

5K					
	Name	Race	Date	Time	Age Grading %
Ladies					
FS	Jill Collett	Black Park parkrun	10/12/2016	17:45	83.6%
FV35	Jill Collett	Civil Service & Police Championships	21/08/2019	17:30	85.5%
FV45	Julie Humphries	Portsmouth Lakeside parkrun	07/07/2018	19:46	82.7%
FV55	Helen Bolt	Serpentine Last Friday 5k	25/11/2022	21:03	89.2%
FV65	Yvonne Olney	Upton Court parkrun	17/09/2022	23:41	83.3%
FV75	Jacqueline Stallwood	Black Park parkrun	24/03/2018	29:16	77.5%
Men					
MS	Thomas Stevens	Southern Athletics League 5,000m	21/06/2014	15:33	84.9%
MV40	Rob Foster	Sri Chinmoy 5k	14/06/2021	15:46	90.2%
MV50	Robert McHarg	Dorney Lake Run BY 5k Run Challenge	19/09/2020	17:08	90.2%
MV60	Robin Smith	Marlow 5k	02/07/2019	19:18	83.4%
MV70	Ian Spencer	Datchet 5k	15/07/2014	21:56	79.6%
MV80	Rachhpal Bath	Maidenhead 5k	26/06/2013	32:25	64.0%

5 Miles					
	Name	Race	Date	Time	Age Grading %
Ladies					
FS	Jill Collett	Marlow 5	07/05/2017	28:48	84.4%
FV35	Jill Collett	Marlow 5	12/05/2019	29:05	84.1%
FV45	Julie Humphries	Victory 5	02/12/2018	31:35	85.3%
FV55	Helen Bolt	Perivale 5	04/12/2022	34:19	91.0%
FV65	Yvonne Olney	Perivale 5	03/12/2023	41:24	80.8%
FV75	Jacqueline Stallwood	Marlow 5	13/05/2018	49:13	77.9%
Men					
MS	James Samson	Kent Christmas Cracker	21/12/2014	25:48	83.7%
MV40	Rob Foster	Perivale 5	05/12/2021	26:35	87.6%
MV50	Ben Martin-Dye	Perivale 5	01/12/2019	29:08	82.6%
MV60	Anthony Curtin	Marlow 5	09/05/2010	31:53	82.2%
MV70	Ian Spencer	Marlow 5	07/05/2017	36:37	80.6%
MV80	Open				

10K					
	Name	Race	Date	Time	Age Grading %
Ladies					
FS	Jill Collett	South Bucks 10k	02/10/2016	37:26	81.4%
FV35	Jill Collett	Vitality London 10,000	27/05/2019	35:41	85.9%
FV45	Julie Humphries	Eastleigh 10k	24/03/2019	39:00	86.8%
FV55	Helen Bolt	Telford 10k	11/12/2022	42:15	93.3%
FV65	Barbara Allen	Staines 10k	13/05/2018	54:10	78.1%
FV75	Jacqueline Stallwood	Burnham Beeches 10k	12/08/2018	1:05:17	74.6%
Men					
MS	Alexander Miller	Cursa Del Nassos 10k	31/12/2015	32:09	83.6%
MV40	James Samson	Yateley 10k	05/06/2019	33:14	83.4%
MV50	Mark Ferguson	Shinfield 10k	01/05/2023	35:53	85.9%
MV60	Anthony Curtin	Swallowfield 10k	04/09/2011	39:51	83.9%
MV70	Ian Spencer	Brighton 10k	16/11/2014	43:23	83.3%
MV80	Rachhpal Bath	South Bucks 10k	06/10/2013	1:11:09	61.8%

10 Miles					
	Name	Race	Date	Time	Age Grading %
Ladies					
FS	Jill Collett	Cabbage Patch 10	16/10/2016	1:01:38	80.6%
FV35	Jill Collett	Police Sport 10 Mile	04/09/2019	1:00:21	83.2%
FV45	Julie Humphries	Salisbury 10	08/04/2018	1:06:18	82.7%
FV55	Helen Bolt	Maidenhead Easter 10	07/04/2023	1:12:24	89.2%
FV65	Yvonne Olney	Maidenhead Easter 10	07/04/2023	1:25:29	80.0%
FV75	Open				
Men					
MS	Alexander Miller	Fred Hughes 10	18/01/2015	0:53:17	82.7%
MV40	Andrew Cooney	Cabbage Patch 10	17/10/2010	0:56:38	81.4%
MV50	Ian Spencer	Maidenhead Easter 10	29/03/2002	1:02:03	84.4%
MV60	Anthony Curtin	Bramley 10	20/02/2011	1:06:07	82.2%
MV70	Ian Spencer	Tadley 10	18/10/2015	1:12:33	82.9%
MV80	Rachhpal Bath	Bramley 10	17/02/2013	2:04:58	56.3%

Half Marathon					
	Name	Race	Date	Time	Age Grading %
Ladies					
FS	Jill Collett	Wokingham Half Marathon	12/02/2017	1:19:03	83.0%
FV35	Jill Collett	Maidenhead Half Marathon	01/09/2019	1:19:16	83.7%
FV45	Julie Humphries	Gosport Half Marathon	18/11/2018	1:26:27	84.8%
FV55	Helen Bolt	Bath Half Marathon	16/10/2022	1:36:03	88.9%
FV65	Yvonne Olney	Wokingham Half Marathon	26/02/2023	1:48:06	83.6%
FV75	Jacqueline Stallwood	The Big Half Marathon	04/03/2018	2:26:29	72.2%
Men					
MS	Thomas Stevens	Barcelona Half Marathon	15/02/2015	1:09:24	84.6%
MV40	Rob Foster	Wokingham Half Marathon	26/02/2023	1:12:19	87.8%
MV50	Mark Ferguson	Wokingham Half Marathon	26/02/2023	1:18:08	85.6%
MV60	Anthony Curtin	Richmond Half Marathon	16/05/2010	1:27:48	81.3%
MV70	Ian Spencer	Robin Hood Half Marathon	27/09/2015	1:38:10	81.2%
MV80	Rachhpal Bath	Bath Half Marathon	03/03/2013	2:46:06	56.0%

20 Miles					
	Name	Race	Date	Time	Age Grading %
Ladies					
FS	Jill Collett	Bramley 20	19/02/2017	2:15:31	75.4%
FV35	Jilly Raw	Bramley 20	11/02/2024	2:22:48	73.0%
FV45	Alison Jessopp	Hillingdon 20	08/03/2020	2:30:32	74.7%
FV55	Helen Bolt	Hillingdon 20	08/03/2020	2:43:53	78.0%
FV65	Yvonne Olney	Bramley 20	12/02/2023	3:12:21	73.5%
FV75	Open				
Men					
MS	Alexander Miller	Bramley 20	14/02/2016	1:55:17	80.0%
MV40	Rob Foster	Bramley 20	12/02/2023	1:58:43	84.2%
MV50	Mark Ferguson	Milton Keynes Festival Of Running 20	15/03/2020	2:05:59	81.4%
MV60	Ian Spencer	Bramley 20	19/02/2006	2:28:33	76.4%
MV70	Michael Hill	Bramley 20	11/02/2024	3:28:29	59.6%
MV80	Open				

Marathon					
	Name	Race	Date	Time	Age Grading %
Ladies					
FS	Karen Whapshott-Downer	London Marathon	17/04/1983	2:42:13	83.5%
FV35	Jill Collett	Dublin Marathon	28/10/2018	2:47:39	81.6%
FV45	Kelly Joy	Chicago Marathon	08/10/2023	2:57:54	82.5%
FV55	Janet Binns	London Marathon	13/04/2014	3:25:07	81.1%
FV65	Janet Binns	London Marathon	23/04/2023	3:45:41	84.0%
FV75	Open				
Men					
MS	Thomas Stevens	Valencia Marathon	16/11/2014	2:26:04	84.6%
MV40	Rob Foster	London Marathon	23/04/2023	2:36:28	85.5%
MV50	Mark Ferguson	London Marathon	23/04/2023	2:48:34	83.6%
MV60	Chris Higgs	Chester Marathon	08/10/2023	3:18:07	81.2%
MV70	Dennis Bonnie	London Marathon	02/10/2022	5:08:26	53.8%
MV80	Rachpal Bath	Dublin Marathon	26/10/2015	7:33:07	46.8%