

## SENIOR RECORDS

	F20	FS	F35	F40	F45	F50	F55	F60	F65
<b>1 mile</b>	7:14 Madeleine Smee Sixfields 2/5/2010	<b>5:57</b> Heather Cooke Sixfields 2/5/2010	6:03 Linda Lytollis Sixfields 1/5/2009	6:32 Linda Lytollis Sixfields 26/4/2013	7:02 Mel Bignell Sixfields 3/7/2009		7:22 Julia Shepherd Sixfields 25/6/2004	7:09 Julian Shepherd Sixfields 29/4/2005	9:31 Carol Debney Sixfields 2/5/2010
<b>3km</b>				<b>13:59</b> Claire Todd Sixfields 16/4/2004					
<b>2 miles</b>				<b>14:17</b> Linda Lytollis Sixfields 12/7/2013	16:23 Julie Long Sixfields 12/7/2013	16:02 Claire Todd Sixfields 12/7/2013			
<b>3 miles</b>		20:30 Heather Kirk Stowe 27/6/2014	<b>19:46</b> Linda Lytollis Oxford 18/5/2009	21:40 Linda Lytollis Stowe 27/6/2014	26:27 Stephanie Spencer Stowe 02/06/2017	23:39 Madeleine Moutrie Stowe 27/6/2014	23:29 Sue Torrance Stowe 1/6/2018		
<b>5km</b>	22:30 Layne Wray Silverstone 9/6/2010	20:38 Heather Cooke Blisworth 7/5/2010	20:41 Linda Lytollis Charndon 22/5/2007	22:25 Linda Lytollis Buckingham 06/09/2014	21:57 Linda Lytollis Buckingham 23/5/2015	21:59 Sue Torrance Buckingham 28/11/2015	25:25 Sue Torrance Buckingham 2/2/2018	23:09 Julia Shepherd Blisworth 20/5/2005	31:42 Carol Debney Blisworth 13/5/2011

<b>5 miles</b>	50:49	33:24	34:09	37:01	36:07	36:48	37:37	37:55	53:25
	Lauren Bain	Heather Cooke	Linda Lytollis	Linda Lytollis	Linda Lytollis	Sue Torrance	Julia Shepherd	Julia Shepherd	Carol Debney
	Weston	Market Harborough	Rockingham	Blisworth	Milton Keynes	Wellingborough	Market Harborough	Banbury	Wellingborough
	2/5/2005	15/6/2010	25/5/2005	24/5/2013	29/11/2014	26/7/2015	24/6/2003	14/6/2005	1/8/2010

<b>6 miles</b>		40:12	41:25	45:48	46:20	44:19		46:15	
		Heather Cooke	Linda Lytollis	Linda Lytollis	Linda Lytollis	Sue Torrance		Julia Shepherd	
		Bedford	Bedford	Rugby	Rugby	Rugby		Rugby	
		18/5/2010	20/5/2008	15/5/2013	16/5/2017	13/5/2015		11/5/2005	

<b>10km</b>		43:18	43:28	46:15	48:19	45:01:00	49:10	48:10	60:12
		Heather Cooke	Linda Lytollis	Linda Lytollis	Sue Clayton-Drabble	Sue Torrance	Julia Shepherd	Julia Shepherd	Carol Debney
		Milton Keynes	Milton Keynes	Brackley	Shakespeare	Frimley	Weedon	Milton Keynes	Moulton
		29/6/2010	4/7/2006	15/6/2014	Raceway	20/11/2010	10/6/2003	5/7/2005	29/8/2010

<b>10 miles</b>	1:20:12	1:11:07	1:19:19	1:21:03	1:14:27	01:21:49			
	Natasha King	Linda Lytollis	Linda Lytollis	Mel Bignell	Sue Torrance	Sue Torrance			
	Thornborough	Sandy	Thornborough	Sandy	Maidenhead	Maidenhead			
	2/5/2011	29/3/2009	7/5/2012	29/3/2009	3/4/2015	30/3/2018			

<b>Half Marathon</b>	2:55:35	1:40:35	1:38:11	1:41:36	1:44:18	1:38:36	01:56:09	1:47:14	
	Lauren Bain	Heather Cooke	Linda Lytollis	Sam Roe	Linda Lytollis	Sue Torrance	Madeleine Moutrie	Julia Shepherd	
	Great North	Nottingham	Milton Keynes	Silverstone	Bedford & Silverstone	Silverstone	Farnborough	Castle Ashby	
	17/9/2005	13/9/2009	11/3/2007	11/3/2012	07/12/2014 / 15/03/2014	15/3/2015	15/10/2017	27/2/2005	

<b>15 miles</b>	2:10:33		2:01:39	2:12:09	1:56:05				
	Lynette Gilbey		Linda Lytollis	Jayne Cooper	Sue Torrance				
	Banbury		Banbury	Banbury	Banbury				
	03/2006		18/3/2012	22/03/2015	22/3/2015				

<b>20 miles</b>	2:59:17		2:45:00	2:44:37	02:53:55				
	Lynette Gilbey		Joan Amos	Linda Lytollis	Sue Torrance				
	Oakley Bedford		Bury St Edmunds	Tarpley	Oakley Bedford				
	2/4/2006		24/2/1985	22/2/2015	04/03/2016				

<b>Marathon</b>	4:03:56	03:57:06	3:55:21	3:50:20	3:40:11	4:24:29	4:18:31
	Kate Sewell	Jo Japp	Linda Lytollis	Linda Lytollis	Sue Torrance	Mel Bignell	Julia Shepherd
	London	Milton Keynes	London	London	London	Warsaw	London
	13/4/2014	1/5/2017	22/4/2012	26/4/2015	26/4/2015	27/9/2015	17/4/2005

<b>63 km</b>				7:11:00			
				Justine Verwey			
				Connemara			
				6/4/2014			

<b>90km</b>				11:32:59			
				Justine Verwey			
				Comrades			
				3/6/2012			

<b>100 km</b>	26:13:00			21:15:44			
	Natasha King			Stephanie Spencer			
	South Downs			Race to the Stones			
	16 & 17/07/2011			12 & 13/07/2015			

	<b>M20</b>	<b>MS</b>	<b>M40</b>	<b>M45</b>	<b>M50</b>	<b>M55</b>	<b>M60</b>	<b>M65</b>	<b>M70</b>
<b>1 mile</b>	05:27 Ashley Phillips Sixfields 2/7/2010	04:48 Graham Linnell Westminster 14/8/1988	04:55 Andy Pacey Sixfields 6/7/2012	04:54 Jeff Haynes Sixfields 2002	06:00 Graham Linnell Sixfields 1/5/2009	07:23 Dave Lantsbery Sixfields 30/4/2004	06:06 Dave Lantsbery Sixfields 15/5/2005	07:12 Allan Lock Sixfields 29/6/2007	
<b>3km</b>	13:06 David Fowler Sixfields 16/4/2004	09:51 Chris Wood Corby 13/7/2010		09:59 Jeff Haynes Sixfields 2002		17:46 Dave Lantsbery Sixfields 16/4/2004			
<b>2 miles</b>		10:47 Tom Watson Stowe 23/7/2017	10:59 Simon Woodward Sixfields 12/7/2013	13:05 Michael Spencer Sixfields 12/7/2013					15:18 Allan Lock Sixfields 12/7/2013
<b>3 miles</b>	17:55 Alfie Long Stowe 1/6/2018	16:44 Tom Watson Stowe 02/06/2017	19:26 Jay Smith Stowe 1/6/2018	20:51 Richard Popiel Oxford 18/5/2009	21:00 Adrian Jelley Stowe 1/6/2018	23:22 David Coates Stowe 1/6/2018			
<b>5km</b>	19:50 David Fowler Blisworth 21/5/2004	16:26 Chris Wood Northampton 29/3/2014	16:54 Andy Pacey Blisworth 11/5/2012	16:34 Jeff Haynes Bedford Park Jun-01	17:26 Jeff Haynes Blisworth 18/5/2007	18:28 Jeff Haynes Bedford Park 27/7/2011	19:36 Jeff Haynes Northampton 5/9/2015	25:49 Allan Lock Blisworth 8/5/2009	25:27 Allan Lock Northampton 5/5/2012
<b>5 miles</b>	34:01 Alistair Ferrie Weston 6/5/2013	26:21 Graham Linnell Wolverton 28/11/1988	27:59 Andy Pacey Banbury 12/6/2012	27:10 Jeff Hayes Birkenhead Park 6/6/2001	28:34 Jeff Haynes Blisworth 17/8/2007	30:51 Roger Elkin Draycote Water 28/10/2001	32:38 Dave Lantsbery Rockingham 25/5/2005	41:16 Allan Lock Banbury 12/6/2007	40:22 Allan Lock Milton Keynes 23/11/2013
<b>6 miles</b>	44:17 David Fowler Rugby 6/7/2004	32:07 Graham Linnell Rugby 4/7/1984	33:58 Chris Rogers Bedford 17/5/2006	34:05 Nick Pacey Bedford 17/5/2011	35:22 Jeff Haynes Rugby & Bedford 16/5/2007 & 23/5/2007	36:54 Jeff Haynes Rugby 12/5/2010	41:10 Dave Lantsbery Rugby 10/5/2006	50:42 Allan Lock Bedford 17/5/2011	48:06 Allan Lock Rugby 15/5/2013

<b>10km</b>	42:18	31:55	34:56	35:12	36:30	38:55	41:18	50:58	50:16
	Alistair Ferrie	Danny Bull	Andy Pacey	Nick Pacey	Nick Pacey	Roger Elkin	Dave Lantsbery	Allan Lock	Allan Lock
	Brackley	Bicester	Bushy	Bedford	London BUPA	Eynesham	Boddington	Milton Keynes	Hasselby
	16/6/2013	31/12/1989	8/7/2012	13/9/2009	27/5/2013	25/11/2001	30/5/2005	3/7/2007	13/10/2013

<b>10 miles</b>	54:09	58:30	57:47	1:13:54	01:05:24				
	Danny Bull	Andy Pacey	Nick Jerome	Warren Marsh	James Darcy				
	Northampton	Sandy	Maidenhead	Sandy	Leighton Buzzard				
	12/3/1989	25/3/2012	10/4/1998	28/3/2009	20/9/2015				

<b>Half Marathon</b>	1:13:07	1:18:19	1:18:50	1:21:13	1:23:24	1:53:28	1:57:57	1:52:15
	Graham Linnell	Andy Pacey	Nick Pacey	Nick Pacey	Roger Elkin	Len Pannell	Allan Lock	Allan Lock
	Stamford	Silverstone	Silverstone	Silverstone	Great North	St Anton	Aland	Wilmslow
	14/7/1985	11/3/2012	6/3/2011	3/3/2013	16/9/2001	10/7/2010	28/10/2007	23/3/2014

<b>15 miles</b>	1:33:09	1:33:26	1:32:56	1:44:17	01:41:19	2:31:27	2:15:48	02:11:19
	Simon Woodward	Simon Woodward	Nick Pacey	Eddie Shoesmith	James Darcy	Tim Hulett	Allan Lock	Allan Lock
	Banbury	Banbury	Banbury	Banbury	Banbury	Kelmarsh	Banbury	Banbury
	20/3/2011	22/3/2015	18/3/2012	03/2000	20/3/2016	27/4/2008	20/3/2011	18/3/2012

<b>20 km</b>	01:52:06	01:52:06						
	Paul Holmes	Bob Kellam						
	Bedford	Bedford						
	9/10/2016	9/10/2016						

<b>25 km</b>		1:40:50						
		Nick Jerome						
		Bruges						
		20/7/1997						

<b>30 km</b>	2:00:21	1:58:10	2:05:40		02:30:43		3:14:23	3:00:30
	Simon Woodward	Simon Woodward	Eddie Shoesmith		Richard Popiel		Allan Lock	Allan Lock
	Stamford	Stamford	Stamford		Stamford		Lidingoloppet	Lidingoloppet
	15/2/2009	17/2/2013	19/2/1995		12/02/2017		24/9/2011	28/9/2013

<b>20 miles</b>	1:55:40	2:07:13	02:10:25	2:17:26		
	Graham Linnell	Simon Woodward	Simon Woodward	Nick Pacey		
		Oakley Bedford	Oakley Bedford	Oakley Bedford		
		23/3/2014	2/4/2017	23/3/2014		

<b>Marathon</b>	2:42:24	2:51:16	02:50:44	03:00:41	3:27:37	5:03:15	4:45:16
	Graham Linnell	Simon Woodward	Simon Woodward	James Darcy	Dave Lantsbery	Allan Lock	Allan Lock
	Northampton	Gravesend	London	London	London	Nordmarka Skogsmarton	Nordmarka Skogsmarton
	13/5/1984	1/6/2013	26/4/2017	24/04/2016	2001	18/6/2011	15/6/2013

<b>30 miles</b>	5:34:30		5:34:30	
	Jay Fletcher		Paul Rose	
	Milton Keynes		Milton Keynes	
	5/7/2014		5/7/2014	

<b>40 miles</b>	6:21:00	
	Roger Williams	
	Doncaster	
	Feb-95	

<b>50 miles</b>	17:42:00
	Trevor Barnes
	Longmynd Hike
	4 & 5/10/2014

<b>100 km</b>	19:39:01	10:55:19	19:39:06	18:44:00
	Jay Fletcher	Simon Woodward	Paul Rose	David Coates
	South Downs	Race to the Stones	South Downs	Race to the Stones
	26 & 27/07/2014	12/7/2015	26 & 27/07/2014	26 & 27/07/2015

<b>100 miles</b>	22:37:00
	Paul Rose
	Samphire 100
	16/07/2016