

Age Category	Distance													
	1 mile	5 km	5 miles	10 km	10 miles	Half-marathon	20 miles	Marathon	50 km	50 miles	Comrades ▲	Comrades ▼	100 km	100 miles
Senior Female	Helena Youde	Gemma Hargraves	Gemma Hargraves	Gemma Hargraves	Gemma Hargraves	Helena Youde	Hattie Jenkins	Gemma Hargraves						
	5:34.3	18:17	29:47	37:39	63:06	1:22:55	2:15:42	3:02:12						
	02/09/2018	18/08/2015	15/01/2017	22/02/2015	29/01/2017	30/09/2018	10/03/2018	02/10/2016						
Course	Meteor Mile	White Horse	Linda Franks	Bourton	Staverton 10	Cheltenham	20/20 Fission	Chester						
LV35	Patricia Dendy	Katie Coleman	Nikki Weatherley	Nicki Weatherley	Patricia Peever	Linda Franks	Linda Franks	Linda Franks	Lepha Mccartan					
	5:47	20:06	32:29	40:48	72:05	1:31:43	2:32:46	3:28:36	5:46:48					
	03/09/2016	19/07/2012	01/11/2009	05/09/2010	03/09/2017	1993	1994	1994	09/10/2011					
Course	Meteor Mile	White Horse 5k	Guy Fawkes 5	Angels 10k	Oldbury 10	Bath	Hereford	Malta	Salisbury 54321					
LV40	Patricia Dendy	Patricia Dendy	Nikki Weatherley	Nicki Weatherley	Nicki Weatherley	Michelle Carroll	Michelle Carroll	Michelle Carroll	Joanna Wisniewska-Barreto					
	6:01	20:19	31:37	40:32	73:29	1:29:54	2:32:02	3:23:31	5:03:47					
	01/07/2022	21/08/2021	07/11/2010	27/02/2011	03/04/2011	15/09/2013	17/03/2013	14/04/2012	14/01/2018					
Course	Bourton	Lincoln Parkrun	Guy Fawkes 5	Bourton	Chedworth	Cheltenham	Gloucester	Brighton	Gloucester					
LV45	Miranda Foster	Karen Galpin	Fiona Maycock	Fiona Maycock	Ingrid Harris	Michelle Carroll	Fiona Maycock	Karen Galpin	Anne-Marie Willcott	Natalie Greening	Anne-Marie Willcott		Fiona Barnes	Natalie Greening
	6:08	20:05	30:30	38:15	73:59	1:34:15	2:13:34	3:24:01	5:40:47	11:23:41	10:12:08		15:53:22	27:09:47
	27/07/2013	18/08/2011	02/11/2014	30/11/2014	09/01/2011	16/06/2013	08/03/2015	17/04/2011	14/08/2016	17/05/2014	04/06/2017		02/07/2022	02/05/2015
Course	Bourton	White Horse	Guy Fawkes 5	Runway 10k	Gloucester	Bourton	Gloucester	London	Salisbury 54321	NDW 50			Serpent Trail 100km	Thames Path 100
LV50	Jeanette Gullick	Karen Galpin	Karen Galpin	Jeanette Gullick	Jeanette Gullick	Jeanett Gullick	Karen Galpin	Karen Galpin	Karen Galpin	Natalie Greening	Karen Galpin	Karen Galpin	Karen Galpin	
	6:20	20:52	34:04	42:52	75:36	1:32:45	2:38:01	3:21:58	4:37:22	12:10:12	10:07:20	8:09:25	10:16:25	
	01/09/2018	18/06/2013	27/01/2013	24/02/2019	01/09/2019	22/10/2017	17/03/2014	06/04/2014	01/04/2017	17/09/2016	31/05/2015	03/06/2012	22/07/2012	
Course	Meteor Mile	White Horse	Linda Franks	Bourton	Oldbury	Stroud	Gloucester	Brighton	Silkin Way Ultra	CW50			Redwick	
LV55	Desiree Beer	Karen Galpin	Karen Galpin	Karen Galpin	Karen Galpin	Karen Galpin	Desiree Beer	Karen Galpin	Karen Galpin	Karen Galpin				
	7:01	21:28	35:17	45:42	73:10	1:38:06	2:52:30	3:30:54	5:00:58	9:35:18				
	06/09/2014	26/07/2017	05/11/2017	24/02/2019	03/09/2017	24/03/2018	08/03/2015	08/04/2018	13/08/2017	03/02/2018				
Course	Meteor Mile	PoW Open Event	Guy Fawkes 5	Bourton	Oldbury 10	Larne	Gloucester	Manchester	Salisbury 54321	Thames Trot				
LV60	Desiree Beer	Lesley Cottle	Lesley Cottle	Lesley Cottle	Desiree Beer	Desiree Beer	Jean Bryan	Desiree Beer	Desiree Beer				Lesley Cottle	
	7:39	24:30	38:46	51:28	86:35	1:54:58	3:36:59	4:03:36	8:06:41				14:47:56	
	03/09/2016	26/01/2019	20/01/2019	29/08/2021	03/09/2017	01/10/2017	17/03/2014	08/10/2017	13/07/2019				22/07/2018	
Course	Meteor Mile	Glos N Parkrun	Linda Franks	Pershore	Staverton 10	Salisbury	Gloucester	Chester	Race to the Stones				Jurassic Coast ChAllange	
LV65	Mary Welsh		Mary Welsh	Sheila Chatterley		Mary Welsh								
	9:02		45:47	54:44		2:11:03								
	28/09/2013		07/11/2010	24/02/2019		22/05/2011								
Course	Meteor Mile		Guy Fawkes 5	Bourton		Tewkesbury								
LV70	Virginia Pawlyn	Mary Welsh	Mary Welsh	Virginia Pawlyn		Mary Welsh								
	8:12	31:37	48:55	54:48		2:23:41								
	05/09/2015	10/01/2015	25/01/2015	22/02/2015		25/09/2015								
Course	Meteor Mile	Chelt Parkrun	Linda Franks	Bourton		Bath								
LV75	Virginia Pawlyn	Virginia Pawlyn	Virginia Pawlyn	Virginia Pawlyn		Virginia Pawlyn		Virginia Pawlyn						
	8:34	28:21	45:13	62:45		2:12:36		4:33:21						
	01/09/2019	23/03/2019	24/01/2016	10/07/2016		30/09/2019		09/10/2016						
Course	Meteor Mile	Durham NC P'run	Linda Franks	Evesham		Cheltenham		Chicago						