

**Men's Records**

<b>5 Km</b>	<b>u 18</b>	<b>21.17</b>	<b>Edward Patchett</b>	<b>Silverstone</b>	<b>Sep-94</b>
	<b>18-39</b>	<b>16.20</b>	<b>Harry Pettingell</b>	<b>Waddesdon</b>	<b>Jul-23</b>
	<b>40-49</b>	<b>17.29</b>	<b>Andy Byerley</b>	<b>Charndon</b>	<b>May-09</b>
	<b>50-59</b>	<b>18.03</b>	<b>Howard Papworth</b>	<b>Charndon</b>	<b>May-09</b>
	<b>60+</b>	<b>20.08</b>	<b>Andrew Newton</b>	<b>Waddesdon</b>	<b>Jul-22</b>
	<b>70+</b>				

<b>5 Mile</b>	<b>u 18</b>				
	<b>18-39</b>	<b>27.02</b>	<b>Daniel Williams</b>	<b>Headington</b>	<b>Aug-21</b>
	<b>40-49</b>	<b>28.31</b>	<b>Andy Byerley</b>	<b>Banbury</b>	<b>Jun-11</b>
	<b>50-59</b>	<b>29.36</b>	<b>Rod Lavers</b>	<b>Fringford</b>	<b>Jul-98</b>
	<b>60+</b>	<b>32.26</b>	<b>Andrew Newton</b>	<b>Headington</b>	<b>Aug-21</b>
	<b>70+</b>				

<b>10 Km</b>	<b>u 18</b>	<b>51.31</b>	<b>David Koster</b>	<b>Thame 10K</b>	<b>Jun-04</b>
	<b>18-39</b>	<b>31.37</b>	<b>Duncan Cooper</b>	<b>TBC</b>	<b>TBC</b>
	<b>40-49</b>	<b>34.32</b>	<b>Adam Leavesley</b>	<b>Thame 10K</b>	<b>Jun-24</b>
	<b>50-59</b>	<b>37.18</b>	<b>Tony Ferris</b>	<b>Silverstone</b>	<b>May-94</b>
	<b>60+</b>	<b>40.43</b>	<b>Andrew Newton</b>	<b>Eynsham 10K</b>	<b>Nov-21</b>
	<b>70+</b>				

<b>10 Mile</b>	<b>u 18</b>				
	<b>18-39</b>	<b>52.47</b>	<b>Duncan Cooper</b>	<b>TBC</b>	<b>TBC</b>
	<b>40-49</b>	<b>59.08</b>	<b>Tony Ferris</b>	<b>Maidenhead</b>	<b>Apr-88</b>
	<b>50-59</b>	<b>62.32</b>	<b>Rod Lavers</b>	<b>Maidenhead</b>	<b>Apr-07</b>
	<b>60+</b>	<b>69.43</b>	<b>Andrew Newton</b>	<b>Maidenhead</b>	<b>Apr-22</b>
	<b>70+</b>				

<b>1/2 M</b>	<b>u 18</b>				
	<b>18-39</b>	<b>1.11.00</b>	<b>Kieran Morris</b>	<b>Brighton</b>	<b>Feb-24</b>
	<b>40-49</b>	<b>1.19.10</b>	<b>Tony Ferris</b>	<b>Stroud</b>	<b>Oct-88</b>
	<b>50-59</b>	<b>1.24.32</b>	<b>Rod Lavers</b>	<b>Great North Run</b>	<b>Sep-07</b>
	<b>60+</b>	<b>1.29.29</b>	<b>Andrew Newton</b>	<b>Wokingham</b>	<b>Feb-22</b>
	<b>70+</b>				

<b>Marathon</b>	<b>18-39</b>	<b>02:28:34</b>	<b>Kieran Morris</b>	<b>Berlin</b>	<b>Sep-23</b>
	<b>40-49</b>	<b>02:52:22</b>	<b>Paul Ridgley</b>	<b>London</b>	<b>Oct-22</b>
	<b>50-59</b>	<b>02:54:39</b>	<b>Tony Ferris</b>	<b>London</b>	<b>Apr-94</b>
	<b>60+</b>	<b>03:16:02</b>	<b>Alan Cornish</b>	<b>London</b>	<b>Apr-01</b>
	<b>70+</b>				

**Ladies' Records-**

<b>5 Km</b>	<b>u 18</b>				
	<b>18-34</b>	<b>19.51</b>	<b>Sarah Green</b>	<b>Waddesdon</b>	<b>Jul-19</b>
	<b>35-44</b>	<b>19.19</b>	<b>Sarah Green</b>	<b>Waddesdon</b>	<b>Jul-23</b>
	<b>45-54</b>	<b>21.19</b>	<b>Barbara Orth</b>	<b>Charndon</b>	<b>May-05</b>
	<b>55+</b>	<b>22.17</b>	<b>Steph Cook</b>	<b>Waddesdon</b>	<b>Jul-19</b>
	<b>65+</b>				

<b>5 Mile</b>	<b>u 18</b>				
	<b>18-34</b>	<b>43.14</b>	<b>Sarah Simmonds</b>	<b>Marlow</b>	<b>May-05</b>
	<b>35-44</b>	<b>34.18</b>	<b>Jane Coulcher</b>	<b>Didcot</b>	<b>Jul-11</b>
	<b>45-54</b>	<b>34.44</b>	<b>Jane Coulcher</b>	<b>Banbury</b>	<b>Jun-12</b>

	55+				
	65+				
<b>10 Km</b>	<b>u 18</b>				
	18 -34	38.48	Sally White	TBC	TBC
	35-44	39.48	Faye Sharpley	Water of Life	Oct-19
	45-54	42.52	Barbara Orth	Oxford	May-05
	55+	44.37	Steph Cook	Andy Reading	Dec-18
	65+				
<b>10 Mile</b>	<b>u 18</b>				
	18-34	65.39	Sally White	TBC	TBC
	35-44	67.37	Faye Sharpley	Cotswold Classic	Sep-19
	45-54	70.57	Barbara Orth	Maidenhead	Mar-05
	55+	78.11	Steph Cook	Maidenhead	Apr-19
	65+				
<b>1/2 M</b>	<b>u 18</b>				
	18-34	1.24.16	Sally White	TBC	TBC
	35-44	1.30.10	Michelle Butler	White Horse	Mar-99
	45-54	1.35.37	Barbara Orth	Wokingham	Feb-07
	55+	1.42.18	Steph Cook	Wokingham	Feb-20
	65+				
<b>Marathon</b>	<b>18-34</b>	3.34.50	Becca Bullock	London	Oct-22
	35-44	3.16.00	Steph Cook	London	Apr-05
	45-54	3.20.16	Steph Cook	London	Apr-08
	55+	3:54:28	Steph Cook	Manchester	Apr-24
	65+				



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