

SENIOR RECORDS

31/01/2020

	F20	FS	F35	F40	F45	F50	F55	F60	F65
1 mile	07:14 Madeleine Smee Sixfields 02/05/2010	05:57 Heather Cooke Sixfields 02/05/2010	06:03 Linda Lytollis Sixfields 01/05/2009	06:32 Linda Lytollis Sixfields 26/04/2013	05:56 Helen Heley Stowe 28/06/2019	06:46 Sue Torrance Stowe 24/06/2016	06:59 Sue Torrance Stowe 28/06/2019	07:09 Julian Shepherd Sixfields 29/04/2005	09:31 Carol Debney Sixfields 02/05/2010
3km				13:59 Claire Todd Sixfields 16/04/2004	12:45 Helen Heley Stowe 03/05/2019		14:05 Sue Torrance Stowe 03/05/2019		
2 miles				14:17 Linda Lytollis Sixfields 12/07/2013	12:47 Helen Heley Stowe 03/05/2019	16:02 Claire Todd Sixfields 12/07/2013	14:32 Sue Torrance Stowe 21/06/2019		
3 miles		20:30 Heather Kirk Stowe 27/06/2014	19:46 Linda Lytollis Oxford 18/05/2009	21:40 Linda Lytollis Stowe 27/06/2014	26:27 Stephanie Spencer Stowe 02/06/2017	21:14 Sue Torrance Stowe 02/06/2016	23:29 Sue Torrance Stowe 01/06/2018		
5km	22:30 Layne Wray Silverstone 09/06/2010	20:38 Heather Cooke Blisworth 07/05/2010	20:41 Linda Lytollis Charndon 22/05/2007	22:25 Linda Lytollis Buckingham 06/09/2014	20:16 Helen Heley Stowe 31/05/2019	21:59 Sue Torrance Buckingham 28/11/2015	23:17 Sue Torrance Buckingham 09/03/2019	23:09 Julia Shepherd Blisworth 20/05/2005	31:42 Carol Debney Blisworth 13/05/2011
5 miles	50:49 Lauren Bain Weston 02/05/2005	33:24 Heather Cooke Market Harborough 15/06/2010	34:09 Linda Lytollis Rockingham 25/05/2005	37:01 Linda Lytollis Blisworth 24/05/2013	33:41 Helen Heley Blisworth 17/05/2019	36:48 Sue Torrance Wellingborough 26/07/2015	37:37 Julia Shepherd Market Harborough 24/06/2003	37:55 Julia Shepherd Banbury 14/06/2005	53:25 Carol Debney Wellingborough 01/08/2010

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	F20	FS	F35	F40	F45	F50	F55	F60	F65
6 miles		40:12 Heather Cooke Bedford 18/05/2010	41:25 Linda Lytollis Bedford 20/05/2008	45:48 Linda Lytollis Rugby 15/05/2013	40:57 Helen Heley Rugby 22/05/2019	44:19 Sue Torrance Rugby 13/05/2015	47:04 Sue Torrance Rugby 22/05/2019	46:15 Julia Shepherd Rugby 11/05/2005	
10km		43:18 Heather Cooke Milton Keynes 29/06/2010	43:28 Linda Lytollis Milton Keynes 04/07/2006	46:15 Linda Lytollis Brackley 15/06/2014	42:06 Helen Heley Milton Keynes 09/07/2019	45:01 Sue Torrance Frimley 03/05/2015	46:43 Sue Torrance Bourton 24/02/2019	48:10 Julia Shepherd Milton Keynes 05/07/2005	60:12 Carol Debney Moulton 29/08/2010
10 miles		01:20:12 Natasha King Thornborough 02/05/2011	01:11:07 Linda Lytollis Sandy 29/03/2009	01:19:19 Linda Lytollis Thornborough 07/05/2012	01:21:03 Mel Bignell Sandy 29/03/2009	01:14:27 Sue Torrance Maidenhead 03/04/2015	01:19:59 Sue Torrance Cotswold Classic 29/09/2018		
Half Marathon	02:55:35 Lauren Bain Great North 17/09/2005	01:40:35 Heather Cooke Nottingham 13/09/2009	01:38:11 Linda Lytollis Milton Keynes 11/03/2007	01:41:36 Sam Roe Silverstone 11/03/2012	01:44:18 Linda Lytollis Bedford & Silverstone 07/12/2014 / 15/03/2014	01:38:36 Sue Torrance Silverstone 15/03/2015	01:46:29 Sue Torrance Buckingham 09/06/2019	01:47:14 Julia Shepherd Castle Ashby 27/02/2005	
15 miles		02:10:33 Lynette Gibbey Banbury Mar-06		02:01:39 Linda Lytollis Banbury 18/03/2012	02:05:57 Linda Lytollis Banbury 17/03/2019	01:56:05 Sue Torrance Banbury 22/03/2015	02:10:37 Sue Torrance Banbury 17/03/2019		
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		

	F20	FS	F35	F40	F45	F50	F55	F60	F65
Marathon	04:03:01	04:03:56	03:57:06	03:55:21	03:50:20	03:40:11	04:24:29	04:18:31	
	Olivia Ferrie	Kate Sewell	Jo Japp	Linda Lytollis	Linda Lytollis	Sue Torrance	Mel Bignell	Julia Shepherd	
	New Forest	London	Milton Keynes	London	London	London	Warsaw	London	
	09/08/2019	13/04/2014	01/05/2017	22/04/2012	26/04/2015	26/04/2015	27/09/2015	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			21:15:44				
		Natasha King			Stephanie Spencer				
		South Downs			Race to the Stones				
		16 & 17/07/2011			12 & 13/07/2015				

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	M20	MS	M40	M45	M50	M55	M60	M65	M70
1 mile	05:27	04:48	04:44	04:54	05:31	07:23	06:06	07:12	
	Ashley Phillips	Graham Linnell	Chris Wood	Jeff Haynes	Andy Pacey	Dave Lantsbery	Dave Lantsbery	Allan Lock	
	Sixfields	Westminster	Iffley Road	Sixfields	Stowe	Sixfields	Sixfields	Sixfields	
	02/07/2010	14/08/1988	28/06/2019	2002	28/06/2019	30/04/2004	15/05/2005	29/06/2007	

3km	13:06	09:51	09:36	09:59	11:15	17:46			
	David Fowler	Chris Wood	Chris Woods	Jeff Haynes	Andy Pacey	Dave Lantsbery			
	Sixfields	Corby	Corby	Sixfields	Stowe	Sixfields			
	16/04/2004	13/07/2010	16/07/2019	2002	03/05/2019	16/04/2004			

2 miles		10:47	10:43	12:37	11:49				15:18
		Tom Watson	Chris Wood	Greg Ball	Andy Pacey				Allan Lock
		Stowe	Stowe	Stowe	Stowe				Sixfields
		23/07/2017	03/05/2019	03/05/2019	03/05/2019				12/07/2013

3 miles	17:55	16:44	19:26	20:51	21:00	23:22			
	Alfie Long	Tom Watson	Jay Smith	Richard Popiel	Adrian Jelley	David Coates			
	Stowe	Stowe	Stowe	Oxford	Stowe	Stowe			
	01/06/2018	02/06/2017	01/06/2018	18/05/2009	01/06/2018	01/06/2018			

5km	19:50	16:26	16:54	16:34	17:26	18:28	19:36	25:49	25:27
	David Fowler	Chris Wood	Andy Pacey	Jeff Haynes	Jeff Haynes	Jeff Haynes	Jeff Haynes	Allan Lock	Allan Lock
	Blisworth	Northampton	Blisworth	Bedford Park	Blisworth	Bedford Park	Northampton	Blisworth	Northampton
	21/05/2004	29/03/2014	11/05/2012	Jun-01	18/05/2007	27/07/2011	05/09/2015	08/05/2009	05/05/2012

5 miles	34:01	26:21	27:59	27:10	28:34	30:51	32:38	41:16	40:22
	Alistair Ferrie	Graham Linnell	Andy Pacey	Jeff Hayes	Jeff Haynes	Roger Elkin	Dave Lantsbery	Allan Lock	Allan Lock
	Weston	Wolverton	Banbury	Birkenhead Park	Blisworth	Draycote Water	Rockingham	Banbury	Milton Keynes
	06/05/2013	28/11/1988	12/06/2012	06/06/2001	17/08/2007	28/10/2001	25/05/2005	12/06/2007	23/11/2013

6 miles	44:17	32:07	33:58	34:05	35:22	36:54	41:10	50:42	48:06
	David Fowler	Graham Linnell	Chris Rogers	Nick Pacey	Jeff Haynes	Jeff Haynes	Dave Lantsbery	Allan Lock	Allan Lock
	Rugby	Rugby	Bedford	Bedford	Rugby & Bedford	Rugby	Rugby	Bedford	Rugby
	06/07/2004	04/07/1984	17/05/2006	17/05/2011	16/5/2007 & 23/5/2007	12/05/2010	10/05/2006	17/05/2011	15/05/2013

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31/01/2020

	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	01:49:29	01:57:57	01:52:15
	Graham Linnell	Andy Pacey	Nick Pacey	Nick Pacey	Roger Elkin	Dave Jarrett	Allan Lock	Allan Lock
	Stamford	Silverstone	Silverstone	Silverstone	Great North	Kimbolton	Aland	Wilmslow
	14/07/1985	11/03/2012	06/03/2011	03/03/2013	16/09/2001	18/08/2019	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

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	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	03:56:37 Dave Jarrett Malaga 15/12/2019	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				