

**Men's Records**

<b>5 Km</b>	<b>u 18</b>	21.17	Edward Patchett	Silverstone	Sep-94
	18-39	16.20	Harry Pettingell	Waddesdon	Jul-23
	40-49	17.29	Andy Byerley	Charndon	May-09
	50-59	18.03	Howard Papworth	Charndon	May-09
	60+	20.08	Andrew Newton	Waddesdon	Jul-22
	70+				

<b>5 Mile</b>	<b>u 18</b>				
	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+				

<b>10 Km</b>	<b>u 18</b>	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+				

<b>10 Mile</b>	<b>u 18</b>				
	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+				

<b>1/2 M</b>	<b>u 18</b>				
	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+				

<b>Marathon</b>	18-39	02:28:34	Kieran Morris	Berlin	Sep-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-**

<b>5 Km</b>	<b>u 18</b>				
	18-34	19.51	Sarah Green	Waddesdon	Jul-19
	35-44	19.19	Sarah Green	Waddesdon	Jul-23
	45-54	21.19	Barbara Orth	Charndon	May-05
	55+	22.17	Steph Cook	Waddesdon	Jul-19
	65+				

<b>5 Mile</b>	<b>u 18</b>				
	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+				
<b>10 Km</b>	<b>u 18</b>				
	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+				
<b>10 Mile</b>	<b>u 18</b>				
	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+				
<b>1/2 M</b>	<b>u 18</b>				
	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+				
<b>Marathon</b>	<b>18-34</b>	<b>3.34.50</b>	<b>Becca Bullock</b>	<b>London</b>	<b>Oct-22</b>
	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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