

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	100 miles
Senior Male	Anthony Bailey	Doug Wight	Doug Wight	Anthony Bailey	Doug Wight	Doug Wight	Doug Wight	Doug Wight	Doug Wight	Thom Stephens		Mark Willicott	Doug Wight	Nick Lewis
	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	21:53:40
	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	03/03/2012
Course	Bourton	PoW Open Event	Linda Franks	Bourton	Staverton 10	Cheltenham	20/20 Fission	London	ACP (50km split)	SDW 50			ACP	Thames Path 100
V40	Steve Linton	Marlin Foster	Steve Linton	Mike Johnstone	Mike Johnstone	Mike Johnstone	Mike Johnstone	Mike Johnstone	Nick Lewis	Nick Lewis	Oliver Bell	Matt Proome	Nick Lewis	
	5:03	17:30	29:18	36:55	60:48	1:18:50	2:09:49	2:49:07	4:20:53	8:14:02	11:20:51	9:47:40	10:21:18	
	06/09/2014	04/10/2020	24/01/2016	14/07/2021	30/01/2022	07/11/2021	19/03/2022	03/04/2022	31/03/2018	04/02/2017	31/05/2015	11/06/2023	22/05/2017	
Course	PoW Open Event	Jon Ward Mem'l	Linda Franks	Brighton Phoenix	Staverton 10	Reading	Berkeley	Manchester	ACP (50k race)	Thames Trot			ACP	
V45	Steve Linton	Steve Linton	Matt Barnes	Steve Linton	Dave McGrath	Matt Barnes	Mike Johnstone	Matt Barnes	Mark Willicott	Mark Willicott	Mark Willicott	Oliver Bell	Mark Willicott	Mark Willicott
	4:58	17:48	29:45	36:35	62:39	1:23:55	2:09:32	2:53:52	4:41:49	9:21:21	8:54:02	11:31:18	11:50:35	25:41:24
	04/07/2018	26/07/2017	19/01/2020	07/01/2018	12/02/2012	07/05/2017	17/03/2024	23/04/2017	22/01/2012	07/02/2015	04/06/2017	11/06/2023	15/07/2017	23/09/2017
Course	PoW Open Event	PoW Open Event	Linda Franks	Telford	Wiltshire 10	Stratford	Milton Keynes	London	Gloucester 50k	Thames Trot			Race to the Stones	Cotswold Century
V50	Dave McGrath	Dave McGrath	Dave McGrath	Dave McGrath	Matt Barnes	Dave McGrath	Matt Barnes	Dale Midwinter	Martyn Fisher				Mark Willicott	Mark Willicott
	5:22	18:12	30:34	37:02	64:27	1:25:54	2:16:55	3:12:04	6:37:56				15:53:22	22:42:21
	19/07/2014	15/07/2015	02/11/2014	10/06/2014	30/01/2022	01/03/2015	23/03/2024	23/10/2016	26/09/2015				02/07/2022	13/10/2018
Course	Bourton	White Horse	Guy Fawkes 5	Clevedon	Staverton 10	Bath	Berkeley 20/20	Abingdon	St Oswalds				100km	Autumn 100
V55	Edward Collier	Edward Collier	Dave McGrath	Edward Collier	Edward Collier	Edward Collier	Ken Sears	Ken Sears	Ken Sears	Mark Newton		Carl Chaston-Fry	Mark Newton	
	5:28	18:43	30:58	38:01	64:10	1:25:25	2:26:22	3:16:42	4:29:57	13:06:30		11:31:18	25/06/2022	
	21/07/2012	17/05/2012	23/01/2022	26/02/2012	12/02/2012	15/04/2012	07/03/2010	25/05/2008	27/01/2008	07/05/2022		11/06/2023	15:37:28	
Course	Bourton	White Horse 5k	Linda Franks	Bourton	Wiltshire 10	Worcester	Gloucester	Edinburgh	Gloucester	Pennine Barrier			Cots Way Challenge	
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	Allan Green	Allan Green	Allan Green	Allan Green	Allan Green	Allan Green	Allan Green	John Liptrot						
	6:24	22:21	34:12	45:10	83:38	1:35:54	3:10:10	3:38:00						
	15/07/2017	24/05/2017	05/11/2017	03/07/2017	13/08/2017	22/10/2017	05/03/2020	23/04/2017						
Course	Bourton	Chelt Parkrun	Guy Fawkes 5	Frampton	Standish	Stroud	Gloucester	London						
V70	Allan Green	Allan Green	Allan Green	Allan Green	David Lawrence	John Liptrot	Allan Green	Allan Green						
	7:11	23:12	37:43	49:17	97:25	1:43:12	3:07:26	4:29:52						
	01/07/2022	17/08/2023	22/01/2023	08/05/2023	29/01/2017	01/10/2017	18/03/2023	12/02/2023						
Course	Bourton	Haresfield	Linda Franks	Berkeley	Staverton	Cheltenham	Berkeley Fission	Goodwood GP						

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	100 miles
Senior Female	Helena Youde	Gemma Hargraves	Gemma Hargraves	Alice Tredgett	Gemma Hargraves	Alice Tredgett	Hattie Jenkins	Gemma Hargraves					Ela Antosiewicz	
	5:34.3	18:17	29:47	37:11	63:06	1:22:12	2:15:42	3:02:12					17:33:45	
	02/09/2018	18/08/2015	15/01/2017	25/02/2024	29/01/2017	31/03/2024	10/03/2018	02/10/2016					17/06/2023	
Course	Meteor Mile	White Horse	Linda Franks	Bourton	Staverton 10	Gloucester	20/20 Fission	Chester					Race to the King	
LV35	Patricia Dendy	Katie Coleman	Nikki Weatherley	Nicki Weatherley	Patricia Peever	Linda Franks	Olga Goffin	Linda Franks	Lepha Mccartan					
	5:47	20:06	32:29	40:48	72:05	1:31:43	2:28:42	3:28:36	5:46:48					
	03/09/2016	19/07/2012	01/11/2009	05/09/2010	03/09/2017	1993	15/03/2020	1994	09/10/2011					
Course	Meteor Mile	White Horse 5k	Guy Fawkes 5	Angels 10k	Oldbury 10	Bath	Gloucester	Malta	Salisbury 54321					
LV40	Patricia Dendy	Patricia Dendy	Nikki Weatherley	Patricia Dendy	Nicki Weatherley	Michelle Carroll	Joanne Johnson	Michelle Carroll	Joanna Wisniewska-Barreto					
	6:01	19:29	31:37	39:58	73:29	1:29:54	2:23:32	3:23:31	5:03:47					
	01/07/2022	23/03/2024	07/11/2010	25/02/2024	03/04/2011	15/09/2013	18/03/2023	14/04/2012	14/01/2018					
Course	Bourton	Wallsall Parkrun	Guy Fawkes 5	Bourton	Chedworth	Cheltenham	Berkeley	Brighton	Gloucester					
LV45	Miranda Foster	Katie Coleman	Fiona Maycock	Fiona Maycock	Joanne Johnson	Katie Coleman	Fiona Maycock	Katie Coleman	Anne-Marie Willcott	Natalie Greening	Anne-Marie Willcott		Fiona Barnes	Natalie Greening
	6:08	19:57	30:30	38:15	72:51	1:31:47	2:13:34	3:21:08	5:40:47	11:23:41	2:10:08		15:53:22	27:09:47
	27/07/2013	16/08/2023	02/11/2014	30/11/2014	28/01/2024	02/09/2023	08/03/2015	28/04/2024	14/08/2016	17/05/2014	04/06/2017		02/07/2022	02/05/2015
Course	Bourton	Gloucester 5k	Guy Fawkes 5	Runway 10k	Boddington 10	Cheltenham	Gloucester	Newport(adj)	Salisbury 54321	NDW 50			Serpent Trail 100km	Thames Path 100
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 Galpin	Jeanette Gullick	Karen Galpin	Karen Galpin	Ingrid Harris	Karen Galpin	Karen Galpin	Karen Galpin				
	7:01	21:28	35:17	43:00	73:10	1:38:06	2:49:06	3:30:54	5:00:58	9:35:18				
	06/09/2014	26/07/2017	05/11/2017	26/02/2023	03/09/2017	24/03/2018	15/03/2020	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	Karen Galpin	Karen Galpin	Karen Galpin	Karen Galpin	Karen Galpin	Karen Galpin	Ingrid Harris	Desiree Beer				Lesley Cottle	
	7:39	23:14	38:08	48:27	71:20	1:49:01	3:04:36	3:43:48	8:06:41				14:47:56	
	03/09/2016	23/12/2023	06/11/2022	25/02/2024	28/01/2024	31/03/2024	23/03/2024	16/04/2023	13/07/2019				22/07/2018	
Course	Meteor Mile	Cheltenham Parkrun	Guy Fawkes 5	Bourton	Boddington 10	Gloucester	20/20 Fission	Newport	Race to the Stones				Jurassic Coast ChAllange	
LV65	Mary Welsh	Desiree Beer	Desiree Beer	Desiree Beer	Julia Whittaker	Desiree Beer	Desiree Beer	Desiree Beer						
	9:02	24:19	41:06	54:41	96:00	2:03:21	3:12:15	4:07:08						
	28/09/2013	05/09/2022	06/11/2022	26/02/2023	28/01/2024	22/05/2022	19/03/2022	02/10/2022						
Course	Meteor Mile	Alderton 5k	Guy Fawkes 5	Bourton	Boddington 10	Dymock	Berkeley 20	Chester						
LV70	Virginia Pawlyn	Mary Welsh	Mary Welsh	Virginia Pawlyn		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 Pawlyn	Virginia Pawlyn	Virginia Pawlyn	Virginia Pawlyn		Virginia Pawlyn		Virginia Pawlyn						
	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						