

Age Category	Distance													
	1 mile	5 km	5 miles	10 km	10 miles	Half-marathon	20 miles	Marathon	50 km	50 miles	Comrades ▲	Comrades ▼	100 km	100 miles
Senior Male	Anthony Bailey	Doug Wight	Doug Wight	Anthony Bailey	Doug Wight	Doug Wight	Doug Wight	Doug Wight	Doug Wight	Thom Stephens			Doug Wight	Nick Lewis
	4:40	16:22	27:19	34:15	57:00	1:16:49	2:00:17	2:36:38	3:42:06	9:24:54			7:51:25	21:53:40
	21/07/2012	13/07/2016	15/01/2017	26/02/2012	29/01/2017	27/09/2015	11/05/2017	23/04/2017	22/05/2017	08/04/2017			22/05/2017	03/03/2012
Course	Bourton	PoW Open Event	Linda Franks	Bourton	Staverton 10	Cheltenham	20/20 Fission	London	ACP (50km split)	SDW 50			ACP	Thames Path 100
V40	Steve Linton	Steve Linton	Steve Linton	Steve Linton	Steve Linton	Steve Linton	Steve Linton	Steve Linton	Mark Willicott	Nick Lewis	Oliver Bell		Nick Lewis	
	5:03	17:45	29:18	37:06	61:56	1:22:17	2:15:43	3:01:05	4:54:23	8:14:02	11:20:51		10:21:18	
	06/09/2014	18/08/2015	24/01/2016	07/07/2014	31/01/2016	26/10/2014	08/03/2015	21/03/2016	22/01/2012	04/02/2017	31/05/2015		22/05/2017	
Course	Meteor Mile	White Horse	Linda Franks	Frampton	Staverton 10	Stroud	Gloucester	Seville	Gloucester	Thames Trot			ACP	
V45	Dave McGrath	Steve Linton	Dave McGrath	Dave McGrath	Dave McGrath	Matt Barnes	Dale Midwinter	Matt Barnes	Mark Willicott	Mark Willicott	Mark Willicott		Mark Willicott	Mark Willicott
	5:23	17:48	30:15	36:53	62:39	1:23:55	2:22:02	2:53:52	4:41:49	9:21:21	8:54:02		11:50:35	25:41:24
	09/04/2012	26/07/2017	03/11/2013	26/02/2012	12/02/2012	07/05/2017	18/03/2012	23/04/2017	22/01/2012	07/02/2015	04/06/2017		15/07/2017	23/09/2017
Course	Bushley	PoW Open Event	Guy Fawkes 5	Bourton	Wiltshire 10	Stratford	Gloucester	London	Gloucester 50k	Thames Trot			Race to the Stones	Cotswold Century
V50	Dave McGrath	Dave McGrath	Dave McGrath	Dave McGrath	Dave McGrath	Dave McGrath	Dale Midwinter	Dale Midwinter	Martyn Fisher					
	5:22	18:12	30:34	37:02	66:03	1:25:54	2:23:42	3:12:04	6:37:56					
	19/07/2014	15/07/2015	02/11/2014	10/06/2014	31/01/2016	01/03/2015	17/03/2014	23/10/2016	26/09/2015					
Course	Bourton	White Horse	Guy Fawkes 5	Clevedon	Staverton 10	Bath	Gloucester	Abingdon	St Oswalds					
V55	Edward Collier	Edward Collier	Edward Collier	Edward Collier	Edward Collier	Edward Collier	Ken Sears	Ken Sears	Ken Sears					
	5:28	18:43	31:18	38:01	64:10	1:25:25	2:26:22	3:16:42	4:29:57					
	21/07/2012	17/05/2012	27/01/2013	26/02/2012	12/02/2012	15/04/2012	07/03/2010	25/05/2008	27/01/2008					
Course	Bourton	White Horse 5k	Linda Franks	Bourton	Wiltshire 10	Worcester	Gloucester	Edinburgh	Gloucester					
V60	Ed Munro	Ed Munro	Ed Munro	Ed Munro	John Liptrot	John Liptrot	John Liptrot	John Liptrot						
	5:56	20:12	33:13	42:46	67:41	1:31:37	2:28:40	3:13:35						
	27/07/2013	16/11/2013	03/11/2013	08/07/2013	06/01/2008	16/03/2008	02/03/2008	13/04/2008						
Course	Bourton	Glasgow Parkrun	Guy Fawkes 5	Frampton	Gloucester	Forest of Dean	Gloucester	London						
V65	Allen Green	David Lawrence	Allen Green	Allen Green	Allen Green	Allen Green		Allen Green						
	6:24	25:31	34:12	45:10	83:38	1:35:54		3:43:39						
	15/07/2017	30/11/2013	05/11/2017	03/07/2017	13/08/2017	22/10/2017		15/10/2017						
Course	Bourton	Chelt Parkrun	Guy Fawkes 5	Frampton	Standish	Stroud		Birmingham						
V70	David Lawrence		David Lawrence	David Lawrence	Art Williams	John Liptrot		John Liptrot						
	8:44		43:53	56:12	100:48	1:42:45		3:38:00						
	03.09.2016		06/11/2016	26/07/2016	11/07/2009	25/09/2009		13/04/2008						
Course	Meteor Mile		Guy Fawkes 5	Blaisdon	Pilot 10	Hampton Court		London						

