

SENIOR RECORDS

26/04/2026

	F20	FS	F35	F40	F45	F50	F55	F60	F65
1 mile	7:14 Madeleine Smee Sixfields 2/5/2010	5:57 Heather Cooke Sixfields 2/5/2010	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	20:38 Heather Cooke Blisworth 7/5/2010	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	31:42 Carol Debney Blisworth 13/5/2011
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	32:49 Helen Heley Blisworth 9/6/2023	37:37 Julia Shepherd Market Harborough 24/6/2003	37:55 Julia Shepherd Banbury 14/6/2005	53:25 Carol Debney Wellingborough 1/8/2010

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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		
	18/5/2010	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	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	
	29/6/2010	12/7/2022	15/6/2014	9/7/2019	12/3/2023	24/2/2019	5/7/2005	29/8/2010	
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	2:26:17
	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
	17/9/2005	13/12/2020	10/10/2021	11/3/2012	07/12/2014 / 15/03/2014	15/3/2015	9/6/2019	27/2/2005	12/4/2026
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						

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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 Ashley Phillips Sixfields 2/7/2010	4:48 Graham Linnell Westminster 14/8/1988	4:44 Chris Wood Iffley Road 28/6/2019	4:54 Jeff Haynes Sixfields 2002	5:31 Andy Pacey Stowe 28/6/2019	7:23 Dave Lantsbery Sixfields 30/4/2004	6:06 Dave Lantsbery Sixfields 15/5/2005	7:12 Allan Lock Sixfields 29/6/2007	
3km	13:06 David Fowler Sixfields 16/4/2004	9:51 Chris Wood Corby 13/7/2010	9:36 Chris Woods Corby 16/7/2019	9:59 Jeff Haynes Sixfields 2002	11:15 Andy Pacey Stowe 3/5/2019	17:46 Dave Lantsbery Sixfields 16/4/2004			
2 miles		10:47 Tom Watson Stowe 23/7/2017	10:43 Chris Wood Stowe 3/5/2019	12:37 Greg Ball Stowe 3/5/2019	11:49 Andy Pacey Stowe 3/5/2019	12:12 Jim Darcy Stowe 7/5/2021	14:39 Michael Spencer Stowe 10/5/2024	15:18 Allan Lock Sixfields 12/7/2013	
3 miles	17:55 Alfie Long Stowe 1/6/2018	16:44 Tom Watson Stowe 2/6/2017	19:26 Jay Smith Stowe 1/6/2018	20:51 Richard Popiel Oxford 18/5/2009	18:46 Simon Woodward Stowe 21/7/2023	18:06 Simon Storer Stowe 9/5/2025	20:45 Michael Spencer Stowe 9/5/2025		
5km	19:50 David Fowler Blisworth 21/5/2004	16:26 Chris Wood Northampton 29/3/2014	16:54 Andy Pacey Blisworth 11/5/2012	16:34 Jeff Haynes Bedford Park 1/6/2001	17:26 Jeff Haynes Blisworth 18/5/2007	18:28 Jeff Haynes Bedford Park 27/7/2011	19:36 Jeff Haynes Northampton 5/9/2015	25:02 Brian Keers Watermeadows 10/1/2026	25:27 Allan Lock Northampton 5/5/2012
5 miles	34:01 Alistair Ferrie Weston 6/5/2013	26:21 Graham Linnell Wolverton 28/11/1988	27:59 Andy Pacey Banbury 12/6/2012	27:10 Jeff Hayes Birkenhead Park 6/6/2001	28:34 Jeff Haynes Blisworth 17/8/2007	30:51 Roger Elkin Draycote Water 28/10/2001	32:38 Dave Lantsbery Rockingham 25/5/2005	41:16 Allan Lock Banbury 12/6/2007	40:22 Allan Lock Milton Keynes 23/11/2013
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

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	M20	MS	M40	M45	M50	M55	M60	M65	M70
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						
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	

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	M20	MS	M40	M45	M50	M55	M60	M65	M70
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	5:03:15 Allan Lock Nordmarka Skogsmarton 18/6/2011	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		
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 Sapphire 100 9/3/2019				