

SENIOR RECORDS

28/09/2026

	F20	FS	F35	F40	F45	F50	F55	F60	F65
1 mile	7:14 Madeleine Smee Sixfields 2/5/2010	5:46 Izzy Hodgson Stowe 5/9/2026	6:03 Linda Lytollis Sixfields 1/5/2009	6:32 Linda Lytollis Sixfields 26/4/2013	5:56 Helen Heley Stowe 28/6/2019	6:46 Sue Torrance Stowe 24/6/2016	6:59 Sue Torrance Stowe 28/6/2019	7:09 Julian Shepherd Sixfields 29/4/2005	9:31 Carol Debney Sixfields 2/5/2010
3km				13:59 Claire Todd Sixfields 16/4/2004	12:45 Helen Heley Stowe 3/5/2019		14:05 Sue Torrance Stowe 3/5/2019		
2 miles	18:21 Sophie Clark Stowe 10/5/2024			14:17 Linda Lytollis Sixfields 12/7/2013	12:41 Julie-Ann Hammond Stowe 8/5/2021	16:02 Claire Todd Sixfields 12/7/2013	14:32 Sue Torrance Stowe 21/6/2019	15:51 Sue Torrance Stowe 10/5/2024	
3 miles	22:32 Freya Cartright Stowe 11/5/2025	20:30 Heather Kirk Stowe 27/6/2014	19:46 Linda Lytollis Oxford 18/5/2009	21:40 Linda Lytollis Stowe 27/6/2014	26:27 Stephanie Spencer Stowe 2/6/2017	18:56 Helen Heley Stowe 9/5/2025	23:29 Sue Torrance Stowe 1/6/2018	23:29 Sue Torrance Stowe 11/5/2025	
5km	22:30 Layne Wray Silverstone 9/6/2010	19:36 Izzy Hodgson Waddesdon Manor 5/9/2026	19:33 Hannah St Ledger-Harris Newport Pagnell Carnival 5k 2/7/2022	22:25 Linda Lytollis Buckingham 6/9/2014	19:52 Helen Heley Watermeadows 25/6/2022	18:53 Helen Heley Newport Pagnell Carnival 5k 6/7/2024	23:17 Sue Torrance Buckingham 9/3/2019	23:09 Julia Shepherd Blisworth 20/5/2005	27:30 Melanie Bignell Banbury Parkrun 23/5/2026
5 miles	50:49 Lauren Bain Weston 2/5/2005	33:24 Heather Cooke Market Harborough 15/6/2010	34:02 Hannah St Ledger-Harris Banbury 24/5/2022	36:54 Sarah Kaye Banbury 24/5/2022	32:30 Helen Heley Banbury 24/5/2022	32:29 Helen Heley Blisworth 15/5/2026	37:37 Julia Shepherd Market Harborough 24/6/2003	37:55 Julia Shepherd Banbury 14/6/2005	44:13 Melanie Bignell Market Harborough 2/6/2026

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F20	FS	F35	F40	F45	F50	F55	F60	F65
6 miles	40:12	41:25	45:48	40:28	39:40	47:04	46:15	
	Heather Cooke	Linda Lytollis	Linda Lytollis	Helen Heley	Helen Heley	Sue Torrance	Julia Shepherd	
	Bedford	Bedford	Rugby	Rugby	Rugby	Rugby	Rugby	
	18/5/2010	20/5/2008	15/5/2013	20/7/2022	17/7/2024	22/5/2019	11/5/2005	
10km	43:18	42:47	46:15	42:06	39:14	46:43	48:10	55:47
	Heather Cooke	Hannah St Ledger-Harris	Linda Lytollis	Helen Heley	Helen Heley	Sue Torrance	Julia Shepherd	Melanie Bignell
	Milton Keynes	MK	Brackley	Milton Keynes	Chester	Bourton	Milton Keynes	Brackley Chicken Run
	29/6/2010	12/7/2022	15/6/2014	9/7/2019	12/3/2023	24/2/2019	5/7/2005	26/9/2026
10 miles	1:20:12	1:11:07	1:19:19	1:21:03	1:06:39	1:19:59	1:28:55	
	Natasha King	Linda Lytollis	Linda Lytollis	Mel Bignell	Helen Heley	Sue Torrance	Sue Torrance	
	Thornborough	Sandy	Thornborough	Sandy	Derby	Cotswold Classic	Maidenhead	
	2/5/2011	29/3/2009	7/5/2012	29/3/2009	17/10/2024	29/9/2018	29/3/2024	
Half Marathon	2:55:35	1:38:26	1:38:10	1:41:36	1:44:18	1:38:36	1:46:29	2:02:59
	Lauren Bain	Hannah St Ledger-Harris	Hannah St Ledger-Harris	Sam Roe	Linda Lytollis	Sue Torrance	Sue Torrance	Julia Shepherd
	Great North	MK Winter half	Royal Parks	Silverstone	Bedford & Silverstone	Silverstone	Buckingham	Castle Ashby
	17/9/2005	13/12/2020	10/10/2021	11/3/2012	07/12/2014 / 15/03/2014	15/3/2015	9/6/2019	27/2/2005
15 miles	2:10:33		2:01:39	2:05:57	1:56:05	2:10:37		
	Lynette Gilbey		Linda Lytollis	Linda Lytollis	Sue Torrance	Sue Torrance		
	Banbury		Banbury	Banbury	Banbury	Banbury		
	Mar-06		18/3/2012	17/3/2019	22/3/2015	17/3/2019		
30km		2:29:43						
		Hannah St Ledger-Harris						
		Stanford						
		13/2/2022						

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F20	FS	F35	F40	F45	F50	F55	F60	F65
20 miles	2:31:40 Lizzie Phipps Oakley Bedford 26/3/2023		2:45:00 Joan Amos Bury St Edmunds 24/2/1985	2:44:37 Linda Lytollis Tarpley 22/2/2015	2:53:55 Sue Torrance Oakley Bedford 4/3/2016	3:12:42 Sue Torrance Oakley Bedford 24/3/2019		
Marathon	4:03:01 Olivia Ferrie New Forest 9/8/2019	3:14:05 Lizzie Phipps Chicago 8/10/2023	3:16:10 Hannah St Ledger-Harris Berlin 25/9/2022	3:55:21 Linda Lytollis London 22/4/2012	3:50:20 Linda Lytollis London 26/4/2015	3:40:11 Sue Torrance London 26/4/2015	4:24:29 Mel Bignell Warsaw 27/9/2015	4:18:31 Julia Shepherd London 17/4/2005
50 km			5:58:39 Emily Castle Salcey Forest 28/6/2026		5:27:13 Rachael Coles Salcey Forest 28/6/2026			
63 km				7:11:00 Justine Verwey Connemara 6/4/2014				
90km				11:32:59 Justine Verwey Comrades 3/6/2012				
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				

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	M20	MS	M40	M45	M50	M55	M60	M65	M70
1 mile	5:27	4:48	4:44	4:54	5:31	7:23	6:06	7:12	
	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	
	2/7/2010	14/8/1988	28/6/2019	2002	28/6/2019	30/4/2004	15/5/2005	29/6/2007	
3km	13:06	9:51	9:36	9:59	11:15	17:46			
	David Fowler	Chris Wood	Chris Woods	Jeff Haynes	Andy Pacey	Dave Lantsbery			
	Sixfields	Corby	Corby	Sixfields	Stowe	Sixfields			
	16/4/2004	13/7/2010	16/7/2019	2002	3/5/2019	16/4/2004			
2 miles		10:47	10:43	12:37	11:49	12:12	14:39		15:18
		Tom Watson	Chris Wood	Greg Ball	Andy Pacey	Jim Darcy	Michael Spencer		Allan Lock
		Stowe	Stowe	Stowe	Stowe	Stowe	Stowe		Sixfields
		23/7/2017	3/5/2019	3/5/2019	3/5/2019	7/5/2021	10/5/2024		12/7/2013
3 miles	17:55	16:44	19:26	20:51	18:46	18:06	20:45		
	Alfie Long	Tom Watson	Jay Smith	Richard Popiel	Simon Woodward	Simon Storer	Michael Spencer		
	Stowe	Stowe	Stowe	Oxford	Stowe	Stowe	Stowe		
	1/6/2018	2/6/2017	1/6/2018	18/5/2009	21/7/2023	9/5/2025	9/5/2025		
5km	19:50	16:26	16:54	16:34	17:26	18:28	19:36	25:02	25:27
	David Fowler	Chris Wood	Andy Pacey	Jeff Haynes	Jeff Haynes	Jeff Haynes	Jeff Haynes	Brian Keers	Allan Lock
	Blisworth	Northampton	Blisworth	Bedford Park	Blisworth	Bedford Park	Northampton	Watermeadows	Northampton
	21/5/2004	29/3/2014	11/5/2012	1/6/2001	18/5/2007	27/7/2011	5/9/2015	10/1/2026	5/5/2012
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
	6/5/2013	28/11/1988	12/6/2012	6/6/2001	17/8/2007	28/10/2001	25/5/2005	12/6/2007	23/11/2013

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	M20	MS	M40	M45	M50	M55	M60	M65	M70
6 miles	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
10km	38:42 Jake Storer Borton on the Water 26/2/2023	31:55 Danny Bull Bicester 31/12/1989	34:56 Andy Pacey Bushy 8/7/2012	35:12 Nick Pacey Bedford 13/9/2009	36:30 Nick Pacey London BUPA 27/5/2013	38:55 Roger Elkin Eynesham 25/11/2001	41:18 Dave Lantsbery Boddington 30/5/2005	50:58 Allan Lock Milton Keynes 3/7/2007	50:16 Allan Lock Hasselby 13/10/2013
10 miles		54:09:00 Danny Bull Northampton 12/3/1989	58:30:00 Andy Pacey Sandy 25/3/2012	57:47:00 Nick Jerome Maidenhead 10/4/1998	1:05:24 Jim Darcy Leighton Buzzard 20/9/2015	1:11:45 Richard Popiel Maidenhead 19/4/2019	1:11:13 Richard Popiel Maidenhead 29/3/2024		
Half Marathon		1:13:07 Graham Linnell Stamford 14/7/1985	1:18:19 Andy Pacey Silverstone 11/3/2012	1:18:50 Nick Pacey Silverstone 6/3/2011	1:21:13 Nick Pacey Silverstone 3/3/2013	1:23:24 Roger Elkin Great North 16/9/2001	1:35:50 Richard Popiel Buckingham 14/5/2023	1:57:57 Allan Lock Aland 28/10/2007	1:52:15 Allan Lock Wilmslow 23/3/2014
15 miles		1:33:09 Simon Woodward Banbury 20/3/2011	1:33:26 Simon Woodward Banbury 22/3/2015	1:32:56 Nick Pacey Banbury 18/3/2012	1:40:09 Simon Woodward Banbury 24/3/2024	1:48:05 Richard Popiel Banbury 17/3/2019	1:51:19 Richard Popiel Banbury 20/3/2020	2:15:48 Allan Lock Banbury 20/3/2011	2:11:19 Allan Lock Banbury 18/3/2012
20 km		1:52:06 Paul Holmes Bedford 9/10/2016	1:52:06 Bob Kellam Bedford 9/10/2016						

M20	MS	M40	M45	M50	M55	M60	M65	M70
25 km		1:40:50 Nick Jerome Bruges 20/7/1997						
30 km	2:00:21 Simon Woodward Stamford 15/2/2009	1:58:10 Simon Woodward Stamford 17/2/2013	2:05:40 Eddie Shoesmith Stamford 19/2/1995	2:06:24 Simon Woodward Stamford 11/2/2024	2:11:46 James Darcy Stamford 13/2/2022	2:31:04 Richard Popiel Rhayader 4/3/2023	3:14:23 Allan Lock Lidingoloppet 24/9/2011	3:00:30 Allan Lock Lidingoloppet 28/9/2013
20 miles	1:55:40 Graham Linnell	2:07:13 Simon Woodward Oakley Bedford 23/3/2014	2:10:25 Simon Woodward Oakley Bedford 2/4/2017	2:17:26 Nick Pacey Oakley Bedford 23/3/2014	2:36:19 Richard Popiel Oakley Bedford 23/3/2019	2:36:03 Richard Popiel San Domenico 10/3/2024		
Marathon	2:42:24 Graham Linnell Northampton 13/5/1984	2:51:16 Simon Woodward Gravesend 1/6/2013	2:50:44 Simon Woodward London 26/4/2017	3:00:41 James Darcy London 24/4/2016	3:04:10 James Darcy Manchester 3/4/2022	3:32:16 Richard Popiel Manchester 3/4/2022	3:54:47 Richard Popiel Lock Ness 27/9/2026	4:45:16 Allan Lock Nordmarka Skonsmaton 15/6/2013
30 miles	5:34:30 Jay Fletcher Milton Keynes 5/7/2014			5:34:30 Paul Rose Milton Keynes 5/7/2014				
50 km	5:40:04 Paul Holmes Chiltern Ridge Ultra 7/5/2022		5:29:41 Toby Heley Run to the Sea - Bournemouth 10/10/2020	4:42:47 Simon Storer Run to the Sea - Bournemouth 10/10/2020	5:21:05 Richard Popiel Run to the Sea - Bournemouth 10/10/2020	5:37:40 Richard Popiel North Chilterns 8/10/2023		

M20	MS	M40	M45	M50	M55	M60	M65	M70
40 miles	6:21:00 Roger Williams Doncaster Feb-95							
50 miles				11:23:52 Toby Heley Chiltern Wonderland 16/9/2023	17:42:00 Trevor Barnes Longmynd Hike 4 & 5/10/2014			
100 km	14:11:35 Paul Holmes Race to the Stones 10/7/2021	10:55:19 Simon Woodward Race to the Stones 12/7/2015			19:39:06 Paul Rose South Downs 26 & 27/07/2014	15:19:24 Simon Storer London to Brighton 25/5/2024	13:49:35 Richard Popiel London to Brighton 27/5/2023	
100 miles				22:16:32 Paul Rose Samphire 100 9/3/2019				