

Men's Records

5 Km	u 18	21.17	Edward Patchett	Silverstone	Sep-94
	18-39	16.50	Lars Orth	Charndon	May-06
	40-49	17.29	Andy Byerley	Charndon	May-09
	50-59	18.03	Howard Papworth	Charndon	May-09
	60+	21.11	Reg Gale	Charndon	May-10
	70+				

5 Mile	u 18				
	18-39	28.53	Jon Hiscock	Marlow	May-08
	40-49	28.31	Andy Byerley	Banbury	Jun-11
	50-59	29.36	Rod Lavers	Fringford	Jul-98
	50-59	30.03	Rod Lavers	Marlow	May-07
	60+	35.46	Reg Gale	Marlow	May-10
70+					

Morton DL	u 18				
	18-39	33.45	Jon Hiscock	MDL	Jul-08
	40-49	34.20	Andy Byerley	MDL	Jul-10
	50-59	38.03	Pete White	MDL	Jul-11
	60+	43.28	Arthur Airey	MDL	Jul-08
	70+				

10 Km	u 18	51.31	David Koster	Thame 10K	Jun-04
	18-39	31.37	Duncan Cooper	TBC	TBC
	40-49	35.40	Andy Byerley	Eynsham10k	Nov-11
	50-59	37.18	Tony Ferris	Silverstone	May-94
	60+	45.17	Arthur Airey	Chiltern Chase 10k	May-08
	70+				

10 Mile	u 18				
	18-39	52.47	Duncan Cooper	TBC	TBC
	40-49	59.08	Tony Ferris	Maidenhead	Apr-88
	50-59	62.32	Rod Lavers	Maidenhead	Apr-07
	60+	75.46	Alan Cornish	Maidenhead	Apr-06
	70+				

1/2 M	u 18				
	18-39	1.09.52	Duncan Cooper	TBC	TBC
	40-49	1.19.10	Tony Ferris	Stroud	Oct-88
	50-59	1.24.32	Rod Lavers	Great North Run	Sep-07
	60+	1.38.56	Alan Cornish	Silverstone	Mar-06
	70+				

Marathon	18-39	02:38:18	Dave Hartwell	TBC	TBC
	40-49	02:54:58	Pete White	TBC	TBC
	50-59	02:54:39	Tony Ferris	London	Apr-94
	60+	03:16:02	Alan Cornish	London	Apr-01
	70+				

Ladies' Records-

5 Km	u 18				
	18-34	19.51	Sarah Green	Waddesdon	Jul-19
	35-44	20.06	Steph Cook	Charndon	May-05
	45-54	21.19	Barbara Orth	Charndon	May-05

	55+	22.17	Steph Cook	Waddesdon	Jul-19
	65+				
5 Mile	u 18				
	18-34	43.14	Sarah Simmonds	Marlow	May-05
	35-44	34.18	Jane Coulcher	Didcot	Jul-11
	45-54	34.44	Jane Coulcher	Banbury	Jun-12
	55+				
	65+				
Morton DL	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+				
	65+				
10 Km	u 18				
	18 -34	38.48	Sally White	TBC	TBC
	35-44	39.48	Faye Sharpley	Water of Life	Oct-19
	45-54	42.52	Barbara Orth	Oxford	May-05
	55+	44.37	Steph Cook	Andy Reading	Dec-18
	65+				
10 Mile	u 18				
	18-34	65.39	Sally White	TBC	TBC
	35-44	67.37	Faye Sharpley	Cotswold Classic	Sep-19
	45-54	70.57	Barbara Orth	Maidenhead	Mar-05
	55+	78.11	Steph Cook	Maidenhead	Apr-19
	65+				
1/2 M	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+	1.42.18	Steph Cook	Wokingham	Feb-20
	65+				
Marathon	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+				
	65+				

