

# All time Records

## WOMEN

## MEN

### TRACK

|               |         |                  |      |
|---------------|---------|------------------|------|
| <b>100m</b>   | 14.8    | Anne De Rover    | 2015 |
| <b>200m</b>   | 31.0    | Anne De Rover    | 2015 |
| <b>400m</b>   | 71.4    | Gina Granger     | 2016 |
| <b>800m</b>   | 2:45.0  | Ruth Brandon     | 2019 |
| <b>1500m</b>  | 5:40.0  | Christine Heaton | 2016 |
| <b>Mile</b>   | 5:47.08 | Dorothy Michalak | 2002 |
| <b>3000m</b>  | 11:36.7 | Hannah Sampson   | 2018 |
| <b>5000m</b>  | 18:12.0 | Lesley Cliff     | 1993 |
| <b>10000m</b> |         |                  |      |

### TRACK

|               |         |                 |      |
|---------------|---------|-----------------|------|
| <b>100m</b>   | 12.3    | Simon Leadley   | 2008 |
| <b>200m</b>   | 25.6    | Simon Leadley   | 2008 |
| <b>400m</b>   | 56.16   | Andrew Reynolds | 2019 |
| <b>800m</b>   | 2:08.63 | Graham Moffat   | 2015 |
| <b>1500m</b>  | 4:27.43 | Graham Moffatt  | 2015 |
| <b>Mile</b>   | 4:44.2  | Matt Nutt       | 2018 |
| <b>3000m</b>  | 9:27.5  | Oliver Matharu  | 2018 |
| <b>5000m</b>  | 15:45.0 | Matt Nutt       | 2017 |
| <b>10000m</b> | 37:01.2 | Graham Moffatt  | 2016 |

### ROAD

|                 |       |              |          |
|-----------------|-------|--------------|----------|
| <b>5K</b>       | 18:12 | Lesley Cliff | 1993     |
| <b>5 Miles</b>  | 29:50 | Linda Robb   | 1989     |
| <b>10K</b>      | 37:51 | Linda Robb   | 1987     |
| <b>10 Miles</b> | 60:47 | Linda Robb   | pre 1989 |

### ROAD

|                 |          |                 |      |
|-----------------|----------|-----------------|------|
| <b>5K</b>       | 16:00    | Stewart Gregory | 2006 |
| <b>5 Miles</b>  | 25:56    | Stewart Gregory | 2004 |
| <b>10K</b>      | 31:44:00 | Daniel Bagley   | 2021 |
| <b>10 Miles</b> | 52:41    | Stewart Gregory | 2005 |

|                      |         |            |      |
|----------------------|---------|------------|------|
| <b>Half Marathon</b> | 1:22:41 | Linda Robb | 1990 |
| <b>20 Miles</b>      | 2:18:18 | Mary Mills | 1997 |
| <b>Marathon</b>      | 2:55:56 | Linda Robb | 1989 |

|                      |         |               |      |
|----------------------|---------|---------------|------|
| <b>Half Marathon</b> | 1:10:24 | Daniel Bagley | 2020 |
| <b>20 Miles</b>      | 1:51:43 | Daniel Bagley | 2019 |
| <b>Marathon</b>      | 2:27:32 | Daniel Bagley | 2019 |

### BESTS

|                |       |                  |      |
|----------------|-------|------------------|------|
| <b>Lake</b>    | 17:21 | Linda Robb       | 1987 |
| <b>Cliffs</b>  | 41:22 | Christine Heaton | 2017 |
| <b>parkrun</b> | 19:43 | Christine Heaton | 2017 |

### BESTS

|                |         |                 |         |
|----------------|---------|-----------------|---------|
| <b>Lake</b>    | 15:06   | Stewart Gregory | 2003    |
| <b>Cliffs</b>  | 34mins? | Trevor Radford  | Unknown |
| <b>parkrun</b> | 15:40   | Daniel Bagley   | 2019    |