

| Men's Records |       |       |                  |             |        |
|---------------|-------|-------|------------------|-------------|--------|
| 5 Km          | u 18  | 21.17 | Edward Patchett  | Silverstone | Sep-94 |
|               | 18-39 | 16.29 | Harry Pettingell | Waddesdon   | Jul-22 |
|               | 40-49 | 17.29 | Andy Byerley     | Charndon    | May-09 |
|               | 50-59 | 18.03 | Howard Papworth  | Charndon    | May-09 |
|               | 60+   | 21.11 | Andrew Newton    | Waddesdon   | Jul-22 |
|               | 70+   |       |                  |             |        |

|        |       |       |                 |            |        |
|--------|-------|-------|-----------------|------------|--------|
| 5 Mile | u 18  |       |                 |            |        |
|        | 18-39 | 27.02 | Daniel Williams | Headington | Aug-21 |
|        | 40-49 | 28.31 | Andy Byerley    | Banbury    | Jun-11 |
|        | 50-59 | 29.36 | Rod Lavers      | Fringford  | Jul-98 |
|        | 60+   | 32.26 | Andrew Newton   | Headington | Aug-21 |
|        | 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  | Eynsham 10K | Nov-11 |
|       | 50-59 | 37.18 | Tony Ferris   | Silverstone | May-94 |
|       | 60+   | 40.43 | Andrew Newton | Eynsham 10K | Nov-21 |
|       | 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+   | 69.43 | Andrew Newton | Maidenhead | Apr-22 |
|         | 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+   | 1.29.29 | Andrew Newton | Wokingham       | Feb-22 |
|       | 70+   |         |               |                 |        |

|          |       |          |               |        |        |
|----------|-------|----------|---------------|--------|--------|
| Marathon | 18-39 | 02:29:42 | Kieran Morris | London | Apr-23 |
|          | 40-49 | 02:52:22 | Paul Ridgley  | London | Oct-22 |
|          | 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+    |         |                 |                  |        |
|          |        |         |                 |                  |        |
| 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+    | 4:46:02 | Sue Fallon      | London           | Apr-19 |
|          | 65+    |         |                 |                  |        |



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