

**Men's Records**

<b>5 Km</b>	<b>u 18</b>	<b>21.17</b>	<b>Edward Patchett</b>	<b>Silverstone</b>	<b>Sep-94</b>
	<b>18-39</b>	<b>16.50</b>	<b>Lars Orth</b>	<b>Charndon</b>	<b>May-06</b>
	<b>40-49</b>	<b>17.29</b>	<b>Andy Byerley</b>	<b>Charndon</b>	<b>May-09</b>
	<b>50-59</b>	<b>18.03</b>	<b>Howard Papworth</b>	<b>Charndon</b>	<b>May-09</b>
	<b>60+</b>	<b>21.11</b>	<b>Reg Gale</b>	<b>Charndon</b>	<b>May-10</b>

<b>5 Mile</b>	<b>u 18</b>				
	<b>18-39</b>	<b>28.53</b>	<b>Jon Hiscock</b>	<b>Marlow</b>	<b>May-08</b>
	<b>40-49</b>	<b>28.31</b>	<b>Andy Byerley</b>	<b>Banbury</b>	<b>Jun-11</b>
	<b>50-59</b>	<b>29.36</b>	<b>Rod Lavers</b>	<b>Fringford</b>	<b>Jul-98</b>
	<b>50-59</b>	<b>30.03</b>	<b>Rod Lavers</b>	<b>Marlow</b>	<b>May-07</b>
	<b>60+</b>	<b>35.46</b>	<b>Reg Gale</b>	<b>Marlow</b>	<b>May-10</b>

<b>Morton DL</b>	<b>u 18</b>				
	<b>18-39</b>	<b>33.45</b>	<b>Jon Hiscock</b>	<b>MDL</b>	<b>Jul-08</b>
	<b>40-49</b>	<b>34.20</b>	<b>Andy Byerley</b>	<b>MDL</b>	<b>Jul-10</b>
	<b>50-59</b>	<b>38.03</b>	<b>Pete White</b>	<b>MDL</b>	<b>Jul-11</b>
	<b>60+</b>	<b>43.28</b>	<b>Arthur Airey</b>	<b>MDL</b>	<b>Jul-08</b>

<b>10 Km</b>	<b>u 18</b>	<b>51.31</b>	<b>David Koster</b>	<b>Thame 10K</b>	<b>Jun-04</b>
	<b>18-39</b>	<b>31.37</b>	<b>Duncan Cooper</b>	<b>TBC</b>	<b>TBC</b>
	<b>40-49</b>	<b>35.40</b>	<b>Andy Byerley</b>	<b>Eynsham10k</b>	<b>Nov-11</b>
	<b>50-59</b>	<b>37.18</b>	<b>Tony Ferris</b>	<b>Silverstone</b>	<b>May-94</b>
	<b>60+</b>	<b>45.17</b>	<b>Arthur Airey</b>	<b>Chiltern Chase 10k</b>	<b>May-08</b>

<b>10 Mile</b>	<b>u 18</b>				
	<b>18-39</b>	<b>52.47</b>	<b>Duncan Cooper</b>	<b>TBC</b>	<b>TBC</b>
	<b>40-49</b>	<b>59.08</b>	<b>Tony Ferris</b>	<b>Maidenhead</b>	<b>Apr-88</b>
	<b>50-59</b>	<b>62.32</b>	<b>Rod Lavers</b>	<b>Maidenhead</b>	<b>Apr-07</b>
	<b>60+</b>	<b>75.46</b>	<b>Alan Cornish</b>	<b>Maidenhead</b>	<b>Apr-06</b>

<b>1/2 M</b>	<b>u 18</b>				
	<b>18-39</b>	<b>1.09.52</b>	<b>Duncan Cooper</b>	<b>TBC</b>	<b>TBC</b>
	<b>40-49</b>	<b>1.19.10</b>	<b>Tony Ferris</b>	<b>Stroud</b>	<b>Oct-88</b>
	<b>50-59</b>	<b>1.24.32</b>	<b>Rod Lavers</b>	<b>Great North Run</b>	<b>Sep-07</b>
	<b>60+</b>	<b>1.38.56</b>	<b>Alan Cornish</b>	<b>Silverstone</b>	<b>Mar-06</b>

<b>Marathon</b>	<b>18-39</b>	<b>02:38:18</b>	<b>Dave Hartwell</b>	<b>TBC</b>	<b>TBC</b>
	<b>40-49</b>	<b>02:54:58</b>	<b>Pete White</b>	<b>TBC</b>	<b>TBC</b>
	<b>50-59</b>	<b>02:54:39</b>	<b>Tony Ferris</b>	<b>London</b>	<b>Apr-94</b>
	<b>60+</b>	<b>03:16:02</b>	<b>Alan Cornish</b>	<b>London</b>	<b>Apr-01</b>

**Ladies' Records-**

<b>5 Km</b>	<b>u 18</b>				
	<b>18-34</b>	<b>26.25</b>	<b>Jo Rogers</b>	<b>Charndon</b>	<b>May-06</b>
	<b>35-44</b>	<b>20.06</b>	<b>Steph Cook</b>	<b>Charndon</b>	<b>May-05</b>
	<b>45-54</b>	<b>21.19</b>	<b>Barbara Orth</b>	<b>Charndon</b>	<b>May-05</b>
	<b>55+</b>				

<b>5 Mile</b>	<b>u 18</b>				
	<b>18-34</b>	<b>43.14</b>	<b>Sarah Simmonds</b>	<b>Marlow</b>	<b>May-05</b>
	<b>35-44</b>	<b>34.18</b>	<b>Jane Coulcher</b>	<b>Didcot</b>	<b>Jul-11</b>
	<b>45-54</b>	<b>34.44</b>	<b>Jane Coulcher</b>	<b>Banbury</b>	<b>Jun-12</b>

	55+				
<b>Morton DL</b>	u 18				
	18-34	40.39	Lee Avery	MDL	Jul-95
	35-44	40.24	Jane Coulcher	MDL	Jul-11
	45-54	41.42	Barbara Orth	MDL	Jul-05
	55+				
<b>10 Km</b>	u 18				
	18 -34	38.48	Sally White	TBC	TBC
	35-44	41.49	Jane Coulcher	Eynsham	Nov-10
	45-54	42.52	Barbara Orth	Oxford	May-05
	55+				
<b>10 Mile</b>	u 18				
	18-34	65.39	Sally White	TBC	TBC
	35-44	69.08	Steph Cook	Maidenhead	Mar-05
	45-54	70.57	Barbara Orth	Maidenhead	Mar-05
	55+				
<b>1/2 M</b>	u 18				
	18-34	1.24.16	Sally White	TBC	TBC
	35-44	1.30.10	Michelle Butler	White Horse	Mar-99
	45-54	1.35.37	Barbara Orth	Wokingham	Feb-07
	55+				
<b>Marathon</b>	18-34	4.20.46	Libby Todd	London	Apr-04
	35-44	3.16.00	Steph Cook	London	Apr-05
	45-54	3.20.16	Steph Cook	London	Apr-08
	55+				



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