

Men's Records					
5 Km	u 18	21.17	Edward Patchett	Silverstone	Sep-94
	18-39	16.15	Harry Pettingell	Waddesdon	Jul-25
	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+	28.46	John Tudor	Waddesdon	Jul-25

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	34.32	Adam Leavesley	Thame 10K	Jun-24
	50-59	36.27	Paul Ridgley	RunThrough London 10	Dec-24
	60+	40.43	Andrew Newton	Eynsham 10K	Nov-21
	70+	54.48	Chris Davies	Run Jericho	Jul-25

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	1.11.00	Kieran Morris	Brighton	Feb-24
	40-49	1.19.10	Tony Ferris	Stroud	Oct-88
	50-59	1.22.39	Paul Ridgley	Wokingham	Feb-25
	60+	1.29.29	Andrew Newton	Wokingham	Feb-22
	70+	1.59.02	Chris Davies	Wokingham	Feb-25

Marathon	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+	05:39:45	Roger Simmonds	London	Apr-25

Ladies' Records-					
5 Km	u 18				
	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+	26.22	Anne Sprinz	Waddesdon	Jul-25

5 Mile	u 18				
	18-34	43.14	Sarah Simmonds	Marlow	May-05
	35-44	33.05	Sarah Green	Didcot	Jul-25
	45-54	34.44	Jane Coulcher	Banbury	Jun-12
	55+				

	65+				
10 Km	u 18				
	18-34	38.14	Emily Hollis	Thame	Jun-25
	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	64.57	Emily Hollis	Cotswold Classic	Sep-24
	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	1.20.27	Emily Hollis	Fleet	Mar-25
	35-44	1.29.46	Sarah Green	Wokingham	Feb-25
	45-54	1.35.37	Barbara Orth	Wokingham	Feb-07
	55+	1.42.18	Steph Cook	Wokingham	Feb-20
	65+				
Marathon	18-34	3.00.47	Emily Hollis	London	Apr-25
	35-44	3.16.00	Steph Cook	London	Apr-05
	45-54	3.20.16	Steph Cook	London	Apr-08
	55+	3:54:28	Steph Cook	Manchester	Apr-24
	65+				