

FASTEST TIMES
2025

Name	5M	10K	10M	13.1M	26.2M
Adam Chant					
Adam White		00:39:02			
Alan McVittie					
Alex Blake	00:36:16	00:40:34	01:08:03	01:30:12	03:42:19
Alisdair Skelley					
Alison Greasley			01:24:21		
Amy Gaunt			01:41:14		
Andrew Meredith	00:32:44	00:36:19	01:00:37		
Andrew Taphouse		00:37:31	01:04:52		
Andy Newcombe	00:39:44	00:43:29	01:11:10		03:27:23
Angela Agate	00:42:21				
Anita Crawley		01:03:12		02:19:09	
Ashley Hiom					
Athene Ryan	00:39:56	00:46:39			
Bekki Leaves	01:01:32	00:49:54		02:24:28	04:24:58
Belinda Lewis-Jones					
Ben Edmonds		01:00:35		01:44:35	
Billy Chapman			01:14:13		
Brent Latham					
Brian Harris		01:23:26			
Bridie Rowlands		00:48:12	01:22:28		04:08:00
Caroline Whiting		00:50:46	01:26:55		
Cathy Price					
Catie Pettit		00:52:09			04:31:09
Charlie Mitchell			01:21:27		
Chris Cornwell		00:37:33			
Chris Penfold	00:39:44	00:44:21	01:15:25		
Christian Smith		01:02:52			
Christina Banner	00:40:41	00:53:20	01:32:21		
Christine Perrior					
Claire Parfitt					
Claire Taylor		00:57:22			
Clare Ryan	00:39:00				
Clare Welch	00:50:44	01:03:37	01:50:01		
Colin Haynes					
Dan Sawyer					
Dan Starkey					
Daniel Quinn					
Darren Butwell					
Dave Colenutt					
David Humphrey					
David Noble			01:08:31		
David Pearson		00:37:34			
Dawn Banting		00:48:58	01:25:36		
Del King					
Denise Williams					
Dennis Sanderson					

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Dyfan Rowlands		00:40:03	01:10:28	01:32:19	03:38:37
Elizabeth Steward					
Elliott Upson					
Eloise Lavington					
Gareth Bowden					
Gary Armstrong	00:39:17	00:40:28	01:12:05		
Gary Edmonds	00:55:31				
Gary McCawley		00:50:55		02:05:47	
Gavin Roberts				01:35:52	
Gavino Valdez					
Gemma Aldwinckle					
Gemma Heggs	00:32:15				
George Sutherland	00:35:50				
Gerard Beauvoisin					
Graham Bowpitt					
Graham Clarke					
Graham Excell					
Greg Clarke					
Guy Holmes		00:58:45	01:23:55		
Hannah Curtis	00:35:26				03:20:14
Harry Woodroof					
Henry Piper		00:34:25	00:55:37		
Jack Rose		00:48:13	01:22:10	01:52:42	
James Cocksedge					
James Lathwell					
Jamie Neve					
Jane Woodroof					
Jeffrey Streeter		00:46:50	01:17:57		
Jenny Parks		00:53:17	01:32:00	01:50:15	
Jenny Worrall	00:55:58				
Joanna Ward		00:51:24	01:28:47	01:50:15	04:09:08
Joe Pymont					
John Aldwinckle		00:39:23			
John Field					
John Malthouse					
John Mottershead		00:54:17			05:49:00
John Rogers					
John Rose		00:36:29	01:02:21	01:24:11	02:57:20
Jonathan Loft					
Julia Revill					06:03:23
Julian Manning	00:32:37	00:35:10	00:59:29		
Karis Yates		00:49:21			
Katie Edmonds	00:55:37	01:07:34	01:36:37		
Kayleigh Gyles	00:33:28	00:39:36			03:40:30
Kevin Gale	00:35:01	00:37:32	01:04:33		02:58:11
Kevin Hewitt			01:34:21		
Kimberley Churchill	00:45:23	00:53:20	01:34:42	01:57:00	04:39:49
Kirsty Aked	00:35:57	00:41:44	01:12:32	03:22:43	03:31:58

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Kyle Pepperman-Hacket					
Lara Eaton					
Lawrence Blake					05:59:16
Lee Brown					05:25:43
Lee King					
Lee Mawson					
Lee Weeks			01:09:01		
Lewis Banner	00:31:26	00:34:22			
Linda Taylor		00:52:26	01:31:15		
Lisa Haynes					
Lisa-Marie Peckover	00:38:17	00:49:19	01:18:33	01:46:32	04:01:43
Louise Stacey					
Marie Wiles	01:05:03	00:53:17	01:31:58		
Mark Bicknell		00:37:31	01:02:02	01:24:59	02:55:04
Mark Pelley					
Mark Wilson					
Martin Mckinlay					
Martin Groom					
Martyn Palmer	00:42:13				03:44:38
Martin Parfitt					
Martin Shaw					
Matt Sargent		00:57:46	01:38:49		
Matteo Berogna					
Matthew Cheyney					
Matthew Gair					
Matthew Russell			00:59:02	01:20:04	
Mat Sibley	00:37:28	00:41:06	01:08:51		
Michael Deller	00:41:27	00:45:42	01:24:31		
Michael Harrison		00:36:56	01:29:03	02:21:37	
Mike Taylor				02:17:32	
Meg Roberts		00:51:10		02:17:29	
Molly Bicknell	00:55:31				
Natalie March					
Neil Hawkey		00:42:12	01:09:52		
Neil Hawkins					
Neil Routledge					
Neil Rooker					05:35:56
Neptune Bell					
Nick Bailey					
Nick Griffiths					
Nicky O'Dea					
Nicola Sibley					
Nicola Thomas		00:43:01	01:12:27		03:39:12
Oliver Craig		00:35:18			
Olivia Hannen					
Owen Cole	00:39:05	00:43:45			
Patrick McFadden					
Paul Harsent		00:39:41			

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Paul Marshall		00:57:40			
Paul Reynolds					
Paul Saunders				01:41:52	
Paul Welch	00:39:21	00:41:32	01:10:11		03:48:58
Peter Coote					
Peter Maisey					
Peter Murphy					
Peter Van Der Lugt					
Peter Roper					
Rachael Harrison	00:43:00	00:52:23	01:29:04	02:21:38	
Rachel Blewden					
Rebecca Mahony					
Rebecca Moakes					
Rachel Muckelt	00:33:29	00:40:53			
Richard Gray					
Richard Hammond					
Richard Murphy					
Richard Moakes					
Rick Toovey					
Rob Moore		00:46:37	01:18:03		
Rob Penfold		01:07:12			
Rob Wilson	00:33:14	00:37:39	01:04:06		
Roger Jones		00:53:11	01:33:44		
Rory Heard		00:49:55	01:24:30		
Ruud Jonkers					
Sally Stone		00:57:23			
Samantha Morris	00:36:42	00:43:53	01:22:23		
Sarah Hadfield					
Sarah Heard		00:59:37	01:44:35		
Sean James					
Simon Burrough					
Simon Price					
Simon Toms					
Slavena Jenson		00:55:46			
Steve Knight					
Steve Trevenna					
Steve Colmer					
Steven Wooton					
Stuart Hoare			01:29:52		
Stuart White					03:23:23
Susan Colenutt			01:24:31	02:14:54	
Suzanne Richardson		00:46:54			
Terry Aked					
Tim Collins				01:23:44	02:59:29
TillieMadgwick					
Tom Cole	00:39:28	00:40:09	01:06:42		04:24:58
Tony Laurenson					
Tony Liddell		00:52:11	01:43:01		

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Tracey Crank					
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