.5km)
2013: Andrew Patton	2013: Helen Griffiths
2014: Alex Wohler	2014: Danielle De Francisco
2015: Peter Gwynne	2015: Laurelea Moss
2016: Correy Edmed	2016: Chevonne Arrowsmith
2017: Steve Lane	2017: Bree Playel
2018: Steve Lane	2018: Diane Otley-Doe
2019: Joe Cooper	2019: Emily Herfoss
2020: Riley Fleming	2020: Danielle De Francesco