	Distance													
Age Category	**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		Mark Willicot	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		8:48:43	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		10/06/2018	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	Nick Lewis	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	4:20:53	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	31/03/2018	04/02/2017	31/05/2015		22/05/2017	
Course	PoW Open Event	White Horse	Linda Franks	Frampton	Staverton 10	Stroud	Gloucester	Seville	ACP (50k race)	Thames Trot			ACP	
V45	Steve Linton	Steve Linton	Dave McGrath	Steve Linton	Dave McGrath	Matt Barnes	Matt Barnes	Matt Barnes	Mark Willicott	Mark Willicott	Mark Willicott		Mark Willicott	Mark Willicott
	4:58	17:48	30:15	36:35	62:39	1:23:55	2:16:08	2:53:52	4:41:49	9:21:21	8:54:02		11:50:35	25:41:24
	04/07/2018	26/07/2017	03/11/2013	07/01/2018	12/02/2012	07/05/2017	10/03/2018	23/04/2017	22/01/2012	07/02/2015	04/06/2017		15/07/2017	23/09/2017
Course	PoW Open Event	PoW Open Event	Guy Fawkes 5	Telford	Wiltshire 10	Stratford	20/20 Fission	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	Allen Green	Allen Green	Allen Green	Allen Green	Allen Green		John Liptrot						
	6:24	22:21	34:12	45:10	83:38	1:35:54		3:38:00						
	15/07/2017	24/05/2017	05/11/2017	03/07/2017	13/08/2017	22/10/2017		23/04/2017						
Course	Bourton	Chelt Parkrun	Guy Fawkes 5	Frampton	Standish	Stroud		London						
V70	David Lawrence		David Lawrence	David Lawrence	Art Williams	John Liptrot								
	8:44		43:53	56:12	100:48	1:43:12								
	03.09.2016		06/11/2016	26/07/2016	11/07/2009	01/10/2017								
Course	Meteor Mile		Guy Fawkes 5	Blaisdon	Pilot 10	Cheltenham								

	Distance													
Age Category	**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 Female	Helena Youde	Gemma Hargraves	Gemma Hargraves	Gemma Hargraves	Gemma Hargraves	Helena Youde	Hattie Jenkins	Gemma Hargraves						
	5:34.3	18:17	29:47	37:39	63:06	1:22:55	2:15:42	3:02:12						
	02/09/2018	18/08/2015	15/01/2017	22/02/2015	29/01/2017	30/09/2018	10/03/2018	02/10/2016						
Course	Meteor Mile	White Horse	Linda Franks	Bourton	Staverton 10	Cheltenham	20/20 Fission	Chester						
LV35	Katie Coleman	Katie Coleman	Nikki Weatherley	Nicki Weatherley	Patricia Peever	Linda Franks	Linda Franks	Linda Franks	Charlotte Baxter					
	5:52	20:06	32:29	40:48	72:05	1:31:43	2:32:46	3:28:36	7:42:58					
	21/07/2012	19/07/2012	01/11/2009	05/09/2010	03/09/2017	1993	1994	1994	09/10/2011					
Course	Bourton	White Horse 5k	Guy Fawkes 5	Angels 10k	Oldbury 10	Bath	Hereford	Malta	Nottingham					
LV40	Emma Yates	Anne-Marie Willicott	Nikki Weatherley	Nicki Weatherley	Nicki Weatherley	Michelle Carroll	Michelle Carroll	Michelle Carroll	Joanna Wisniewska-Barreto					
	6:30	22:02	31:37	40:32	73:29	1:29:54	2:32:02	3:23:31	5:03:47					
	06/09/2014	21/05/2013	07/11/2010	27/02/2011	03/04/2011	15/09/2013	17/03/2013	14/04/2012	14/01/2018					
Course	Meteor Mile	White Horse	Guy Fawkes 5	Bourton	Chedworth	Cheltenham	Gloucester	Brighton	Gloucester					
LV45	Miranda Foster	Karen Galpin	Fiona Maycock	Fiona Maycock	Ingrid Harris	Michelle Carroll	Fiona Maycock	Karen Galpin	Anne-Marie Willicott	Natalie Greening	Anne-Marie Willicott		Julianne Jameson	Natalie Greening
	6:08	20:05	30:30	38:15	73:59	1:34:15	2:13:34	3:24:01	5:40:47	11:23:41	10:12:08		22:36:04	27:09:47
	27/07/2013	18/08/2011	02/11/2014	30/11/2014	09/01/2011	16/06/2013	08/03/2015	17/04/2011	14/08/2016	17/05/2014	04/06/2017		23/09/2016	02/05/2015
Course	Bourton	White Horse	Guy Fawkes 5	Runway 10k	Gloucester	Bourton	Gloucester	London	Salisbury 54321	NDW 50			Equinox 24	Thames Path 100
LV50	Karen Galpin	Karen Galpin	Karen Galpin	Karen Galpin	Karen Galpin	Jeanett Gullick	Karen Galpin	Karen Galpin	Karen Galpin	Natalie Greening	Karen Galpin	Karen Galpin	Karen Galpin	
	6:21	20:52	34:04	42:55	76:21	1:32:45	2:38:01	3:21:58	4:37:22	12:10:12	10:07:20	8:09:25	10:16:25	
	27/07/2013	18/06/2013	27/01/2013	07/07/2014	12/07/2014	22/10/2017	17/03/2014	06/04/2014	01/04/2017	17/09/2016	31/05/2015	03/06/2012	22/07/2012	
Course	Bourton	White Horse	Linda Franks	Frampton	Elmore 10	Stroud	Gloucester	Brighton	Silkin Way Ultra	CW50			Redwick	
LV55	Desiree Beer	Karen Galpin	Karen Glpin	Desiree Beer	Karen Galpin	Karen Galpin	Desiree Beer	Karen Galpin	Karen Galpin	Karen Galpin				
	7:01	21:28	35:17	48:45	73:10	1:38:06	2:52:30	3:30:54	5:00:58	9:35:18				
	06/09/2014	26/07/2017	05/11/2017	08/07/2013	03/09/2017	24/03/2018	08/03/2015	08/04/2018	13/08/2017	03/02/2018				
Course	Meteor Mile	PoW Open Event	Guy Fawkes 5	Frampton	Oldbury 10	Larne	Gloucester	Manchester	Salisbury 54321	Thames Trot				
LV60	Desiree Beer	Jean Bryan	Desiree Beer	Jean Bryan	Desiree Beer	Desiree Beer	Jean Bryan	Desiree Beer						
	7:39	25:49	41:06	52:33	86:35	1:58:54	3:36:59	4:03:36						
	03/09/2016	26/04/2014	06/11/2016	21/09/2014	03/09/2017	01/10/2017	17/03/2014	08/10/2017						
Course	Meteor Mile	Chelt Parkrun	Guy Fawkes 5	Worcester	Staverton 10	Salisbury	Gloucester	Chester						
LV65	Mary Welsh		Mary Welsh	Mary Welsh		Mary Welsh								
	9:02		45:47	57:49		2:11:03								
	28/09/2013		07/11/2010	05/05/2013		22/05/2011								
Course	Meteor Mile		Guy Fawkes 5	Bristol		Tewkesbury								
LV70	Virginia Pawlin	Mary Welsh	Mary Welsh	Virginia Pawlin		Mary Welsh								
	8:12	31:37	48:55	54:48		2:23:41								
	05/09/2015	10/01/2015	25/01/2015	22/02/2015		25/09/2015								
Course	Meteor Mile	Chelt Parkrun	Linda Franks	Bourton		Bath								
LV75	Virginia Pawlin	Virginia Pawlin	Virginia Pawlin											
	8:51	28:49	45:49											
	03/09/2016	04/07/2016	24/01/2016											
Course	Meteor Mile	Evesham Parkrun	Linda Franks											