

FASTEST TIMES 2024

Name	5M	10K	10M	13.1M	26.2M
Adam Chant					
Adam White				01:42:44	
Alan McVittie			01:28:31	01:46:28	
Alex Blake		00:39:39	01:10:57	01:30:00	
Alisdair Skelley					
Alison Greasley				01:56:16	
Amy Gaunt					
Andrew Meredith	00:29:23	00:37:47	01:00:57	01:20:50	
Andrew Taphouse	00:32:22		01:06:09	01:26:53	
Andy Newcombe	00:35:04	00:43:37	01:21:19	01:40:40	04:45:08
Angela Agate					
Anita Crawley		00:57:56	01:36:53	02:28:12	
Ashley Hiom					
Athene Ryan	00:37:28				
Bekki Leaves	00:39:35	00:50:53		02:09:03	04:38:12
Belinda Lewis-Jones		00:46:48			
Ben Edmonds					
Brent Latham					
Brian Harris	01:05:56	01:18:53		03:18:20	
Bridie Strachen			01:26:31		
Caroline Whiting	00:41:26	00:51:13	01:34:16	01:56:53	
Cathy Price				02:25:53	
Catie Pettit			01:24:33		04:29:51
Charlie Mitchell				01:58:44	
Chris Cornwell		00:38:04	01:10:52	01:25:46	
Christina Ball					
Christine Perrior					
Claire Parfitt					
Claire Taylor				02:17:10	
Clare Ryan	00:39:51				
Clare Welch	00:53:41	00:58:45	02:11:41	02:48:04	
Colin Haynes					
Dan Shawyer					
Dan Starkey	00:34:41				
Daniel Quinn					
Darren Butwell					
Dave Colenutt					
David Humphrey				01:49:09	
David Noble			01:08:52	01:31:49	03:14:14
David Pearson		00:38:17	01:01:22	01:22:16	02:59:38
Dawn Banting	00:41:26	00:50:41	01:19:56	01:47:39	
Del King					03:55:38
Denise Williams					
Dennis Sanderson					
Dyfan Rowlands			01:13:08	01:33:39	04:18:57
Elizabeth Steward					
Elliott Upson			01:18:35		
Eloise Lavington					
Gareth Bowden				02:10:18	

FASTEST TIMES 2024

Gary Armstrong	00:33:12	00:42:50	01:14:43	01:33:20	04:52:39
Gary Edmonds	00:41:38				
Gary McCawley		00:48:51	01:23:33	02:04:12	
Gavin Roberts		00:40:20			03:13:23
Gavino Valdez					04:43:35
Gemma Aldwinckle					
Gemma Heggs		00:40:21			
George Sutherland				01:30:49	03:21:22
Gerard Beauvoisin					
Graham Bowpitt					
Graham Clarke					
Graham Excell					
Greg Clarke					
Guy Holmes		00:39:20			
Hannah Curtis		00:42:14		01:33:39	03:20:52
Harry Woodroof					
Henry Piper		00:36:31			
Jack Rose	00:40:04		01:26:08		
James Cocksedge					
James Lathwell					
Jamie Neve					
Jane Woodroof					
Jeffrey Streeter	00:39:52	00:46:27	01:18:47	01:44:39	
Jenny Parks	00:46:53	00:52:12	01:28:15	02:01:51	04:53:28
Joe Pymont					
John Aldwinckle					03:25:32
John Field					
John Malthouse					
John Motterhead				02:03:25	
John Rogers					
Jonathan Loft					
Julia Revill					
Julian Manning	00:28:22	00:34:41	00:59:11		
Karis Yates	00:40:27		01:42:31		
Katie Edmonds	00:44:03		01:32:36	02:05:40	
Kayleigh Gyles	00:34:04	00:41:19		01:30:13	03:25:59
Kevin Gale		00:39:01	01:04:04	01:24:29	03:05:11
Kevin Hewitt				01:29:09	
Kimberley Churchill	00:43:44	00:54:52	01:28:37	02:00:35	
Kirsty Aked	00:36:03	00:44:40	01:08:53	01:38:21	04:25:29
Kyle Pepperman-Hacket		00:54:31			
Lara Eaton			01:34:59		
Lee Brown					
Lee King					
Lee Mawson					
Lee Weeks		00:44:30	01:14:59	01:32:51	
Lee Brown					
Linda Taylor			01:34:02		05:52:58
Lisa Haynes					
Lisa-Marie Peckover		00:49:05	01:18:44	01:41:35	

FASTEST TIMES 2024

Louise Stacey					
Marie Wiles	00:45:01	00:54:46		02:09:39	
Mark Bicknell	00:29:18	00:36:30	01:00:52	01:21:23	02:56:52
Mark Pelley				02:16:30	
Mark Wilson					
Martin Mckinlay		00:37:12			03:17:03
Martin Groom					
Martyn Palmer				02:00:44	03:51:24
Martin Parfitt					
Martin Shaw					
Matt Sargent		00:48:33	01:27:44	02:04:58	
Matteo Berogna					
Matthew Cheyney					
Matthew Gair					
Matthew Russell		00:35:32	01:01:12	01:18:27	
Mat Sibley	00:35:16	00:46:01			
Michael Deller	00:39:05	00:48:34	01:29:40	01:50:17	04:13:18
Michael Harrison	00:30:03	00:37:39	01:05:43	01:24:04	
Mike Taylor				02:07:40	
Meg Roberts		00:55:23			
Natalie March					
Neil Hawkey		00:44:19	01:20:22	01:37:24	
Neil Hawkins					
Neil Routledge					
Neptune Bell					
Nick Bailey		01:13:08		02:57:02	
Nick Griffiths				01:28:18	
Nicky O'Dea					
Nicola Sibley					
Nicola Thomas	00:35:26	00:44:28	01:13:06	01:36:02	03:43:08
Oliver Craig	00:29:39	00:37:20			
Olivia Hannen					
Owen Cole		00:41:44			
Patrick McFadden					
Paul Harsent					
Paul Marshall				02:17:45	
Paul Reynolds		00:54:18			
Paul Saunders		00:39:50		01:29:27	03:28:30
Paul Welch	00:35:03	00:41:16	01:13:52	01:34:32	
Peter Cote					
Peter Maisey					
Peter Murphy					
Peter Van Der Lugt					
Peter Roper			01:11:37		
Rachael Harrison		00:55:01			
Rachel Blewden					
Rebecca Mahony					
Rebecca Moakes		00:56:51			
Rachel Muckelt	00:34:29				
Richard Gray					

FASTEST TIMES 2024

Richard Hammond					
Richard Murphy					
Richard Moakes		00:59:48			
Rick Toovey		00:41:08			
Rob Moore		00:46:04			
Rob Wilson	00:29:48	00:37:38	01:03:30	01:29:18	
Roger Jones	00:41:26	00:50:08	01:26:58	01:58:40	
Rory Heard			01:25:44	01:55:40	
Ruud Jonkers					
Sally Stone		00:54:24			
Samantha Morris	00:34:39	00:41:30	01:10:25	01:36:11	
Sarah Hadfield					
Sarah Heard				02:04:44	
Sean James					
Simon Burrough		00:41:29			
Simon Price		01:11:11			
Simon Toms					
Slavena Jenson		00:54:26	01:38:07		
Steve Knight		00:44:27	01:19:35		
Steve Trevenna					
Steve Colmer					
Steven Wooton		00:44:50	01:20:11		
Stuart Hoare	00:43:55	00:51:52	01:28:55	01:58:12	
Stuart White					03:14:45
Susan Colenutt					
Suzanne Richardson					05:36:32
Terry Aked		01:22:26	01:40:29	01:56:03	
Tim Collins		00:38:37		01:25:36	
Tillie Madgwick	00:36:13				03:49:25
Tom Cole		00:40:02	01:09:56		03:10:01
Tony Laurenson					
Tony Liddell				01:55:46	
Tracey Crank			01:58:40	02:32:45	
Tracey Crank			01:58:40	02:32:45	