

Record Progression				
Distance & Category	Name	Race	Date	Time
5k - FS	Jane Light	Wargrave 5k	19/05/1993	0:21:53
	Jane Light	Maidenhead 5k	02/06/1993	0:20:55
	Jane Light	Wargrave 5k	17/05/1995	0:20:45
	Jane Light	Burnham 5k	15/05/1996	0:20:42
	Jane Light	Wargrave 5k	28/05/1996	0:20:32
	Jane Light	Marlow 5k	11/06/1996	0:20:21
	Julie Humphries	Datchet 5k	09/07/1998	0:19:55
	Joanne Hocquel	BA Speedbirds 5k	22/04/2005	0:19:17
	Joanne Hocquel	Wargrave 5k	17/05/2005	0:18:40
	Joanne Hocquel	Marlow 5k	16/06/2005	0:17:50
	Jill Collett	Black Park parkrun	10/12/2016	0:17:45
5K - FV35	Ann Parkhouse	Wargrave 5k	12/05/1992	0:24:17
	Ann Parkhouse	Datchet 5k	26/05/1992	0:22:53
	Andrea Sayer	Marlow 5k	06/06/2000	0:20:33
	Julie Humphries	Guildford Monthly 5k TT	05/06/2010	0:20:12
	Laura Baylis	Datchet 5k	12/07/2016	0:19:51
	Jill Collett	Maidenhead parkrun	19/08/2017	0:18:28
	Jill Collett	Upton Court parkrun	18/08/2018	0:18:09
	Jill Collett	Rushmoor parkrun	04/05/2019	0:18:01
	Jill Collett	Civil Service & Police Championships	21/08/2019	0:17:30
5k - FV45	Jean Hayton	Burnham 5k	31/05/1995	0:25:04
	Jean Hayton	Marlow 5k	14/06/1995	0:24:44
	Jean Hayton	Datchet 5k	12/07/1995	0:24:32
	Janet Binns	Maidenhead 5k	30/06/2004	0:23:49
	Sunita Dawett	Marlow 5k	13/06/2006	0:23:44
	Susan Tansey	Black Park parkrun	12/09/2009	0:23:26
	Janet Binns	Handy Cross 5k	19/06/2012	0:21:33
	Alison Jessopp	Wargrave 5k	16/05/2017	0:21:14
	Julie Humphries	Portsmouth Lakeside parkrun	17/06/2017	0:20:52
	Julie Humphries	Portsmouth Lakeside parkrun	24/06/2017	0:20:28
	Julie Humphries	Portsmouth Lakeside parkrun	19/08/2017	0:20:21
	Julie Humphries	Portsmouth Lakeside parkrun	06/01/2018	0:20:10
	Julie Humphries	Portsmouth Lakeside parkrun	20/01/2018	0:20:03
	Julie Humphries	Portsmouth Lakeside parkrun	07/07/2018	0:19:46
5k - FV55	Rosemary Arber	Burnham 5k	29/06/1993	0:31:15
	Rosemary Arber	Datchet 5k	14/07/1993	0:30:12
	Joyce Clarke	Burnham 5k	15/05/1996	0:29:40
	Joyce Clarke	Wargrave 5k	28/05/1996	0:28:37
	Joyce Clarke	Marlow 5k	11/06/1996	0:28:26
	Joyce Clarke	Datchet 5k	13/07/1996	0:28:09
	Jean Hayton	Marlow 5k	16/06/2005	0:27:48
	Jean Hayton	Wargrave 5k	13/05/2007	0:27:30
	Barbara Allen	Black Park parkrun	03/12/2011	0:25:42
	Barbara Allen	Black Park parkrun	17/12/2011	0:25:41
	Barbara Allen	Bushy parkrun	25/12/2011	0:25:38
	Barbara Allen	Black Park parkrun	07/01/2012	0:25:15
	Barbara Allen	Black Park parkrun	04/02/2012	0:25:03
	Barbara Allen	Queen Mother Reservoir 5k	15/05/2012	0:25:02
	Valerie Williams	Black Park parkrun	05/06/2012	0:24:59
	Valerie Williams	Black Park parkrun	09/06/2012	0:24:57
	Barbara Allen	Queen Mother Reservoir 5k	19/06/2012	0:24:52
	Valerie Williams	Black Park parkrun	20/10/2012	0:24:39
	Valerie Williams	Black Park parkrun	17/11/2012	0:24:32
	Valerie Williams	Black Park parkrun	01/12/2012	0:24:30
	Yvonne Olney	Black Park parkrun	27/04/2013	0:24:19
	Yvonne Olney	Black Park parkrun	04/05/2013	0:24:00
	Janet Binns	Wargrave 5k	14/05/2013	0:22:44

	Janet Binns	Marlow 5k	11/06/2013	0:21:59
	Janet Binns	Burnham 5k	27/05/2014	0:21:34
	Janet Binns	Maidenhead 5k	25/06/2014	0:21:09
	Helen Bolt	Serpentine Last Friday 5k	25/11/2022	0:21:03
5k - FV65	Joyce Clarke	Wargrave 5k	12/05/1999	0:29:51
	Joyce Clarke	Burnham 5k	25/05/1999	0:29:15
	Joyce Clarke	Handy Cross 5k	18/07/2000	0:28:53
	Jacqueline Stallwood	Wargrave 5k	13/05/2008	0:28:30
	Jacqueline Stallwood	Burnham 5k	27/05/2008	0:28:26
	Jacqueline Stallwood	Maidenhead 5k	25/06/2008	0:28:22
	Jacqueline Stallwood	Black Park parkrun	12/03/2011	0:27:40
	Jacqueline Stallwood	Black Park parkrun	09/04/2011	0:27:28
	Jacqueline Stallwood	Black Park parkrun	11/06/2011	0:27:14
	Jacqueline Stallwood	Black Park parkrun	08/10/2011	0:27:10
	Jacqueline Stallwood	Black Park parkrun	10/03/2012	0:27:06
	Jacqueline Stallwood	Black Park parkrun	17/03/2012	0:26:56
	Jacqueline Stallwood	Black Park parkrun	24/03/2012	0:26:31
	Yvonne Olney	Upton Court parkrun	17/09/2022	0:23:41
F5 - FV75	Joyce Clarke	Maidenhead 5k	25/06/2008	0:34:11
	Jacqueline Stallwood	Black Park parkrun	02/12/2017	0:33:07
	Jacqueline Stallwood	Black Park parkrun	09/12/2017	0:32:17
	Jacqueline Stallwood	Black Park parkrun	30/12/2017	0:32:02
	Jacqueline Stallwood	Black Park parkrun	13/01/2018	0:31:10
	Jacqueline Stallwood	Black Park parkrun	10/02/2018	0:31:00
	Jacqueline Stallwood	Black Park parkrun	10/03/2018	0:29:44
	Jacqueline Stallwood	Black Park parkrun	24/03/2018	0:29:16
5k - MS	Robin Auster	Wargrave 5k	12/05/1992	0:17:55
	Robin Auster	Datchet 5k	26/05/1992	0:17:24
	Robin Auster	Marlow 5k	17/06/1992	0:17:17
	Mike Bradfield	Datchet 5k	12/07/1995	0:16:42
	Mike Bradfield	Datchet 5k	13/07/1996	0:16:15
	Mike Bradfield	Burnham 5k	14/05/1997	0:15:55
	Mike Bradfield	Marlow 5k	10/06/1997	0:15:41
	Alexander Miller	Army Championships 5,000m	21/05/2014	0:15:34
	Thomas Stevens	Southern Athletics League 5,000m	21/06/2014	0:15:33
5k - MV40	Thomas Emmett	Wargrave 5k	12/05/1992	0:19:35
	Mick Flatters	Maidenhead 5k	08/07/1992	0:19:30
	Mick Flatters	Burnham 5k	29/06/1993	0:18:30
	Mick Flatters	Datchet 5k	14/07/1993	0:17:58
	Robin Auster	Handy Cross 5k	05/07/1994	0:17:53
	Chris Taylor	Wargrave 5k	16/05/2006	0:17:17
	Chris Taylor	Maidenhead 5k	28/06/2006	0:16:58
	Chris Taylor	Handy Cross 5k	11/07/2006	0:16:36
	David Lee	Serpentine Last Friday 5k	26/10/2018	0:16:27
	David Lee	Serpentine Last Friday 5k	30/11/2018	0:16:16
	James Samson	Battersea Park 5k	29/07/2019	0:16:08
	Rob Foster	Sri Chinmoy 5k	14/06/2021	0:15:46
5k - MV50	Terence Purser	Wargrave 5k	12/05/1992	0:20:42
	Terence Purser	Datchet 5k	26/05/1992	0:20:21
	Ian Spencer	Wargrave 5k	12/05/1999	0:18:49
	Ian Spencer	Marlow 5k	08/06/1999	0:18:33
	Anthony Curtin	Marlow 5k	06/06/2000	0:18:32
	Ian Spencer	Wargrave 5k	15/05/2002	0:18:21
	Michael Hill	Burnham 5k	30/05/2005	0:18:18
	Michael Hill	Marlow 5k	16/06/2005	0:17:48
	Robert McHarg	Bideford parkrun	15/04/2017	0:17:45
	Robert McHarg	Bushy parkrun	23/02/2019	0:17:21

	Robert McHarg	Troon parkrun	06/04/2019	0:17:12
	Robert Mcharg	Bushy parkrun	18/05/2019	0:17:10
	Robert Mcharg	Dorney Lake Run BY 5k Run Challenge	19/09/2020	0:17:08
5k - MV60	Doug Perret	Wargrave 5k	12/05/1992	0:25:47
	Doug Perret	Marlow 5k	17/06/1992	0:25:14
	James Butcher	Maidenhead 5k	05/07/2000	0:25:10
	James Butcher	Handy Cross 5k	18/07/2000	0:24:32
	Ian Spencer	Wargrave 5k	17/05/2005	0:19:40
	Ian Spencer	Marlow 5k	16/06/2005	0:19:28
	Anthony Curtin	Maidenhead 5k	29/06/2011	0:19:23
	Robin Smith	Marlow 5k	02/07/2019	0:19:18
5k - MV70	Rachhpal Bath	Burnham 5k	26/05/2009	0:32:10
	Rachhpal Bath	Marlow 5k	09/06/2009	0:30:38
	Rachhpal Bath	Black Park parkrun	12/09/2009	0:30:11
	Rachhpal Bath	Black Park parkrun	19/09/2009	0:30:06
	Rachhpal Bath	Black Park parkrun	10/10/2009	0:29:49
	James Butcher	Wargrave 5k	18/05/2010	0:28:40
	James Butcher	Marlow 5k	15/06/2010	0:27:45
	Derek Baker	Burnham 5k	28/05/2013	0:24:35
	Derek Baker	Upton Court parkrun	08/06/2013	0:23:32
	Derek Baker	Maidenhead 5k	26/06/2013	0:23:13
	Derek Baker	Upton Court parkrun	17/08/2013	0:23:09
	Ian Spencer	Datchet 5k	15/07/2014	0:21:56
5k - MV80	Rachhpal Bath	Black Park parkrun	25/08/2012	0:38:18
	Rachhpal Bath	Black Park parkrun	15/09/2012	0:34:57
	Rachhpal Bath	Black Park parkrun	20/04/2013	0:33:19
	Rachhpal Bath	Marlow 5k	11/06/2013	0:32:48
	Rachhpal Bath	Maidenhead 5k	26/06/2013	0:32:25
5 Miles - FS	Helen Preedy	Kintbury 5	31/05/2004	0:32:28
	Joanne Hocquel	Marlow 5	11/05/2008	0:31:04
	Jill Collett	Beaconsfield 5 Mile Trail	17/04/2017	0:30:30
	Jill Collett	Marlow 5	07/05/2017	0:28:48
5 Miles - FV35	Andrea Sayer	Forest 5	16/06/2004	0:36:40
	Joanna Griffiths	Marlow 5	09/05/2010	0:35:37
	Julie Humphries	Overton 5	04/09/2010	0:33:53
	Julie Humphries	Victory 5	18/09/2011	0:33:08
	Julie Humphries	Victory 5	15/09/2013	0:32:39
	Jill Collett	Marlow 5	13/05/2018	0:29:33
	Jill Collett	Perivale 5	02/12/2018	0:29:22
	Jill Collett	Marlow 5	12/05/2019	0:29:05
5 Miles - FV45	Jenny Nicholls	Forest 5	16/06/2004	0:39:14
	Julie Humphries	Overton 5	06/09/2015	0:35:32
	Alison Jessopp	Marlow 5	07/05/2017	0:34:13
	Julie Humphries	Overton 5	03/09/2017	0:33:22
	Julie Humphries	Victory 5	03/12/2017	0:31:48
	Julie Humphries	Victory 5	02/12/2018	0:31:35
5 Miles - FV55	Jean Hayton	Marlow 5	11/05/2008	0:49:22
	Barbara Allen	Marlow 5	13/05/2012	0:41:38
	Yvonne Olney	Marlow 5	12/05/2013	0:39:45
	Yvonne Olney	Marlow 5	10/05/2015	0:37:59
	Helen Bolt	Marlow 5	13/05/2018	0:35:12
	Helen Bolt	Perivale 5	04/12/2022	0:34:19
5 Miles - FV65	Joyce Clarke	Marlow 5	11/05/2008	0:57:13
	Jacqueline Stallwood	Beaconsfield 5 Mile Trail	01/04/2013	0:47:10

	Jacqueline Stallwood	Fairoaks 5	28/04/2013	0:46:43
	Jacqueline Stallwood	Marlow 5	12/05/2013	0:43:37
	Yvonne Olney	Perivale 5	03/12/2023	0:41:24
5 Miles - FV75	Jacqueline Stallwood	Marlow 5	13/05/2018	0:49:13
5 Miles - MS	Chris Bradfield	Marlow 5	08/05/2005	0:36:52
	Ryan Worth	Forest 5	21/06/2006	0:33:30
	Chris Bradfield	Marlow 5	13/05/2007	0:26:49
	Thomas Stevens	Olympic Anniversary Run	21/07/2013	0:26:39
	Alexander Miller	Didcot 5	06/07/2014	0:26:26
	James Samson	Kent Christmas Cracker	21/12/2014	0:25:48
5 Miles - MV40	Christopher Hunt	NY Marathon Kick-Off 5	26/10/2003	0:30:21
	Philip Jones	Marlow 5	13/05/2012	0:29:19
	Guy Bowles	Perivale 5	01/12/2013	0:28:17
	Ben Martin-Dye	Perivale 5	04/12/2016	0:28:07
	David Lee	Marlow 5	12/05/2019	0:27:16
	James Samson	Wargrave 5	09/06/2019	0:26:40
	Rob Foster	Perivale 5	05/12/2021	0:26:35
5 Miles - MV50	Michael Hill	Marlow 5	08/05/2005	0:30:50
	Robin Smith	Marlow 5	11/05/2014	0:30:47
	Robert McHarg	Beaconsfield 5 Mile Trail	22/04/2019	0:29:29
	Ben Martin-Dye	Perivale 5	01/12/2019	0:29:08
5 Miles - MV60	James Butcher	Marlow 5	13/05/2007	0:44:59
	Mike May	Marlow 5	10/05/2009	0:35:57
	Anthony Curtin	Marlow 5	09/05/2010	0:31:53
5 Miles - MV70	James Butcher	Marlow 5	09/05/2010	0:46:28
	Derek Baker	Beaconsfield 5 Mile Trail	06/04/2015	0:46:24
	Ian Spencer	Perivale 5	06/12/2015	0:36:42
	Ian Spencer	Marlow 5	07/05/2017	0:36:37
10k - FS	Jane Light	Shinfield 10k	03/05/1993	0:44:20
	Karen Whapshott-Downer	Datchet Dash	05/06/1993	0:39:13
	Karen Whapshott-Downer	Chobham 10k	29/08/1993	0:38:17
	Joanne Hocquel	Shinfield 10k	05/05/2008	0:38:07
	Jill Collett	South Bucks 10k	02/10/2016	0:37:26
10k - FV35	Wendy Emmett	Shinfield 10k	03/05/1993	0:48:00
	Andrea Sayer	Wargrave 10k	11/06/2000	0:43:45
	Andrea Sayer	Yateley 10k	02/08/2000	0:43:03
	Andrea Sayer	Oxford Town & Gown 10k	20/05/2001	0:42:25
	Julie Humphries	Eastleigh 10k	29/03/2009	0:40:49
	Julie Humphries	Eastleigh 10k	28/03/2010	0:40:15
	Jill Collett	Chichester 10k	04/02/2018	0:37:24
	Jill Collett	Vitality London 10,000	28/05/2018	0:36:51
	Jill Collett	Binfield 10k	19/05/2019	0:36:47
	Jill Collett	Vitality London 10,000	27/05/2019	0:35:41
10k - FV45	Jean Hayton	BA Concorde 10k	07/05/1995	0:54:00
	Jean Hayton	Shinfield 10k	08/05/1995	0:50:45
	Sunita Dawett	Shinfield 10k	01/05/2006	0:50:33
	Sunita Dawett	Shinfield 10k	05/05/2008	0:48:33
	Janet Binns	Bupa London 10,000	27/05/2012	0:45:37
	Julie Humphries	Southampton AC Netley 10k	18/05/2014	0:44:34
	Julie Humphries	Portsmouth D-Day 10k	08/06/2014	0:43:52
	Julie Humphries	Eastleigh 10k	19/03/2017	0:43:49
	Alison Jessopp	Staines 10k	14/05/2017	0:43:36
	Julie Humphries	Netley 10k	21/05/2017	0:43:34

	Julie Humphries	Portsmouth D-Day 10k	04/06/2017	0:42:32
	Julie Humphries	Denmead 10k	15/10/2017	0:41:53
	Julie Humphries	Fleet 10k	22/10/2017	0:40:41
	Julie Humphries	Stubbington Green 10k	14/01/2018	0:39:49
	Julie Humphries	Eastleigh 10k	24/03/2019	0:39:00
10k - FV55	Rosemary Arber	Julian Farrell 10k	17/10/1993	1:06:10
	Joyce Clarke	Shinfield 10k	06/05/1996	0:55:43
	Barbara Allen	Andy Reading 10k	11/12/2011	0:49:50
	Yvonne Olney	Brighton 10k	17/11/2013	0:49:00
	Yvonne Olney	Brighton 10k	16/11/2014	0:48:28
	Janet Binns	Votwo Run Eton 10k	07/02/2015	0:46:00
	Janet Binns	Vitality London 10,000	30/05/2016	0:43:52
	Helen Bolt	Battersea Park 10k	16/10/2021	0:43:38
	Helen Bolt	Telford 10k	11/12/2022	0:42:15
10k - FV65	Joyce Clarke	Wargrave 10k	13/06/1999	0:59:14
	Joyce Clarke	Wargrave 10k	11/06/2000	0:58:24
	Jacqueline Stallwood	Asthma 10k, Dorney Lake	22/03/2008	0:57:51
	Jacqueline Stallwood	Brooklands 10k	29/03/2009	0:56:35
	Jacqueline Stallwood	Stockley Park 10k	20/05/2012	0:56:00
	Jacqueline Stallwood	Esher Church School 10k	06/05/2013	0:55:52
	Barbara Allen	Staines 10k	13/05/2018	0:54:10
	Janet Binns	Shinfield 10k	05/05/2024	0:49:36
10k - FV75	Joyce Clarke	Wargrave 10k	15/06/2008	1:09:25
	Jacqueline Stallwood	Esher 10k	06/05/2018	1:06:11
	Jacqueline Stallwood	Burnham Beeches 10k	12/08/2018	1:05:17
10k - MS	Robin Auster	Shinfield 10k	03/05/1993	0:36:00
	Mike Bradfield	Chobham 10k	27/08/1995	0:33:50
	Chris Bradfield	Shinfield 10k	05/05/2003	0:33:10
	Chris Bradfield	Shinfield 10k	03/05/2004	0:32:17
	Alexander Miller	Cursa Del Nassos 10k	31/12/2015	0:32:09
10k - MV40	Mike Spicer	Shinfield 10k	03/05/1993	0:42:40
	Robin Auster	Chobham 10k	29/08/1993	0:37:36
	Mick Flatters	Julian Farrell 10k	17/10/1993	0:37:30
	Robin Auster	Shinfield 10k	08/05/1995	0:36:11
	Andrew Cooney	Brighton 10k	20/11/2011	0:36:01
	Guy Bowles	South Bucks 10k	06/10/2013	0:34:54
	Chris Bradfield	Stockley Park 10k	17/05/2015	0:34:49
	Ben Martin-Dye	Valentines 10k	12/02/2017	0:34:25
	James Samson	Yateley 10k	05/06/2019	0:33:14
10k - MV50	Terence Purser	Shinfield 10k	03/05/1993	0:41:30
	Ian Spencer	Wargrave 10k	13/06/1999	0:38:45
	Ian Spencer	Oxford Town & Gown 10k	20/05/2001	0:38:14
	Ian Spencer	Yateley 10k	01/08/2001	0:37:43
	Ian Spencer	Shinfield 10k	06/05/2002	0:37:11
	Robert McHarg	World Masters Championships	27/03/2019	0:35:59
	Mark Ferguson	Shinfield 10k	01/05/2023	0:35:53
10k - MV60	Doug Perret	Shinfield 10k	03/05/1993	0:53:00
	James Butcher	Wargrave 10k	11/06/2000	0:51:19
	James Butcher	Yateley 10k	02/08/2000	0:50:55
	James Butcher	Shinfield 10k	06/05/2002	0:50:01
	Ian Spencer	Shinfield 10k	02/05/2005	0:40:29
	Anthony Curtin	Wargrave 10k	13/06/2010	0:40:13
	Anthony Curtin	Swallowfield 10k	04/09/2011	0:39:51
10k - MV70	Rachhpal Bath	Wargrave 10k	14/06/2009	1:07:23

	Rachhpal Bath	Dorney Dash	08/05/2010	1:04:34
	James Butcher	Wargrave 10k	13/06/2010	0:59:31
	Derek Baker	Marlow FM Radio Run 10k	02/06/2013	0:51:18
	Derek Baker	Dorney Dash	20/07/2013	0:49:37
	Derek Baker	Swallowfield 10k	22/09/2013	0:48:54
	Ian Spencer	Swallowfield 10k	21/09/2014	0:44:52
	Ian Spencer	Brighton 10k	16/11/2014	0:43:23
10k - MV80	Rachhpal Bath	Wargrave 10k	09/06/2013	1:11:51
	Rachhpal Bath	South Bucks 10k	06/10/2013	1:11:09
10 Miles - FS	Carol Hipwell	Maidenhead Easter 10	19/04/1993	1:19:08
	Jane Light	Maidenhead Easter 10	14/04/1995	1:19:03
	Jane Light	Maidenhead Easter 10	05/04/1996	1:17:43
	Andrea Sayer	Maidenhead Easter 10	02/04/1999	1:12:53
	Julie Humphries	New Forest 10	09/07/2000	1:08:29
	Helen Preedy	Maidenhead Easter 10	04/04/2004	1:05:59
	Jill Collett	Cabbage Patch 10	16/10/2016	1:01:38
10 Miles - FV35	Jean Hayton	Maidenhead Easter 10	19/04/1993	1:25:00
	Sunita Dawett	Maidenhead Easter 10	10/04/1998	1:23:27
	Andrea Sayer	Thames Towpath 10	08/04/2001	1:12:09
	Jennifer Moss	Cabbage Patch 10	17/10/2004	1:10:28
	Julie Humphries	Alton 10	13/05/2007	1:08:56
	Julie Humphries	Salisbury 10	08/03/2009	1:07:32
	Julie Humphries	Ryde 10	07/02/2010	1:07:13
	Julie Humphries	Lordshill 10	07/11/2010	1:06:11
	Jill Collett	Maidenhead Easter 10	30/03/2018	1:00:55
	Jill Collett	Police Sport 10 Mile	04/09/2019	1:00:21
10 Miles - FV45	Billy Bhamra	Maidenhead Easter 10	05/04/1996	1:36:54
	Isabelle Huxsted	Cabbage Patch 10	15/10/2006	1:25:06
	Sunita Dawett	Maidenhead Easter 10	06/04/2007	1:21:38
	Julie Humphries	Alton 10	11/05/2014	1:13:25
	Alison Jessopp	Maidenhead Easter 10	14/04/2017	1:10:31
	Julie Humphries	Harry Hawkes 10	16/07/2017	1:09:55
	Julie Humphries	Hayling 10 Miles	26/11/2017	1:06:29
	Julie Humphries	Salisbury 10	08/04/2018	1:06:18
10 Miles - FV55	Rosemary Arber	Maidenhead Easter 10	14/04/1995	2:24:00
	Joyce Clarke	Maidenhead Easter 10	05/04/1996	1:35:24
	Barbara Allen	Cabbage Patch 10	21/10/2012	1:28:43
	Barbara Allen	Maidenhead Easter 10	29/03/2013	1:28:30
	Yvonne Olney	Cabbage Patch 10	20/10/2013	1:26:16
	Yvonne Olney	Maidenhead Easter 10	18/04/2014	1:21:56
	Yvonne Olney	Maidenhead Easter 10	03/04/2015	1:20:16
	Yvonne Olney	Tadley 10	18/10/2015	1:19:07
	Helen Bolt	Maidenhead Easter 10	30/03/2018	1:13:05
	Helen Bolt	Thames Towpath 10	08/04/2018	1:12:55
	Helen Bolt	Maidenhead Easter 10	07/04/2023	1:12:24
10 Miles - FV65	Joyce Clarke	Maidenhead Easter 10	02/04/1999	1:35:18
	Jacqueline Stallwood	Folkestone 10	03/04/2015	1:34:26
	Yvonne Olney	Maidenhead Easter 10	07/04/2023	1:25:29
10 Miles - MS	Robin Auster	Maidenhead Easter 10	19/04/1993	1:00:24
	Mike Bradfield	Maidenhead Easter 10	14/04/1995	0:59:57
	Mike Bradfield	Maidenhead Easter 10	05/04/1996	0:57:25
	Mike Bradfield	Maidenhead Easter 10	10/04/1998	0:56:33
	Chris Bradfield	Maidenhead Easter 10	18/04/2003	0:55:57
	Chris Bradfield	Maidenhead Easter 10	04/04/2004	0:53:41
	Alexander Miller	Fred Hughes 10	18/01/2015	0:53:17

10 Miles - MV40	Mick Flatters	Maidenhead Easter 10	19/04/1993	1:10:56
	Robin Auster	Maidenhead Easter 10	14/04/1995	1:01:54
	Chris Taylor	Maidenhead Easter 10	14/03/2006	0:59:17
	Chris Taylor	Maidenhead Easter 10	06/04/2007	0:59:04
	Andrew Cooney	Maidenhead Easter 10	10/04/2009	0:57:02
	Andrew Cooney	Cabbage Patch 10	17/10/2010	0:56:38
10 Miles - MV50	Terence Purser	Maidenhead Easter 10	19/04/1993	1:10:09
	Ian Spencer	Maidenhead Easter 10	10/04/1998	1:04:48
	Ian Spencer	Maidenhead Easter 10	02/04/1999	1:02:59
	Ian Spencer	Maidenhead Easter 10	29/03/2002	1:02:03
	Mark Ferguson	Maidenhead Easter 10	29/03/2024	0:59:26
10 Miles - MV60	Doug Perret	Maidenhead Easter 10	19/04/1993	1:29:54
	James Butcher	Maidenhead Easter 10	29/03/2002	1:27:32
	Ian Spencer	Great South Run	10/10/2004	1:09:54
	Ian Spencer	Cabbage Patch 10	17/10/2004	1:08:13
	Ian Spencer	Maidenhead Easter 10	25/03/2005	1:07:57
	Ian Spencer	Cabbage Patch 10	16/10/2005	1:06:52
	Anthony Curtin	Bramley 10	20/02/2011	1:06:07
10 Miles - MV70	James Butcher	Maidenhead Easter 10	04/04/2010	1:44:22
	James Butcher	Cabbage Patch 10	21/10/2012	1:39:26
	Derek Baker	Cabbage Patch 10	20/10/2013	1:24:56
	Ian Spencer	Cabbage Patch 10	19/10/2014	1:14:12
	Ian Spencer	Tadley 10	18/10/2015	1:12:33
10 Miles - MV80	Rachhpal Bath	Bramley 10	17/02/2013	2:04:58
Half Marathon - FS	Carol Hipwell	Reading Half Marathon	28/03/1993	1:49:40
	Carol Hipwell	Wycombe Half Marathon	18/07/1993	1:47:08
	Jane Light	Slough Half Marathon	12/09/1993	1:38:00
	Jane Light	Great Sam Half Marathon Bracknell	24/10/1993	1:34:25
	Jane Light	Wokingham Half Marathon	13/02/1994	1:34:07
	Julie Humphries	Norwich Half Marathon	10/06/2001	1:29:15
	Laura Baylis	Wokingham Half Marathon	21/02/2016	1:28:51
	Jill Collett	Water For Life Half Marathon	23/10/2016	1:23:04
	Jill Collett	Wokingham Half Marathon	12/02/2017	1:19:03
Half Marathon - FV35	Wendy Emmett	Isle Of Wight Half Marathon	23/08/1987	1:58:00
	Wendy Emmett	Burnham Beeches Half Marathon	06/09/1987	1:52:00
	Sunita Dawett	Slough Half Marathon	12/09/1993	1:51:52
	Sunita Dawett	Great Sam Half Marathon Bracknell	24/10/1993	1:49:41
	Sunita Dawett	Slough Half Marathon	04/09/1994	1:49:11
	Andrea Sayer	Burnham Beeches Half Marathon	20/08/2000	1:39:28
	Andrea Sayer	Windsor Half Marathon	24/09/2000	1:37:07
	Andrea Sayer	Wokingham Half Marathon	11/02/2001	1:34:04
	Andrea Sayer	Wokingham Half Marathon	09/02/2003	1:33:55
	Julie Humphries	Paddock Wood Half Marathon	05/04/2009	1:29:45
	Julie Humphries	Gosport Half Marathon	21/11/2010	1:26:28
	Jill Collett	Wokingham Half Marathon	18/02/2018	1:25:27
	Jill Collett	Slough Half Marathon	14/10/2018	1:19:52
	Jill Collett	Wokingham Half Marathon	24/02/2019	1:19:33
	Jill Collett	Maidenhead Half Marathon	01/09/2019	1:19:16
Half Marathon - FV45	Jean Hayton	Wokingham Half Marathon	12/02/1995	1:54:54
	Jenny Nicholls	Windsor Half Marathon	29/09/2002	1:47:34
	Jenny Nicholls	Windsor Half Marathon	28/09/2003	1:41:55
	Jenny Nicholls	Wokingham Half Marathon	08/02/2004	1:40:57
	Janet Binns	Reading Half Marathon	20/03/2011	1:37:19
	Janet Binns	Wokingham Half Marathon	19/02/2012	1:36:58

	Janet Binns	Reading Half Marathon	01/04/2012	1:32:52
	Julie Humphries	Solent Half Marathon	24/09/2017	1:31:29
	Julie Humphries	Gosport Half Marathon	19/11/2017	1:26:55
	Julie Humphries	Gosport Half Marathon	18/11/2018	1:26:27
Half Marathon - FV55	Rosemary Arber	Windsor Half Marathon	01/10/1995	3:09:25
	Rosemary Arber	Great Sam Half Marathon Bracknell	22/10/1995	2:58:00
	Joyce Clarke	Slough Half Marathon	07/09/1997	2:11:41
	Barbara Allen	Water For Life Half Marathon	25/03/2012	2:01:50
	Susan Todd	Windsor Half Marathon	07/10/2012	1:49:07
	Janet Binns	Reading Half Marathon	17/03/2013	1:42:13
	Janet Binns	Reading Half Marathon	02/03/2014	1:39:09
	Janet Binns	Windsor & Eton Half Marathon	22/03/2014	1:36:12
	Helen Bolt	Bath Half Marathon	16/10/2022	1:36:03
Half Marathon - FV65	Joyce Clarke	Burnham Beeches Half Marathon	16/08/1998	2:12:52
	Jacqueline Stallwood	Reading Half Marathon	17/03/2013	2:09:27
	Janet Binns	Dorney Lake Half Marathon	14/01/2023	1:50:37
	Yvonne Olney	Wokingham Half Marathon	26/02/2023	1:48:06
Half Marathon - FV75	Jacqueline Stallwood	The Big Half Marathon	04/03/2018	2:26:29
Half Marathon - MS	Michael Baldock	Great Sam Half Marathon Bracknell	28/10/1990	1:24:52
	Michael Baldock	Slough Half Marathon	12/09/1993	1:21:49
	Mike Bradfield	Slough Half Marathon	03/09/1995	1:14:57
	Chris Bradfield	Burnham Beeches Half Marathon	16/08/1998	1:14:13
	Mike Bradfield	Wokingham Half Marathon	08/02/2004	1:13:48
	Mike Bradfield	Paddock Wood Half Marathon	28/03/2004	1:10:59
	Chris Bradfield	Wokingham Half Marathon	12/02/2006	1:10:42
	Thomas Stevens	Barcelona Half Marathon	15/02/2015	1:09:24
Half Marathon - MV40	Terry Crocker	Great Sam Half Marathon Bracknell	28/10/1990	1:37:30
	Robin Auster	Slough Half Marathon	12/09/1993	1:23:05
	Robin Auster	Windsor Half Marathon	03/10/1993	1:22:53
	Robin Auster	Wokingham Half Marathon	13/02/1994	1:20:03
	Andrew Cooney	Macclesfield Half Marathon	29/09/2008	1:16:54
	Andrew Cooney	Fleet Half Marathon	15/03/2009	1:14:54
	Andrew Cooney	Great North Run	20/09/2009	1:14:17
	James Samson	Burnham Beeches Half Marathon	11/08/2019	1:14:15
	James Samson	Maidenhead Half Marathon	01/09/2019	1:13:05
	Rob Foster	Wokingham Half Marathon	26/02/2023	1:12:19
Half Marathon - MV50	James Butcher	Wokingham Half Marathon	14/02/1993	1:54:38
	Bob Gregory	Fleet Half Marathon	21/03/1993	1:48:00
	Terence Purser	Slough Half Marathon	12/09/1993	1:36:22
	Ian Spencer	Slough Half Marathon	07/09/1997	1:31:46
	Ian Spencer	Windsor Half Marathon	04/10/1998	1:29:30
	Ian Spencer	Wokingham Half Marathon	11/02/2001	1:26:30
	Ian Spencer	Watford Half Marathon	03/02/2002	1:25:35
	Ian Spencer	Wokingham Half Marathon	09/02/2003	1:24:17
	Douglas Orr	Wokingham Half Marathon	10/02/2013	1:23:26
	Douglas Orr	Reading Half Marathon	17/03/2013	1:22:14
	Robin Smith	Maidenhead Half Marathon	07/09/2014	1:21:36
	Mark Ferguson	Wokingham Half Marathon	23/02/2020	1:19:09
	Mark Ferguson	Wokingham Half Marathon	26/02/2023	1:18:08
Half Marathon - MV60	Doug Perret	Slough Half Marathon	12/09/1993	2:04:05
	Doug Perret	Great Sam Half Marathon Bracknell	24/10/1993	2:01:45
	James Butcher	Wokingham Half Marathon	11/02/2001	2:01:43
	James Butcher	Wokingham Half Marathon	09/02/2003	2:00:34
	James Butcher	Wokingham Half Marathon	13/02/2005	2:00:20
	Ian Spencer	Windsor Half Marathon	25/09/2005	1:31:35

	Ian Spencer	Wokingham Half Marathon	12/02/2006	1:29:49
	Anthony Curtin	Richmond Half Marathon	16/05/2010	1:27:48
Half Marathon - MV70	Rachhpal Bath	Burnham Beeches Half Marathon	23/08/2009	2:31:57
	Rachhpal Bath	Windsor Half Marathon	27/09/2009	2:25:18
	Rachhpal Bath	Windsor Half Marathon	26/09/2010	2:24:48
	Ian Spencer	Maidenhead Half Marathon	07/09/2014	1:38:26
	Ian Spencer	Robin Hood Half Marathon	27/09/2015	1:38:10
Half Marathon - MV80	Rachhpal Bath	Windsor Half Marathon	07/10/2012	3:13:26
	Rachhpal Bath	Bath Half Marathon	03/03/2013	2:46:06
20 Miles - FS	Caroline Pote	Bramley 20	24/02/2002	2:52:18
	Julie Humphries	Bury St Edmunds 20	29/02/2004	2:25:40
	Jill Collett	Bramley 20	19/02/2017	2:15:31
20 Miles - FV35	Andrea Sayer	Bramley 20	24/02/2002	2:34:31
	Julie Humphries	Tarpley 20	26/02/2012	2:29:01
	Jilly Raw	Bramley 20	11/02/2024	2:22:48
20 Miles - FV45	Cherry Key	Finchley 20	17/03/2013	3:19:59
	Bella Shah	Kingston Breakfast Run 20	15/03/2015	3:07:08
	Bella Shah	Bramley 20	14/02/2016	2:55:22
	Alison Jessopp	Bramley 20	19/02/2017	2:33:10
	Alison Jessopp	Hillingdon 20	08/03/2020	2:30:32
20 Miles - FV55	Sunita Dawett	Bramley 20	16/02/2014	3:19:33
	Yvonne Olney	Bramley 20	16/02/2014	3:19:33
	Yvonne Olney	Bramley 20	15/02/2015	2:51:46
	Helen Bolt	Hillingdon 20	08/03/2020	2:43:53
20 Miles - FV65	Yvonne Olney	Hillingdon 20	04/09/2022	3:16:18
	Yvonne Olney	Bramley 20	12/02/2023	3:12:21
	Yvonne Olney	Hillingdon 20	24/03/2024	3:07:26
20 Miles - MS	Andrew Cooney	Bramley 20	24/02/2002	2:24:01
	Christopher Hunt	Bramley 20	24/02/2002	2:24:01
	Andrew Cooney	Gloucester 20	03/03/2002	2:18:32
	Andrew Cooney	Bramley 20	29/02/2004	2:10:18
	Simon Black	Bramley 20	15/02/2009	2:08:49
	Rob Foster	Bramley 20	12/02/2012	2:02:56
	Thomas Stevens	Worthing 20	10/03/2013	1:56:01
	Alexander Miller	Bramley 20	14/02/2016	1:55:17
20 Miles - MV40	Ron Sloan	Bramley 20	24/02/2002	2:24:33
	Christopher Hunt	Bramley 20	20/02/2005	2:19:12
	Andrew Cooney	Bramley 20	12/02/2012	2:03:27
	Rob Foster	Bramley 20	12/02/2023	1:58:43
20 Miles - MV50	Ian Spencer	Gloucester 20	03/03/2002	2:19:20
	Mark Ferguson	Milton Keynes Festival Of Running 20	15/03/2020	2:05:59
20 Miles - MV60	Ian Spencer	Bramley 20	19/02/2006	2:28:33
20 Miles - MV70	Michael Hill	Bramley 20	11/02/2024	3:28:29
Marathon - FS	Karen Whapshott-Downer	London Marathon	17/04/1983	2:42:13
Marathon - FV35	Wendy Emmett	London Marathon	16/04/1989	4:00:21
	Sunita Dawett	London Marathon	26/04/1998	3:55:25
	Sunita Dawett	London Marathon	18/04/1999	3:53:55
	Andrea Sayer	London Marathon	22/04/2001	3:16:21

	Andrea Sayer	Berlin Marathon	30/09/2001	3:16:00
	Jill Collett	Phoenix Summer Marathon	05/08/2017	3:06:31
	Jill Collett	Berlin Marathon	24/09/2017	2:57:12
	Jill Collett	Dublin Marathon	28/10/2018	2:47:39
Marathon - FV45	Rosemary Arber	London Marathon	22/04/1990	4:54:27
	Sunita Dawett	Berlin Marathon	24/09/2006	3:58:56
	Yvonne Olney	London Marathon	13/04/2008	3:57:48
	Sunita Dawett	Edinburgh Marathon	25/05/2008	3:55:48
	Janet Binns	New York Marathon	06/11/2011	3:25:42
	Alison Jessopp	London Marathon	28/04/2019	3:23:28
	Emma Twomey	Chicago Marathon	08/10/2023	3:19:20
	Kelly Joy	Chicago Marathon	08/10/2023	2:57:54
Marathon - FV55	Joyce Clarke	London Marathon	21/04/1996	5:19:04
	Yvonne Olney	London Marathon	21/04/2013	4:18:26
	Yvonne Olney	Paris Marathon	06/04/2014	4:00:18
	Janet Binns	London Marathon	13/04/2014	3:25:07
Marathon - FV65	Joyce Clarke	London Marathon	18/04/1999	5:20:39
	Yvonne Olney	Chicago Marathon	09/10/2022	4:06:05
	Janet Binns	Tokyo Marathon	05/03/2023	3:46:42
	Janet Binns	London Marathon	23/04/2023	3:45:41
Marathon - MS	Mick Flatters	London Marathon	10/05/1987	2:57:00
	Andrew Cooney	London Marathon	14/04/2002	2:54:20
	Andrew Cooney	Chicago Marathon	12/10/2003	2:42:58
	Andrew Cooney	Lisbon Marathon	04/12/2005	2:39:26
	Andrew Cooney	Berlin Marathon	30/09/2007	2:38:16
	Thomas Stevens	London Marathon	21/04/2013	2:36:33
	Thomas Stevens	Frankfurt Marathon	27/10/2013	2:34:30
	Thomas Stevens	London Marathon	13/04/2014	2:28:54
	Thomas Stevens	Valencia Marathon	16/11/2014	2:26:04
Marathon - MV40	Mick Flatters	London Marathon	16/04/1995	3:21:00
	Christopher Hunt	London Marathon	14/04/2002	3:04:35
	Christopher Hunt	London Marathon	13/04/2003	2:58:01
	Andrew Cooney	Amsterdam Marathon	19/10/2008	2:37:41
	Rob Foster	London Marathon	23/04/2023	2:36:28
Marathon - MV50	Bob Gregory	London Marathon	18/04/1993	4:13:52
	Bob Gregory	South Coast Marathon	28/04/1996	4:07:00
	Ian Spencer	London Marathon	26/04/1998	3:25:14
	Ian Spencer	London Marathon	18/04/1999	3:22:16
	Ian Spencer	London Marathon	22/04/2001	3:10:15
	Ian Spencer	Berlin Marathon	30/09/2001	3:03:00
	Ian Spencer	London Marathon	14/04/2002	3:01:06
	Mark Ferguson	London Marathon	03/10/2021	2:55:22
	Mark Ferguson	London Marathon	02/10/2022	2:54:22
	Mark Ferguson	London Marathon	23/04/2023	2:48:34
Marathon - MV60	Doug Perret	London Marathon	10/05/1987	4:02:00
	Ian Spencer	London Marathon	17/04/2005	3:22:05
	Ian Spencer	London Marathon	23/04/2006	3:21:12
	Anthony Curtin	Abingdon Marathon	16/10/2011	3:19:05
	Chris Higgs	Chester Marathon	08/10/2023	3:18:07
	Chris Higgs	European Masters Marathon Championship	23/03/2024	3:17:31
Marathon - MV70	Rachhpal Bath	Marathon Palma de Mallorca	17/10/2010	5:47:31
	Dennis Bonnie	London Marathon	02/10/2022	5:08:27
Marathon - MV80	Rachhpal Bath	Dublin Marathon	26/10/2015	7:33:07