



Club Records – Road Running

	MEN						
	5k	10k	Half-Marathon	Marathon	5 Miles	10 Miles	20 Miles
U20	Dan Fisher 14:50 (2023)	Rowan Preece 31:22 (2013)	Mawgan Andrew 88:15 (2019)	Dominic Taylor 3:00.18 (2016)	Joe Ponter 26:49 c (2020)	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)	Joe Walton 26:55 (2021)	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)	Neil Smith 28:50 (2023)	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)	Phil Burden 27:51 (2021)	Phil Burden 57:05 (2021)	James Watson 1:57.54 (2017)
M45	Phil Burden 15:47 (2022)	Phil Burden 32:49 (2022)	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)	John Gilling 3:05.16 (2023)	John Gilling 28:42 (2023)	Keith Paul 61:10 (2017)	Keith Paul 2:11.13 (2017)
M55	Keith Paul 18:34 (2023)	Keith Paul 39:51 (2023)	Martin Bluemel 90:12 (2015)	Patrick Casey 3:15.22 (2015)	Keith Paul 31:17 (2021)	Keith Paul 66:18 (2023)	
M60	Martin Bluemel 20:18 (2023)	Martin Bluemel 43:37 (2023)	Richard Westgate 1:44.29 (2016)	Richard Westgate 3:58:50 (2017)		Richard Westgate 89:42 (2017)	Richard Westgate 3:22:44 (2018)

WOMEN

	5k	10k	Half-Marathon	Marathon	5 Miles	10 Miles	20 Miles
U20W	Charlotte Brown 20:13 (2023)	Rachel Heard 39:12 (2009)	Kate Drew 89:09 (2016)	Kate Drew 3:03:43 (2017)		Kate Drew 68:43 (2016)	
SW	Elle Twentyman 15:46 (2022)	Elle Twentyman 32:56 (2022)	Kate Drew 73:05 (2023)	Kate Drew 2:45:48 (2019)	Hannah Taunton 28:03 (2021)	Alice Murray-Gourlay 59:33 (2022)	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	Kirstie Booth 17:51 (2022)	Kirstie Booth 37:19 (2021)	Pauline Beer 95:29 (2016)		Kirstie Booth 31:02 (2021)	Kirstie Booth 69:33 (2019)	
F45	Kirstie Booth 17:20 (2023)	Kirstie Booth 38:54 (2023)	Jackie Batten 1:43.27 (2016)	Annabelle Lillycrop 3:58.33 (2014)		Suzi Griffiths 89:03 (2018)	
F50	Suzy Cole 21:51 (2023)	Liz Taschimowitz 44:55 (2017)	Liz Taschimowitz 1:44.39 (2015)	Suzy Cole 3:50:07 (2023)		Suzy Cole 79:11 (2023)	
F55	Lesley Westgate 23:14 (2014)	Julia Hector 47:41 (2008)	Lesley Westgate 1:49.09 (2014)	Lesley Westgate 4:09:29 (2011)		Lesley Westgate 80:28 (2014)	
F60	Lesley Westgate 23:21 (2016)	Lesley Westgate 49:19 (2016)	Lesley Westgate 1:50:50 (2016)	Lesley Westgate 4:13:47 (2018)	Lesley Westgate 39:57 (2018)	Sharron Kington 96:15 (2023)	Lesley Westgate 3:01:56 (2018)

Please note the following:

- * 5k records are for the road only, and do not include parkruns.
- * Athletes must be fully paid up 1st claim TAC member at the time the record was set. Performances by second claim members will not count.
- * Times done in races without a UKA/Run Britain race license will not count.
- * With 40+ new records in 2023 alone, (across road and track and field) the updated TAC records will be only published at the end of the year in December. However, the records are maintained behind throughout the year. If you think you have broken a club record please contact charlotte.g.fisher@icloud.com