

SENIOR RECORDS

26/04/2026

	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 Smee	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	18:21			14:17	12:41	16:02	14:32	15:51	
	Sophie Clark			Linda Lytollis	Julie-Ann Hammond	Claire Todd	Sue Torrance	Sue Torrance	
	Stowe			Sixfields	Stowe	Sixfields	Stowe	Stowe	
	10/05/2024			12/07/2013	08/05/2021	12/07/2013	21/06/2019	10/05/2024	

3 miles	22:32	20:30	19:46	21:40	26:27	18:56	23:29	23:29	
	Freya Cartright	Heather Kirk	Linda Lytollis	Linda Lytollis	Stephanie Spencer	Helen Heley	Sue Torrance	Sue Torrance	
	Stowe	Stowe	Oxford	Stowe	Stowe	Stowe	Stowe	Stowe	
	11/05/2025	27/06/2014	18/05/2009	27/06/2014	02/06/2017	09/05/2025	01/06/2018	11/05/2025	

5km	22:30	20:38	19:33	22:25	19:52	18:53	23:17	23:09	31:42
	Layne Wray	Heather Cooke	Hannah St Ledger-Harris	Linda Lytollis	Helen Heley	Helen Heley	Sue Torrance	Julia Shepherd	Carol Debney
	Silverstone	Blisworth	Newport Pagnell Carnival 5k	Buckingham	Watermeadows	Newport Pagnell Carnival 5k	Buckingham	Blisworth	Blisworth
	09/06/2010	07/05/2010	02/07/2022	06/09/2014	25/06/2022	06/07/2024	09/03/2019	20/05/2005	13/05/2011

5 miles	50:49	33:24	34:02	36:54	32:30	32:49	37:37	37:55	53:25
	Lauren Bain	Heather Cooke	Hannah St Ledger-Harris	Sarah Kaye	Helen Heley	Helen Heley	Julia Shepherd	Julia Shepherd	Carol Debney
	Weston	Market Harborough	Banbury	Banbury	Banbury	Blisworth	Market Harborough	Banbury	Wellingborough
	02/05/2005	15/06/2010	24/05/2022	24/05/2022	24/05/2022	09/06/2023	24/06/2003	14/06/2005	01/08/2010

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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	
		18/05/2010	20/05/2008	15/05/2013	20/07/2022	17/07/2024	22/05/2019	11/05/2005	
10km		43:18	42:47	46:15	42:06	39:14	46:43	48:10	60:12
		Heather Cooke	Hannah St Ledger-Harris	Linda Lytollis	Helen Heley	Helen Heley	Sue Torrance	Julia Shepherd	Carol Debney
		Milton Keynes	MK	Brackley	Milton Keynes	Chester	Bourton	Milton Keynes	Moulton
		29/06/2010	12/07/2022	15/06/2014	09/07/2019	12/03/2023	24/02/2019	05/07/2005	29/08/2010
10 miles		01:20:12	01:11:07	01:19:19	01:21:03	01:06:39	01:19:59	01:28:55	
		Natasha King	Linda Lytollis	Linda Lytollis	Mel Bignell	Helen Heley	Sue Torrance	Sue Torrance	
		Thornborough	Sandy	Thornborough	Sandy	Derby	Cotswold Classic	Maidenhead	
		02/05/2011	29/03/2009	07/05/2012	29/03/2009	17/10/2024	29/09/2018	29/03/2024	
Half Marathon	02:55:35	01:38:26	01:38:10	01:41:36	01:44:18	01:38:36	01:46:29	01:47:14	02:26:17
	Lauren Bain	Hannah St Leger-Harris	Hannah St Ledger-Harris	Sam Roe	Linda Lytollis	Sue Torrance	Sue Torrance	Julia Shepherd	Sheona Smee
	Great North	MK Winter half	Royal Parks	Silverstone	Bedford & Silverstone	Silverstone	Buckingham	Castle Ashby	Bratislava
	17/09/2005	13/12/2020	10/10/2021	11/03/2012	07/12/2014 / 15/03/2014	15/03/2015	09/06/2019	27/02/2005	12/04/2026
15 miles		02:10:33		02:01:39	02:05:57	01:56:05	02:10:37		
		Lynette Gilbey		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		
30km			02:29:43						
			Hannah St Ledger-Harris						
			Stanford						
			13/02/2022						

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	F20	FS	F35	F40	F45	F50	F55	F60	F65
20 miles		02:31:40 Lizzie Phipps Oakley Bedford 26/03/2023		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	04:03:01 Olivia Ferrie New Forest 09/08/2019	03:14:05 Lizzie Phipps Chicago 08/10/2023	03:16:10 Hannah St Ledger-Harris Berlin 25/09/2022	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
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63 km					07:11:00 Justine Verwey Connemara 06/04/2014				
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90km					11:32:59 Justine Verwey Comrades 03/06/2012				
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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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26/04/2026

	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 Iffley 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	12:12 Jim Darcy Stowe 07/05/2021	14:39 Michael Spencer Stowe 10/05/2024	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	18:46 Simon Woodward Stowe 21/07/2023	18:06 Simon Storer Stowe 09/05/2025	20:45 Michael Spencer Stowe 09/05/2025		
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 01/06/2001	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	25:02 Brian Keers Watermeadows 10/01/2026	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

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	M20	MS	M40	M45	M50	M55	M60	M65	M70
10km	38:42	31:55	34:56	35:12	36:30	38:55	41:18	50:58	50:16
	Jake Storer	Danny Bull	Andy Pacey	Nick Pacey	Nick Pacey	Roger Elkin	Dave Lantsbery	Allan Lock	Allan Lock
	Borton on the Water	Bicester	Bushy	Bedford	London BUPA	Eynesham	Boddington	Milton Keynes	Hasselby
	26/02/2023	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	01:11:13			
	Danny Bull	Andy Pacey	Nick Jerome	Jim Darcy	Richard Popiel	Richard Popiel			
	Northampton	Sandy	Maidenhead	Leighton Buzzard	Maidenhead	Maidenhead			
	12/03/1989	25/03/2012	10/04/1998	20/09/2015	19/04/2019	29/03/2024			

Half Marathon	01:13:07	01:18:19	01:18:50	01:21:13	01:23:24	01:35:50	01:57:57	01:52:15
	Graham Linnell	Andy Pacey	Nick Pacey	Nick Pacey	Roger Elkin	Richard Popiel	Allan Lock	Allan Lock
	Stamford	Silverstone	Silverstone	Silverstone	Great North	Buckingham	Aland	Wilmslow
	14/07/1985	11/03/2012	06/03/2011	03/03/2013	16/09/2001	14/05/2023	28/10/2007	23/03/2014

15 miles	01:33:09	01:33:26	01:32:56	01:40:09	1:48:05	01:51:19	02:15:48	02:11:19
	Simon Woodward	Simon Woodward	Nick Pacey	Simon Woodward	Richard Popiel	Richard Popiel	Allan Lock	Allan Lock
	Banbury	Banbury	Banbury	Banbury	Banbury	Banbury	Banbury	Banbury
	20/03/2011	22/03/2015	18/03/2012	24/03/2024	17/03/2019	20/03/2020	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	02:06:24	02:11:46	02:31:04	03:14:23	03:00:30
	Simon Woodward	Simon Woodward	Eddie Shoesmith	Simon Woodward	James Darcy	Richard Popiel	Allan Lock	Allan Lock
	Stamford	Stamford	Stamford	Stamford	Stamford	Rhayader	Lidingoloppet	Lidingoloppet
	15/02/2009	17/02/2013	19/02/1995	11/02/2024	13/02/2022	04/03/2023	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	02:36:03 Richard Popiel San Domenico 10/03/2024		
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	03:04:10 James Darcy Manchester 03/04/2022	03:32:16 Richard Popiel Manchester 03/04/2022	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				
50 km		05:40:04 Paul Holmes Chiltern Ridge Ultra 07/05/2022		05:29:41 Toby Heley Run to the Sea - Bournemouth 10/10/2020	04:42:47 Simon Storer Run to the Sea - Bournemouth 10/10/2020	05:21:05 Richard Popiel Run to the Sea - Bournemouth 10/10/2020	05:37:40 Richard Popiel North Chilterns 08/10/2023		
40 miles		06:21:00 Roger Williams Doncaster Feb-95							
50 miles					11:23:52 Toby Heley Chiltern Wonderland 16/09/2023	17:42:00 Trevor Barnes Longmynd Hike 4 & 5/10/2014			
100 km		14:11:35 Paul Holmes Race to the Stones 10/07/2021	10:55:19 Simon Woodward Race to the Stones 12/07/2015		19:39:06 Paul Rose South Downs 26 & 27/07/2014	15:19:24 Simon Storer London to Brighton 25/05/2024	13:49:35 Richard Popiel London to Brighton 27/05/2023		
100 miles					22:16:32 Paul Rose Samphire 100 09/03/2019				