

SENIOR RECORDS 30/07/2019

	F20	FS	F35	F40	F45	F50	F55	F60	F65
1 mile	07:14	05:57	06:03	06:32	05:56	06:46	06:59	07:09	09:31
	Madeleine Smees	Heather Cooke	Linda Lytollis	Linda Lytollis	Helen Heley	Sue Torrance	Sue Torrance	Julian Shepherd	Carol Debney
	Sixfields	Sixfields	Sixfields	Sixfields	Stowe	Stowe	Stowe	Sixfields	Sixfields
	02/05/2010	02/05/2010	01/05/2009	26/04/2013	28/06/2019	24/06/2016	28/06/2019	29/04/2005	02/05/2010

3km				13:59	12:45			14:05	
				Claire Todd	Helen Heley			Sue Torrance	
				Sixfields	Stowe			Stowe	
				16/04/2004	03/05/2019			03/05/2019	

2 miles				14:17	12:47	16:02	14:32		
				Linda Lytollis	Helen Heley	Claire Todd	Sue Torrance		
				Sixfields	Stowe	Sixfields	Stowe		
				12/07/2013	03/05/2019	12/07/2013	21/06/2019		

3 miles		20:30	19:46	21:40	26:27	21:14	23:29		
		Heather Kirk	Linda Lytollis	Linda Lytollis	Stephanie Spencer	Sue Torrance	Sue Torrance		
		Stowe	Oxford	Stowe	Stowe	Stowe	Stowe		
		27/06/2014	18/05/2009	27/06/2014	02/06/2017	02/06/2016	01/06/2018		

5km	22:30	20:38	20:41	22:25	20:16	21:59	23:17	23:09	31:42
	Layne Wray	Heather Cooke	Linda Lytollis	Linda Lytollis	Helen Heley	Sue Torrance	Sue Torrance	Julia Shepherd	Carol Debney
	Silverstone	Blisworth	Charndon	Buckingham	Stowe	Buckingham	Buckingham	Blisworth	Blisworth
	09/06/2010	07/05/2010	22/05/2007	06/09/2014	31/05/2019	28/11/2015	09/03/2019	20/05/2005	13/05/2011

SENIOR RECORDS 30/07/2019

	F20	FS	F35	F40	F45	F50	F55	F60	F65
5 miles	50:49	33:24	34:09	37:01	33:41	36:48	37:37	37:55	53:25
	Lauren Bain	Heather Cooke	Linda Lytollis	Linda Lytollis	Helen Heley	Sue Torrance	Julia Shepherd	Julia Shepherd	Carol Debney
	Weston	Market Harborough	Rockingham	Blisworth	Blisworth	Wellingborough	Market Harborough	Banbury	Wellingborough
	02/05/2005	15/06/2010	25/05/2005	24/05/2013	17/05/2019	26/07/2015	24/06/2003	14/06/2005	01/08/2010

6 miles	40:12	41:25	45:48	40:57	44:19	47:04	46:15
	Heather Cooke	Linda Lytollis	Linda Lytollis	Helen Heley	Sue Torrance	Sue Torrance	Julia Shepherd
	Bedford	Bedford	Rugby	Rugby	Rugby	Rugby	Rugby
	18/05/2010	20/05/2008	15/05/2013	22/05/2019	13/05/2015	22/05/2019	11/05/2005

10km	43:18	43:28	46:15	42:06	45:01	46:43	48:10	60:12
	Heather Cooke	Linda Lytollis	Linda Lytollis	Helen Heley	Sue Torrance	Sue Torrance	Julia Shepherd	Carol Debney
	Milton Keynes	Milton Keynes	Brackley	Milton Keynes	Frimley	Bourton	Milton Keynes	Moulton
	29/06/2010	04/07/2006	15/06/2014	09/07/2019	03/05/2015	24/02/2019	05/07/2005	29/08/2010

10 miles	01:20:12	01:11:07	01:19:19	01:21:03	01:14:27	01:19:59
	Natasha King	Linda Lytollis	Linda Lytollis	Mel Bignell	Sue Torrance	Sue Torrance
	Thornborough	Sandy	Thornborough	Sandy	Maidenhead	Cotswold Classic
	02/05/2011	29/03/2009	07/05/2012	29/03/2009	03/04/2015	29/09/2018

Half Marathon	02:55:35	01:40:35	01:38:11	01:41:36	01:44:18	01:38:36	01:46:29	01:47:14
	Lauren Bain	Heather Cooke	Linda Lytollis	Sam Roe	Linda Lytollis	Sue Torrance	Sue Torrance	Julia Shepherd
	Great North	Nottingham	Milton Keynes	Silverstone	Bedford & Silverstone	Silverstone	Buckingham	Castle Ashby
	17/09/2005	13/09/2009	11/03/2007	11/03/2012	07/12/2014 / 15/03/2014	15/03/2015	09/06/2019	27/02/2005

15 miles	02:10:33	02:01:39	02:05:57	01:56:05	02:10:37
	Lynette Gibbey	Linda Lytollis	Linda Lytollis	Sue Torrance	Sue Torrance
	Banbury	Banbury	Banbury	Banbury	Banbury
	Mar-06	18/03/2012	17/03/2019	22/03/2015	17/03/2019

SENIOR RECORDS 30/07/2019

	F20	FS	F35	F40	F45	F50	F55	F60	F65
20 miles		02:59:17 Lynette Gibbey Oakley Bedford 02/04/2006		02:45:00 Joan Amos Bury St Edmunds 24/02/1985	02:44:37 Linda Lytollis Tarpley 22/02/2015	02:53:55 Sue Torrance Oakley Bedford 04/03/2016	03:12:42 Sue Torrance Oakley Bedford 24/03/2019		
Marathon		04:03:56 Kate Sewell London 13/04/2014	03:57:06 Jo Japp Milton Keynes 01/05/2017	03:55:21 Linda Lytollis London 22/04/2012	03:50:20 Linda Lytollis London 26/04/2015	03:40:11 Sue Torrance London 26/04/2015	04:24:29 Mel Bignell Warsaw 27/09/2015	04:18:31 Julia Shepherd London 17/04/2005	
63 km					07:11:00 Justine Verwey Connemara 06/04/2014				
90km					11:32:59 Justine Verwey Comrades 03/06/2012				
100 km		26:13:00 Natasha King South Downs 16 & 17/07/2011			21:15:44 Stephanie Spencer Race to the Stones 12 & 13/07/2015				

SENIOR RECORDS 30/07/2019

	M20	MS	M40	M45	M50	M55	M60	M65	M70
1 mile	05:27 Ashley Phillips Sixfields 02/07/2010	04:48 Graham Linnell Westminster 14/08/1988	04:44 Chris Wood Ilfley Road 28/06/2019	04:54 Jeff Haynes Sixfields 2002	05:31 Andy Pacey Stowe 28/06/2019	07:23 Dave Lantsbery Sixfields 30/04/2004	06:06 Dave Lantsbery Sixfields 15/05/2005	07:12 Allan Lock Sixfields 29/06/2007	
3km	13:06 David Fowler Sixfields 16/04/2004	09:51 Chris Wood Corby 13/07/2010	09:36 Chris Woods Corby 16/07/2019	09:59 Jeff Haynes Sixfields 2002	11:15 Andy Pacey Stowe 03/05/2019	17:46 Dave Lantsbery Sixfields 16/04/2004			
2 miles		10:47 Tom Watson Stowe 23/07/2017	10:43 Chris Wood Stowe 03/05/2019	12:37 Greg Ball Stowe 03/05/2019	11:49 Andy Pacey Stowe 03/05/2019				15:18 Allan Lock Sixfields 12/07/2013
3 miles	17:55 Alfie Long Stowe 01/06/2018	16:44 Tom Watson Stowe 02/06/2017	19:26 Jay Smith Stowe 01/06/2018	20:51 Richard Popiel Oxford 18/05/2009	21:00 Adrian Jelley Stowe 01/06/2018	23:22 David Coates Stowe 01/06/2018			
5km	19:50 David Fowler Blisworth 21/05/2004	16:26 Chris Wood Northampton 29/03/2014	16:54 Andy Pacey Blisworth 11/05/2012	16:34 Jeff Haynes Bedford Park Jun-01	17:26 Jeff Haynes Blisworth 18/05/2007	18:28 Jeff Haynes Bedford Park 27/07/2011	19:36 Jeff Haynes Northampton 05/09/2015	25:49 Allan Lock Blisworth 08/05/2009	25:27 Allan Lock Northampton 05/05/2012
5 miles	34:01 Alistair Ferrie Weston 06/05/2013	26:21 Graham Linnell Wolverton 28/11/1988	27:59 Andy Pacey Banbury 12/06/2012	27:10 Jeff Hayes Birkenhead Park 06/06/2001	28:34 Jeff Haynes Blisworth 17/08/2007	30:51 Roger Elkin Draycote Water 28/10/2001	32:38 Dave Lantsbery Rockingham 25/05/2005	41:16 Allan Lock Banbury 12/06/2007	40:22 Allan Lock Milton Keynes 23/11/2013
6 miles	44:17 David Fowler Rugby 06/07/2004	32:07 Graham Linnell Rugby 04/07/1984	33:58 Chris Rogers Bedford 17/05/2006	34:05 Nick Pacey Bedford 17/05/2011	35:22 Jeff Haynes Rugby & Bedford 16/5/2007 & 23/5/2007	36:54 Jeff Haynes Rugby 12/05/2010	41:10 Dave Lantsbery Rugby 10/05/2006	50:42 Allan Lock Bedford 17/05/2011	48:06 Allan Lock Rugby 15/05/2013

SENIOR RECORDS 30/07/2019

	M20	MS	M40	M45	M50	M55	M60	M65	M70
10km	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
	16/06/2013	31/12/1989	08/07/2012	13/09/2009	27/05/2013	25/11/2001	30/05/2005	03/07/2007	13/10/2013

10 miles	54:09:00	58:30:00	57:47:00	01:05:24	01:11:45				
	Danny Bull	Andy Pacey	Nick Jerome	James Darcy	Richard Popiel				
	Northampton	Sandy	Maidenhead	Leighton Buzzard	Maidenhead				
	12/03/1989	25/03/2012	10/04/1998	20/09/2015	19/04/2019				

Half Marathon	01:13:07	01:18:19	01:18:50	01:21:13	01:23:24	01:53:28	01:57:57	01:52:15
	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
	14/07/1985	11/03/2012	06/03/2011	03/03/2013	16/09/2001	10/07/2010	28/10/2007	23/03/2014

15 miles	01:33:09	01:33:26	01:32:56	01:41:19	1:48:05	02:31:27	02:15:48	02:11:19
	Simon Woodward	Simon Woodward	Nick Pacey	Jim Darcy	Richard Popiel	Tim Hulett	Allan Lock	Allan Lock
	Banbury	Banbury	Banbury	Banbury	Banbury	Kelmarsh	Banbury	Banbury
	20/03/2011	22/03/2015	18/03/2012	20/03/2016	17/03/2019	27/04/2008	20/03/2011	18/03/2012

20 km	01:52:06	01:52:06						
	Paul Holmes	Bob Kellam						
	Bedford	Bedford						
	09/10/2016	09/10/2016						

25 km		01:40:50						
		Nick Jerome						
		Bruges						
		20/07/1997						

30 km	02:00:21	01:58:10	02:05:40		02:21:40		03:14:23	03:00:30
	Simon Woodward	Simon Woodward	Eddie Shoesmith		Richard Popiel		Allan Lock	Allan Lock
	Stamford	Stamford	Stamford		Stamford		Lidingoloppet	Lidingoloppet
	15/02/2009	17/02/2013	19/02/1995		17/02/2019		24/09/2011	28/09/2013

SENIOR RECORDS 30/07/2019

	M20	MS	M40	M45	M50	M55	M60	M65	M70
20 miles	01:55:40 Graham Linnell		02:07:13 Simon Woodward Oakley Bedford 23/03/2014	02:10:25 Simon Woodward Oakley Bedford 02/04/2017	02:17:26 Nick Pacey Oakley Bedford 23/03/2014	02:36:19 Richard Popiel Oakley Bedford 23/03/2019			
Marathon	02:42:24 Graham Linnell Northampton 13/05/1984		02:51:16 Simon Woodward Gravesend 01/06/2013	02:50:44 Simon Woodward London 26/04/2017	03:00:41 James Darcy London 24/04/2016	03:27:37 Dave Lantbery London 2001		05:03:15 Allan Lock Nordmarka Skogsmarton 18/06/2011	04:45:16 Allan Lock Nordmarka Skogsmarton 15/06/2013
30 miles		05:34:30 Jay Fletcher Milton Keynes 05/07/2014				05:34:30 Paul Rose Milton Keynes 05/07/2014			
40 miles		06:21:00 Roger Williams Doncaster Feb-95							
50 miles						17:42:00 Trevor Barnes Longmynd Hike 4 & 5/10/2014			
100 km		19:39:01 Jay Fletcher South Downs 26 & 27/07/2014	10:55:19 Simon Woodward Race to the Stones 12/07/2015		19:39:06 Paul Rose South Downs 26 & 27/07/2014	18:44:00 David Coates Race to the Stones 26 & 27/07/2015			
100 miles					22:16:32 Paul Rose Samphire 100 09/03/2019				