



Club Records – Road Running

	MEN						
	5k	10k	Half-Marathon	Marathon	5 Miles	10 Miles	20 Miles
U20	Rowan Preece 15:18 (2014)	Rowan Preece 31:22 (2013)	Ben Tull 73:17 (2019)	Dominic Taylor 3:00.18 (2016)		Ben Tull 57:18 (2016)	
SM	Phil Burden 14:50 (2015)	Luke Scott 30:58 (2013)	Phil Burden 68:54 (2016)	Rowan Preece 2:26.27 (2016)	Marcus Albano 30:07 (2018)	Phil Burden 52:28 (2015)	Rowan Preece 1:54.24 (2017)
M35	Phil Burden 14:50 (2015)	Phil Burden 31:08 (2015)	Phil Burden 68:54 (2016)	Phil Burden 2:29:54 (2015)	Marcus Albano 30:07 (2018)	Phil Burden 52:28 (2015)	
M40	Phil Burden 15:00 (2018)	Phil Burden 31:59 (2018)	Phil Burden 69:56 (2017)	James Watson 2:28:25 (2017)	Nick Daniels 30:44 (2017)	Marcus Albano 62:29 (2019)	James Watson 1:57.54 (2017)
M45	Keith Paul 17:13 (2014)	Jonathan Gilling 37:31 (2018)	Stephen Willis 80:23 (2018)	Stephen Willis 2:55.54 2017	Nick Daniels 31:46 (2018)	James Watson 60:45 (2019)	Jonathan Gilling 2:14:07 (2018)
M50	Keith Paul 16:59 (2016)	Keith Paul 35:33 (2016)	Keith Paul 81.17 (2017)	Keith Paul 3:13.01 (2017)	Keith Paul 30:22 (2018)	Keith Paul 61:10 (2017)	Keith Paul 2:11.13 (2017)
M55	Martin Bleumel 19:14 (2017)	Martin Bluemel 40:07 (2015)	Martin Bluemel 90:12 (2015)	Patrick Casey 3:15.22 (2015)		Robin Green 80:51 (2018)	
M60		Richard Westgate 44:36 (2016)	Richard Westgate 1:44.29 (2016)	Richard Westgate 3:58:50 (2017)		Richard Westgate 89:42 (2017)	

*2019 records

WOMEN

	5k	10k	Half-Marathon	Marathon	5 Miles	10 Miles	20 Miles
U20W		Rachel Heard 39:12 (2009)	Kate Drew 89:09 (2016)	Kate Drew 3:03:43 (2017)		Kate Drew 68:43 (2016)	
SW	Naomi Taschimowitz 16:45 (2010)	Naomi Taschimowitz 35:15 (2011)	Hannah Taunton 78:25 (2019)	Kate Drew 2:45:48 (2019)		Hannah Taunton 60:34 (2017)	Kate Drew 2:13:57 (2019)
F35	Kirstie Booth 18:39 (2017)	Kim Hill 38:44 (2015/2017)	Kim Hill 86:21 (2015)	Kim Hill 3:29:40 (2018)		Kim Hill 64:43 (2017)	Kim Hill 2:23:09 (2018)
F40	Charlotte Fisher 21:54 (2010)	Kirstie Booth 40:11 (2019)	Pauline Beer 95:29 (2016)			Kirstie Booth 69:33 (2019)	
F45	Jackie Batten 22:24 (2016)	Liz Heal 46:07 (2017)	Jackie Batten 1:43.27 (2016)	Annabelle Lillycrop 3:58.33 (2014)		Suzi Griffiths 89:03 (2018)	
F50	Sharron Kington 23:57 (2011)	Liz Taschimowitz 44:55 (2017)	Liz Taschimowitz 1:44.39 (2015)			Sharron Kington 82:59 (2013)	
F55	Lesley Westgate 23:14 (2014)	Julia Hector 47:41 (2008)	Lesley Westgate 1:49.09 (2014)			Lesley Westgate 80:28 (2014)	
F60	Lesley Westgate 23:21 (2016)	Lesley Westgate 49:19 (2016)	Lesley Westgate 1:50:50 (2016)	Lesley Westgate 4:09:29 (2018)	Lesley Westgate 39:57 (2018)	Lesley Westgate 98:06 (2018)	Lesley Westgate 3:01:56 (2018)

Notes

- * Please note that 5k records are for the road only and do not include parkrun.
- * Athletes must be fully paid up 1st claim TAC status member at the time the record was set. Performances by second claim members will not count.
- * Times done in races without either a UKA/Run Britain race license or an ARC race license will not be counted
- * Please note ARC licensed races are not recognised by the Run Britain ranking/results or the Power of 10 and members who set a record in an ARC license event will need to notify Charlotte Fisher to update the record lists providing the ARC race license number as shown on the entry form/race information or website.