

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
Senior Male	Anthony Bailey	Doug Wight	Doug Wight	Anthony Bailey	Doug Wight	Doug Wight	Doug Wight	Doug Wight	Doug Wight	Thom Stephens		Mark Willicot	Doug Wight
	4:40	16:22	27:19	34:15	57:00	1:16:49	2:00:17	2:36:38	3:42:06	9:24:54		8:48:43	7:51:25
	21/07/2012	13/07/2016	15/01/2017	26/02/2012	29/01/2017	27/09/2015	11/05/2017	23/04/2017	22/05/2017	08/04/2017		10/06/2018	22/05/2017
Course	Bourton	PoW Open Event	Linda Franks	Bourton	Staverton 10	Cheltenham	20/20 Fission	London	ACP (50km split)	SDW 50			ACP
V40	Steve Linton	Martin Foster	Steve Linton	Mike Johnstone	Steve Linton	S Linton & M Johnstone	Steve Linton	Steve Linton	Nick Lewis	Nick Lewis	Oliver Bell		Nick Lewis
	5:03	17:30	29:18	36:55	61:56	1:22:17	2:15:43	3:01:05	4:20:53	8:14:02	11:20:51		10:21:18
	06/09/2014	04/10/2020	24/01/2016	14/07/2021	31/01/2016	26/10/14 - 05/09/21	08/03/2015	21/03/2016	31/03/2018	04/02/2017	31/05/2015		22/05/2017
Course	PoW Open Event	Jon Ward Mem'l	Linda Franks	Brighton Phoenix	Staverton 10	Stroud / Cheltenham	Gloucester	Seville	ACP (50k race)	Thames Trot			ACP
V45	Steve Linton	Steve Linton	Matt Barnes	Steve Linton	Dave McGrath	Matt Barnes	Richard Birch	Matt Barnes	Mark Willicott	Mark Willicott	Mark Willicott		Mark Willicott
	4:58	17:48	29:45	36:35	62:39	1:23:55	2:14:27	2:53:52	4:41:49	9:21:21	8:54:02		11:50:35
	04/07/2018	26/07/2017	19/01/2020	07/01/2018	12/02/2012	07/05/2017	17/03/2019	23/04/2017	22/01/2012	07/02/2015	04/06/2017		15/07/2017
Course	PoW Open Event	PoW Open Event	Linda Franks	Telford	Wiltshire 10	Stratford	Gloucester	London	Gloucester 50k	Thames Trot			Race to the Stones
V50	Dave McGrath	Dave McGrath	Dave McGrath	Dave McGrath	Dave McGrath	Dave McGrath	Dale Midwinter	Dale Midwinter	Martyn Fisher				
	5:22	18:12	30:34	37:02	66:03	1:25:54	2:23:42	3:12:04	6:37:56				
	19/07/2014	15/07/2015	02/11/2014	10/06/2014	31/01/2016	01/03/2015	17/03/2014	23/10/2016	26/09/2015				
Course	Bourton	White Horse	Guy Fawkes 5	Clevedon	Staverton 10	Bath	Gloucester	Abingdon	St Oswalds				
V55	Edward Collier	Edward Collier	Edward Collier	Edward Collier	Edward Collier	Edward Collier	Ken Sears	Ken Sears	Ken Sears				
	5:28	18:43	31:18	38:01	64:10	1:25:25	2:26:22	3:16:42	4:29:57				
	21/07/2012	17/05/2012	27/01/2013	26/02/2012	12/02/2012	15/04/2012	07/03/2010	25/05/2008	27/01/2008				
Course	Bourton	White Horse 5k	Linda Franks	Bourton	Wiltshire 10	Worcester	Gloucester	Edinburgh	Gloucester				
V60	Peter Morris	Peter Morris	Ed Munro	Peter Morris	John Liptrot	John Liptrot	John Liptrot	John Liptrot					
	5:46	20:08	33:13	42:30	67:41	1:31:37	2:28:40	3:13:35					
	10/07/2021	29/08/2021	03/11/2013	28/06/2021	06/01/2008	16/03/2008	02/03/2008	13/04/2008					
Course	Bourton	Alderton	Guy Fawkes 5	Frampton	Gloucester	Forest of Dean	Gloucester	London					
V65	Allen Green	Allen Green	Allen Green	Allen Green	Allen Green	Allen Green		John Liptrot					
	6:24	22:21	34:12	45:10	83:38	1:35:54		3:38:00					
	15/07/2017	24/05/2017	05/11/2017	03/07/2017	13/08/2017	22/10/2017		23/04/2017					
Course	Bourton	Chelt Parkrun	Guy Fawkes 5	Frampton	Standish	Stroud		London					
V70	David Lawrence	David Lawrence	David Lawrence	David Lawrence	David Lawrence	John Liptrot							
	7:43	26:17	43:53	54:39	97:25	1:43:12							
	21/07/2019	19/07/2018	14/11/2018	14/11/2018	29/01/2017	01/10/2017							
Course	Meteor Mile	Gloucester	Guy Fawkes 5	Blaisdon	Staverton	Cheltenham							

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
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	Katie Coleman	Katie Coleman	Nikki Weatherley	Nikki Weatherley	Patricia Peever	Linda Franks	Linda Franks	Linda Franks	Lepha Mccartan				
	5:52	20:06	32:29	40:48	72:05	1:31:43	2:32:46	3:28:36	5:46:48				
	21/07/2012	19/07/2012	01/11/2009	05/09/2010	03/09/2017	1993	1994	1994	09/10/2011				
Course	Bourton	White Horse 5k	Guy Fawkes 5	Angels 10k	Oldbury 10	Bath	Hereford	Malta	Salisbury 54321				
LV40	Emma Yates	Patricia Dendy	Nikki Weatherley	Nikki Weatherley	Nikki Weatherley	Michelle Carroll	Michelle Carroll	Michelle Carroll	Joanna Wisniewska-Barreto				
	6:30	20:19	31:37	40:32	73:29	1:29:54	2:32:02	3:23:31	5:03:47				
	06/09/2014	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	Meteor Mile	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 Willicott	Natalie Greening	Anne-Marie Willicott		Julianne Jameson
	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		22:36:04
	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		23/09/2016
Course	Bourton	White Horse	Guy Fawkes 5	Runway 10k	Gloucester	Bourton	Gloucester	London	Salisbury 54321	NDW 50			Equinox 24
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 Glpin	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 Challenge
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 Pawlin	Mary Welsh	Mary Welsh	Virginia Pawlin		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 Pawlin	Virginia Pawlin	Virginia Pawlin	Virginia Pawlin		Virginia Pawlin		Virginia Pawlin					
	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					

100 miles
Nick Lewis
21:53:40
03/03/2012
Thames Path 100

Mark Willicott
25:41:24
23/09/2017
Cotswold Century

Mark Willicott
22:42:21
13/10/2018
Autumn 100

100 miles

Natalie Greening
27:09:47
02/05/2015
Thames Path 100

