

All time Records

WOMEN

TRACK

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

TRACK

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

ROAD

5K	18:12	Lesley Cliff	1993
5 Miles	29:50	Linda Robb	1989
10K	37:51	Linda Robb	1987
10 Miles	60:47	Linda Robb	pre 1989
Half Marathon	1:22:41	Linda Robb	1990
20 Miles	2:18:18	Mary Mills	1997
Marathon	2:55:56	Linda Robb	1989

ROAD

5K	16:00	Stewart Gregory	2006
5 Miles	25:56	Stewart Gregory	2004
10K	33:06	Stewart Gregory	1998
10 Miles	52:41	Stewart Gregory	2005
Half Marathon	1:10:24	Daniel Bagley	2020
20 Miles	1:51:43	Daniel Bagley	2019
Marathon	2:27:32	Daniel Bagley	2019

BESTS

Lake	17:21	Linda Robb	1987
Cliffs	41:22	Christine Heaton	2017
parkrun	19:43	Christine Heaton	2017

BESTS

Lake	15:06	Stewart Gregory	2003
Cliffs	34mins?	Trevor Radford	Unknown
parkrun	15:40	Daniel Bagley	2019