

All Time Records

Track

100m	14.8	Anne De Rover	2015		12.3	Simon Leadley	2008
200m	31.0	Anne De Rover	2015		25.6	Simon Leadley	2008
400m	71.4	Gina Granger	2016		56.16	Andrew Reynolds	2019
800m	2:45.0	Ruth Brandon	2019		2:05.9	Phil Nind	2023
1500m	5:25.1	Hannah Matharu	2023		4:27.43	Graham Moffatt	2015
Mile	5:47.08	Dorothy Michalak	2002		4:41.6	Phil Nind	2023
3000m	11:17.1	Hannah Matharu	2023		9:25.8	Phil Nind	2023
5000m	18:12.0	Lesley Cliff	1993		15:45.0	Matt Nutt	2017
10000m					37:01.2	Graham Moffatt	2016

Road

5K	18:12	Lesley Cliff	1993		16:00	Stewart Gregory	2006
5 Miles	29:50	Linda Robb	1989		25:56	Stewart Gregory	2004
10K	37:51	Linda Robb	1987		31:44	Daniel Bagley	2021
10 Miles	60:47	Linda Robb	pre 1989		52:41	Stewart Gregory	2005
Half Marathon	1:21:24	Naomi Jeffrey	2025		1:10:24	Daniel Bagley	2020
20 Miles	2:17.51	Natalie Bunce	2023		1:51:43	Daniel Bagley	2019
Marathon	2:55:56	Linda Robb	1989		2:27:32	Daniel Bagley	2019

Bests

Lake	17:21	Linda Robb	1987		15:06	Stewart Gregory	2003
Cliffs	41:22	Christine Heaton	2019		34mins?	Trevor Radford	Unknown
parkrun	19:43	Christine Heaton	2017		15:40	Daniel Bagley	2019