

## All Time Records

### Track

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

### Road

<b>5K</b>	18:12	Lesley Cliff	1993		16:00	Stewart Gregory	2006
<b>5 Miles</b>	29:50	Linda Robb	1989		25:56	Stewart Gregory	2004
<b>10K</b>	37:51	Linda Robb	1987		31:44	Daniel Bagley	2021
<b>10 Miles</b>	60:47	Linda Robb	pre 1989		52:41	Stewart Gregory	2005
<b>Half Marathon</b>	1:22:41	Linda Robb	1990		1:10:24	Daniel Bagley	2020
<b>20 Miles</b>	2:17.51	Natalie Bunce	2023		1:51:43	Daniel Bagley	2019
<b>Marathon</b>	2:55:56	Linda Robb	1989		2:27:32	Daniel Bagley	2019

### Bests

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