

| 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          | Neil Tring     | Neil Tring     | Allan Green  | Allan Green      | Allan Green    | Allan Green    | Allan Green      | John Liptrot   |                  |                 |                |                  |                    |                  |
|              | 6:23           | 21:16          | 34:12        | 45:10            | 83:38          | 1:35:54        | 3:10:10          | 3:38:00        |                  |                 |                |                  |                    |                  |
|              | 30/08/2024     | 31/08/2024     | 05/11/2017   | 03/07/2017       | 13/08/2017     | 22/10/2017     | 05/03/2020       | 23/04/2017     |                  |                 |                |                  |                    |                  |
| Course       | Meteor Mile    | Alderton       | 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  |                           |                  |                     |              |                          |                  |
|               | 5:34.3           | 18:17              | 29:47            | 37:11            | 63:06            | 1:22:12          | 2:15:42        | 3:02:12          |                           |                  |                     |              |                          |                  |
|               | 02/09/2018       | 18/08/2015         | 15/01/2017       | 25/02/2024       | 29/01/2017       | 31/03/2024       | 10/03/2018     | 02/10/2016       |                           |                  |                     |              |                          |                  |
| Course        | Meteor Mile      | White Horse        | Linda Franks     | Bourton          | Staverton 10     | Gloucester       | 20/20 Fission  | Chester          |                           |                  |                     |              |                          |                  |
| 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 |                  |                     |              |                          |                  |
|               | 5:52             | 19:29              | 31:37            | 39:25            | 73:29            | 1:29:54          | 2:23:32        | 3:23:31          | 5:03:47                   |                  |                     |              |                          |                  |
|               | 10/05/2024       | 23/03/2024         | 07/11/2010       | 15/09/2024       | 03/04/2011       | 15/09/2013       | 18/03/2023     | 14/04/2012       | 14/01/2018                |                  |                     |              |                          |                  |
| Course        | Bourton          | Wallsall Parkrun   | Guy Fawkes 5     | Angels           | 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          |                           |                  |                     |              |                          |                  |