

## FASTEST TIMES 2023

Name	5M	10K	10M	13.1M	26.2M
Adam Chant					
Alan McVittie			01:14:46	01:41:00	
Alex Blake		00:40:19	01:07:15	01:49:12	
Alisdair Skelley					
Alison Greasley					
Amy Gaunt			01:43:00	02:54:00	
Andrew Meredith	00:32:09	00:39:34	01:01:03	01:26:48	
Andy Newcombe		00:46:54	01:15:06	01:41:19	
Angela Agate				02:15:43	
Anita Crawley	00:43:05	00:59:55	01:51:32	02:07:44	
Ashley Hiom					
Bekki Leaves	00:40:25	00:50:47	01:52:45	02:01:13	04:14:13
Belinda Lewis-Jones		00:52:58	01:16:30	01:45:28	
Ben Edmonds	00:36:30		01:25:47	01:44:08	
Brent Latham					06:15:53
Brian Harris	01:00:15	01:15:31	02:11:42	02:59:55	
Bridie Strachen		00:57:29	01:21:39	01:59:00	06:00:39
Caroline Whiting	00:40:59	00:51:14	01:30:18	02:54:00	
Cathy Price			01:44:34		
Catie Pettit		00:57:06			
Charlie Mitchell			01:19:14	01:47:45	
Chris Cornwell					
Christina Ball					
Christine Perrior		01:08:52		02:32:58	
Claire Parfitt					
Claire Taylor		00:57:13			
Clare Welch		00:58:17	01:43:07	02:11:03	
Colin Haynes					
Dan Shawyer		00:40:40			
Dan Starkey	00:33:57	01:07:40			
Daniel Quinn					
Darren Butwell					
Dave Colenutt					
David Humphrey		00:48:15		01:55:25	
David Noble		00:39:22	01:05:32	01:24:50	
David Pearson	00:31:05		01:03:40		
Dawn Banting	00:40:03	00:50:19	01:24:28	01:56:44	
Del King			01:28:00		05:44:43
Denise Williams					
Dennis Sanderson					
Dyfan Rowlands		00:51:53	01:16:19	01:52:00	06:00:37
Elizabeth Steward					
Eloise Lavington					
Gareth Bowden			01:31:05		
Gary Armstrong	00:31:22	00:39:11	01:06:53	01:39:19	03:55:24
Gary Edmonds			01:32:13	02:11:33	
Gary McCawley	00:39:03	00:49:08	01:19:45	01:49:59	
Gavin Roberts	00:32:24		01:06:06		03:19:58
Gavino Valdez			01:28:26		

## FASTEST TIMES 2023

Gemma Aldwinckle					
Gemma Heggs	00:32:25	00:45:08			
George Sutherland	00:32:52		01:09:12	01:29:18	03:16:13
Gerard Beauvoisin			01:38:37		
Graham Bowpitt					
Graham Clarke					
Graham Excell		00:55:13			
Greg Clarke				01:58:36	06:15:53
Hannah Curtis	0.35.55	00:43:30	01:11:32	01:33:51	03:21:13
Harry Woodroof					
James Cocksedge					
James Lathwell					
Jamie Neve		00:47:01			
Jane Woodroof		01:23:42			07:47:37
Jeffrey Streeter	00:36:43	00:46:41	01:15:46	01:42:40	
Jenny Parks	00:43:29	00:54:06	01:30:07	02:01:15	
Joe Pymont					
John Aldwinckle		00:39:12		01:29:09	03:08:31
John Field					
John Malthouse			01:20:43	01:47:02	06:15:54
John Rogers		00:45:02			
Jonathan Loft					
Julia Revill					
Julian Manning	00:28:04	00:35:49	00:59:57	01:20:41	
Karis Yates			01:38:00		
Katie Edmonds	00:49:49		01:45:14	02:37:00	
Kayleigh Gyles	00:35:18	00:44:27	01:09:44	01:36:30	03:38:13
Kevin Gale		00:39:29	01:06:57	01:26:14	03:07:34
Kevin Hewitt					
Kimberley Churchill	00:47:03	00:54:46	01:32:35	02:07:07	05:35:21
Kirsty Aked		00:48:18	01:21:17	01:33:18	
Kyle Pepperman-Hackett					
Lawrence Blake					05:36:45
Lee Brown			01:20:15		
Lee King				02:06:29	05:44:44
Lee Mawson					
Lee Weeks		00:39:08	01:07:58	01:36:16	
Lee Brown	00:37:32				
Linda Taylor		00:50:06	01:28:19	02:19:31	05:27:26
Lisa Haynes					
Lisa-Marie Peckover	00:37:38	00:47:11	01:15:13	01:44:36	04:31:00
Louise Stacey			01:42:14		
Marie Wiles		00:57:54	01:33:37		
Mark Bicknell	00:29:17	00:36:32	01:01:49	01:22:34	03:02:33
Mark Pelley					
Mark Wilson			01:24:46		
Martin Mckinlay			01:02:21		
Martin Groom					
Martyn Palmer				01:48:18	04:00:59
Martin Parfitt			01:11:20	01:30:52	03:27:46

## FASTEST TIMES 2023

Martin Shaw					
Matt Sargent	00:40:46			01:57:59	
Matteo Berogna					
Matthew Cheyney					
Matthew Gair			01:02:44		
Matthew Russell	00:30:13	00:36:06	00:58:17		
Mat Sibley	00:34:35	00:41:47	01:10:59	01:07:51	
Michael Deller	00:37:29	00:44:00	01:16:03	01:44:00	04:06:28
Michael Harrison	00:29:07	00:36:56	01:03:21	01:42:40	04:21:10
Mike Taylor			01:25:14		
Meg Roberts			01:34:01		
Natalie March					
Neil Hawkins					
Neil Routledge					
Neptune Bell					
Nick Bailey		01:18:06	02:04:00	03:06:00	
Nick Griffiths					
Nicky O'Dea					
Nicola Sibley					
Nicola Thomas	00:35:01	00:44:04	01:14:24	01:35:16	
Oliver Craig	00:31:10	00:39:06	01:05:44		03:35:05
Olivia Hannen			01:16:44		
Owen Cole	00:36:52	00:44:40	01:20:24	01:39:16	
Patrick McFadden					
Paul Harsent			01:03:59		03:05:14
Paul Marshall			01:33:54		
Paul Saunders	00:29:36	00:36:43		01:23:17	03:55:05
Paul Welch	00:36:06	00:42:16	01:08:17		03:19:36
Peter Coote					
Peter Maisey					
Peter Murphy		00:57:41	01:40:45		
Peter Van Der Lugt		00:54:43	01:25:08		
Rachael Harrison	00:41:30	00:53:07	01:35:49		08:08:54
Rachel Blewden	00:45:06		01:27:50		
Rebecca Mahony					
Rachel Muckelt	00:33:45				
Richard Gray					
Richard Hammond					
Richard Murphy					
Rick Toovey	00:32:30	00:39:27			
Rob Moore		00:44:00	01:08:40		
Rob Wilson	00:29:30	00:38:09	01:01:17	01:25:39	03:58:09
Roger Jones	00:38:00	00:48:53	01:29:35	02:02:35	
Rory Heard			01:28:00	02:54:00	
Ruud Jonkers			01:13:00		
Sally Stone		00:53:25			
Samantha Morris	00:33:14	00:44:37	01:09:12	01:35:57	
Sarah Hadfield					
Sarah Heard					
Sean James					

## FASTEST TIMES 2023

Simon Price					
Simon Toms					
Slavena Jenson		00:55:39	01:33:55	02:04:50	04:52:54
Steve Trevenna					04:40:42
Steve Colmer					
Steven Wooton		00:47:43	01:22:20		
Stuart Hoare	00:43:40		01:27:44		
Stuart White			01:04:42		
Susan Colenutt					
Suzanne Richardson		00:50:11	01:25:51	01:49:36	
Terry Aked		01:08:27		03:05:00	
Tim Collins	00:30:26		01:03:29	01:32:26	03:18:01
Tillie Madgwick	00:43:13		01:19:46		
Tom Cole		00:43:37	01:08:45		03:14:26
Tony Laurenson					
Tracey Crank		01:12:09	01:58:15	02:33:36	