SENIOR RECORDS

25/10/2026

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

SENIOR RECORDS

25/10/2026

	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	1:47:14	2:02:59
	Lauren Bain	Hannah St Leger-Harris	Hannah St Ledger-Harris	Sam Roe	Linda Lytollis	Sue Torrance	Sue Torrance	Julia Shepherd	Melanie Bignell
	Great North	MK Winter half	Royal Parks	Silverstone	Bedford & Silverstone	Silverstone	Buckingham	Castle Ashby	Northampton
	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	13/9/2026
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						

SENIOR RECORDS

25/10/2026

	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				

SENIOR RECORDS

25/10/2026

	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	22:24	25:27
	David Fowler	Chris Wood	Andy Pacey	Jeff Haynes	Jeff Haynes	Jeff Haynes	Jeff Haynes	Richard Popiel	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	17/10/2026	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

SENIOR RECORDS

25/10/2026

	M20	MS	M40	M45	M50	M55	M60	M65	M70
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
	6/7/2004	4/7/1984	17/5/2006	17/5/2011	16/5/2007 & 23/5/2007	12/5/2010	10/5/2006	17/5/2011	15/5/2013
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
	26/2/2023	31/12/1989	8/7/2012	13/9/2009	27/5/2013	25/11/2001	30/5/2005	3/7/2007	13/10/2013
10 miles		54:09:00	58:30:00	57:47:00	1:05:24	1:11:45	1:11:13		
		Danny Bull	Andy Pacey	Nick Jerome	Jim Darcy	Richard Popiel	Richard Popiel		
		Northampton	Sandy	Maidenhead	Leighton Buzzard	Maidenhead	Maidenhead		
		12/3/1989	25/3/2012	10/4/1998	20/9/2015	19/4/2019	29/3/2024		
Half Marathon		1:13:07	1:18:19	1:18:50	1:21:13	1:23:24	1:35:50	1:57:57	1:52:15
		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
		14/7/1985	11/3/2012	6/3/2011	3/3/2013	16/9/2001	14/5/2023	28/10/2007	23/3/2014
15 miles		1:33:09	1:33:26	1:32:56	1:40:09	1:48:05	1:51:19	2:15:48	2:11:19
		Simon Woodward	Simon Woodward	Nick Pacey	Simon Woodward	Richard Popiel	Richard Popiel	Allan Lock	Allan Lock
		Banbury	Banbury	Banbury	Banbury	Banbury	Banbury	Banbury	Banbury
		20/3/2011	22/3/2015	18/3/2012	24/3/2024	17/3/2019	20/3/2020	20/3/2011	18/3/2012
20 km		1:52:06	1:52:06						
		Paul Holmes	Bob Kellam						
		Bedford	Bedford						
		9/10/2016	9/10/2016						

SENIOR RECORDS 25/10/2026

	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 Lindingoloppet 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 Skogsmaton 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		

SENIOR RECORDS 25/10/2026

	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				