

All Time Records

Men Short Handicap (3.65 miles)

| | | | | |
|-----|--------|-----------------|-----------------------|-----------|
| MS | 19.14 | Daniel Bailey | 6 Short H/C | 30-Aug-12 |
| M35 | 20.16 | Paul Mitchinson | Race 7 Short Handicap | 25-Sep-14 |
| M40 | 20.42 | Neil Tolfrey | Short Handicap Race 6 | 25-Aug-05 |
| M45 | 21.24 | Tony Butler | Short handicap race 1 | 27-Mar-08 |
| M50 | 21.55 | Jim Clow | Short Handicap Race 7 | 25-Sep-10 |
| M55 | 22.32 | Jim Clow | Short Handicap Race 4 | 28-Jun-07 |
| M60 | 24.08 | Jim Clow | Short Handicap race 6 | 26-Aug-10 |
| M65 | 25.19 | Brian Millo | Short Handicap race 7 | 25-Sep-08 |
| M70 | 27.53 | John Gallagher | 7 Short H/C | 29-Sep-11 |
| M75 | 33.54 | Howard Wright | 7-Short Handicap | 24-Sep-15 |
| M80 | 37.08 | John Brothers | 4 Short Handicap | 27-Jun-13 |
| M85 | 999.00 | | | |

Men 5 miles

| | | | | |
|-----|--------|-----------------|-----------------|-----------|
| MS | 23.55 | Jerry Watson | Victory | 06-Dec-86 |
| M35 | 27.50 | Stephen Jeffery | Hayling Billy 5 | 11-Jun-08 |
| M40 | 27.47 | Jim Clow | Portsmouth | 29-Aug-93 |
| M45 | 27.52 | Jim Clow | Victory | 01-Dec-96 |
| M50 | 28.57 | Jim Clow | Hayling Billy | 14-Jun-00 |
| M55 | 30.27 | Jim Clow | Victory 5 | 07-Dec-08 |
| M60 | 32.30 | Jim Clow | Hayling Billy 5 | 15-Jun-11 |
| M65 | 35.07 | Jim Clow | Hayling Billy | 10-Jun-15 |
| M70 | 38.34 | John Gallagher | Midsummer 5 | 20-Jun-12 |
| M75 | 47.35 | Howard Wright | Victory 5 | 06-Dec-15 |
| M80 | 56.27 | John Brothers | Hayling Billy 5 | 12-Jun-13 |
| M85 | 999.00 | | | |

Men 10K

| | | | | |
|-----|--------|-----------------|---------------|-----------|
| MS | 31.25 | Simon Mitchell | Eastleigh | 15-Mar-87 |
| M35 | 34.43 | Paul Mitchinson | Eastleigh 10k | 22-Mar-15 |
| M40 | 34.48 | David Howard | Eastleigh 10k | 22-Mar-15 |
| M45 | 35.09 | Jim Clow | Stubbington | 08-Jan-95 |
| M50 | 36.02 | Jim Clow | D-Day | 07-Jun-00 |
| M55 | 38.11 | Jim Clow | D-Day 10k | 08-Jun-05 |
| M60 | 40.10 | Jim Clow | Eastleigh 10k | 28-Mar-10 |
| M65 | 41.42 | Guy Phelps | Chestnut 10k | 12-Sep-10 |
| M70 | 48.19 | John Gallagher | D Day 10k | 10-Jun-12 |
| M75 | 59.40 | Howard Wright | Denmead 10k | 18-Oct-15 |
| M80 | 999.00 | | | |
| M85 | 999.00 | | | |

Men Long Handicap (7.65 miles)

| | | | | |
|-----|--------|-----------------|----------------------|-----------|
| MS | 42.32 | Daniel Bailey | 1 Long H/C | 12-Apr-12 |
| M35 | 44.28 | Paul Mitchinson | Race 6 Long Handicap | 11-Sep-14 |
| M40 | 44.51 | Neil Tolfrey | Long Handicap Race 2 | 12-May-05 |
| M45 | 46.34 | Tony Butler | Long Handicap Race 3 | 09-Jun-05 |
| M50 | 46.49 | Jim Clow | Long Handicap Race 2 | 08-May-03 |
| M55 | 49.20 | Jim Clow | Long Handicap Race 1 | 14-Apr-05 |
| M60 | 51.57 | Guy Phelps | Long Handicap Race 6 | 13-Sep-07 |
| M65 | 54.10 | Rob Godwin | 2 Long Handicap | 16-May-13 |
| M70 | 62.37 | John Gallagher | 5 Long H/C | 09-Aug-12 |
| M75 | 77.38 | Howard Wright | 6-Long Handicap | 10-Sep-15 |
| M80 | 999.00 | | | |
| M85 | 999.00 | | | |

Men 10 miles

| | | | | |
|-----|--------|-----------------|-----------------|-----------|
| MS | 52.20 | Simon Mitchell | Alton | 12-Apr-87 |
| M35 | 57.13 | Stephen Jeffery | Tadley 10 | 19-Oct-08 |
| M40 | 57.31 | Jim Clow | Hayling | 27-Nov-94 |
| M45 | 58.54 | David Howard | Great South 10m | 25-Oct-15 |
| M50 | 60.31 | Jim Clow | Hayling | 30-Nov-03 |
| M55 | 65.27 | Jim Clow | New Forest 10 | 09-Jul-06 |
| M60 | 66.57 | Guy Phelps | Lordshill 10 | 02-Nov-08 |
| M65 | 71.42 | Guy Phelps | Alton 10m | 09-May-10 |
| M70 | 81.48 | Mike Grigg | Hayling 10 | 29-Nov-15 |
| M75 | 999.00 | | | |
| M80 | 999.00 | | | |
| M85 | 999.00 | | | |

Men Half Marathon

| | | | | |
|-----|--------|-----------------|-------------------------|-----------|
| MS | 67.27 | Jerry Watson | Portsmouth | 03-Mar-91 |
| M35 | 74.02 | Stephen Jeffery | Gosport Half Marathon | 16-Nov-08 |
| M40 | 77.25 | Jim Clow | Portsmouth | 13-Mar-94 |
| M45 | 79.47 | Tony Butler | Gosport Half Marathon | 25-Nov-07 |
| M50 | 82.59 | Jim Clow | New Forest | 10-Sep-00 |
| M55 | 86.14 | Jim Clow | Hardley a half marathon | 15-Oct-06 |
| M60 | 89.28 | Guy Phelps | Gosport Half Marathon | 19-Nov-06 |
| M65 | 98.38 | Guy Phelps | Solent Half | 10-Oct-10 |
| M70 | 122.36 | John Gallagher | Solent Half | 28-Sep-14 |
| M75 | 999.00 | | | |
| M80 | 999.00 | | | |
| M85 | 999.00 | | | |

Men Marathon

| | | | | |
|-----|--------|-----------------|-----------------------|-----------|
| MS | 160.54 | Sam Bennett | London | 10-May-87 |
| M35 | 166.48 | Paul Mitchinson | London Marathon | 26-Apr-15 |
| M40 | 158.13 | Stephen Jeffery | Flora London Marathon | 26-Apr-09 |
| M45 | 164.22 | Tony Tillbrooke | London | 20-Apr-86 |
| M50 | 180.59 | Tony Tillbrooke | London | 17-Apr-94 |
| M55 | 235.45 | Mark Hay | Brighton Marathon | 12-Apr-15 |
| M60 | 210.13 | Jim Clow | New Forest Marathon | 25-Sep-11 |
| M65 | 270.17 | Robert Edwards | Flora London Marathon | 13-Apr-08 |
| M70 | 999.00 | | | |
| M75 | 999.00 | | | |
| M80 | 999.00 | | | |
| M85 | 999.00 | | | |

Men 5K

| | | | | |
|-----|--------|-----------------|-----------------------|-----------|
| MS | 15.47 | Zakaria Lahlal | Great South 5k | 25-Oct-14 |
| M35 | 16.53 | Paul Mitchinson | Lakeside 5k | 27-Aug-14 |
| M40 | 17.23 | David Howard | Lakeside 5k | 01-Dec-13 |
| M45 | 17.23 | David Howard | 4-Lakeside 5k | 29-Jul-15 |
| M50 | 19.54 | Dave Morris | Pompey Prom 5k race 5 | 01-Sep-10 |
| M55 | 18.57 | Jim Clow | Promenade 5k race 1 | 07-May-08 |
| M60 | 19.44 | Jim Clow | 2 Promenade 5k Race | 01-Jun-11 |
| M65 | 22.35 | John Gallagher | Promenade 5k race 1 | 06-May-09 |
| M70 | 22.45 | John Gallagher | Race 5 Pompey Prom | 29-Aug-12 |
| M75 | 29.41 | Howard Wright | 1-Lakeside 5k | 29-Apr-15 |
| M80 | 999.00 | | | |
| M85 | 999.00 | | | |

Men 20 miles

| | | | | |
|-----|--------|-----------------|-----------------------------|-----------|
| MS | 119.00 | Daniel Bailey | Bramley 20 | 19-Feb-15 |
| M35 | 126.38 | Paul Mitchinson | Bramley 20 | 19-Feb-15 |
| M40 | 130.29 | Tony Butler | Bramley 20 | 29-Feb-04 |
| M45 | 126.28 | Tony Butler | Christchurch Mad March Hare | 05-Mar-06 |
| M50 | 133.54 | Jim Clow | Bramley 20 | 29-Feb-04 |
| M55 | 163.09 | John Flynn | Bramley 20 | 15-Feb-09 |
| M60 | 148.07 | Jim Clow | Bramley 20m | 20-Feb-11 |
| M65 | 999.00 | | | |
| M70 | 999.00 | | | |
| M75 | 999.00 | | | |
| M80 | 999.00 | | | |
| M85 | 999.00 | | | |

Ladies Short Handicap (3.65 miles)

| | | | | |
|-----|--------|-----------------|-----------------------|-----------|
| WS | 22.53 | Gemma Corbett | Race 3 Short Handicap | 29-May-14 |
| W35 | 22.42 | Gemma Corbett | 5-Short Handicap | 30-Jul-15 |
| W40 | 23.32 | Gina Turner | Short Handicap Race 3 | 25-May-06 |
| W45 | 24.50 | Gina Turner | 2 Short H/C Race | 28-Apr-11 |
| W50 | 29.00 | Gill Jones | Short handicap race 7 | 28-Sep-06 |
| W55 | 27.17 | Marilyn Crocker | Short Handicap Race 7 | 25-Sep-03 |
| W60 | 29.11 | Marilyn Crocker | Short handicap race 1 | 27-Mar-08 |
| W65 | 33.01 | Jackie Yarnold | 4 Short Handicap | 27-Jun-13 |
| W70 | 999.00 | | | |
| W75 | 999.00 | | | |
| W80 | 999.00 | | | |
| W85 | 999.00 | | | |

Ladies 5 miles

| | | | | |
|-----|--------|-----------------|-------------------|-----------|
| WS | 31.42 | Gemma Corbett | Hayling Billy 5 | 11-Jun-14 |
| W35 | 32.41 | Gina Turner | Victory 5 | 04-Dec-05 |
| W40 | 31.39 | Miranda Adcock | Victory 5 | 07-Dec-08 |
| W45 | 32.11 | Marilyn Crocker | Midsummer | 19-Jun-96 |
| W50 | 33.14 | Marilyn Crocker | Hayling Billy | 16-Jun-99 |
| W55 | 37.18 | Marilyn Crocker | Overton | 06-Sep-03 |
| W60 | 40.00 | Marilyn Crocker | Purbrook Ladies 5 | 29-Jun-08 |
| W65 | 45.08 | Jackie Yarnold | Purbrook Ladies 5 | 16-Jun-13 |
| W70 | 999.00 | | | |
| W75 | 999.00 | | | |
| W80 | 999.00 | | | |
| W85 | 999.00 | | | |

Ladies 10K

| | | | | |
|-----|--------|-----------------|-----------------------|-----------|
| WS | 39.26 | Gemma Corbett | D Day 10k | 08-Jun-14 |
| W35 | 38.58 | Gemma Corbett | Eastleigh 10k | 22-Mar-15 |
| W40 | 39.57 | Jackie Lloyd | Eastleigh 10k | 22-Mar-15 |
| W45 | 40.34 | Marilyn Crocker | Eastleigh | 19-Mar-96 |
| W50 | 41.19 | Marilyn Crocker | Chichester Priory 10k | 07-Feb-99 |
| W55 | 46.43 | Marilyn Crocker | Totton 10K | 06-Apr-03 |
| W60 | 49.03 | Marilyn Crocker | Totton 10k | 06-Apr-08 |
| W65 | 55.53 | Marilyn Crocker | Eastleigh 10k | 24-Mar-13 |
| W70 | 999.00 | | | |
| W75 | 999.00 | | | |
| W80 | 999.00 | | | |
| W85 | 999.00 | | | |

Ladies Long Handicap (7.65 miles)

| | | | | |
|-----|--------|-----------------|----------------------|-----------|
| WS | 56.14 | Laura Allen | 1-Long Handicap | 09-Apr-15 |
| W35 | 51.50 | Gina Turner | Long Handicap Race 2 | 12-May-05 |
| W40 | 52.23 | Gina Turner | Long handicap Race 2 | 11-May-06 |
| W45 | 54.48 | Gina Turner | 1 Long Handicap | 14-Apr-11 |
| W50 | 61.55 | Gill Jones | Long Handicap Race 4 | 14-Jul-05 |
| W55 | 58.26 | Marilyn Crocker | Long Handicap Race 6 | 11-Sep-03 |
| W60 | 63.37 | Marilyn Crocker | Long handicap race 6 | 11-Sep-08 |
| W65 | 69.52 | Carol Tolfrey | Race 1 Long Handicap | 10-Apr-14 |
| W70 | 999.00 | | | |
| W75 | 999.00 | | | |
| W80 | 999.00 | | | |
| W85 | 999.00 | | | |

Ladies 10 miles

| | | | | |
|-----|--------|-----------------|-----------------|-----------|
| WS | 67.36 | Gemma Corbett | Salisbury 10m | 09-Mar-14 |
| W35 | 65.33 | Gemma Corbett | Lordshill 10m | 02-Nov-14 |
| W40 | 64.45 | Jackie Lloyd | Lordshill 10m | 02-Nov-14 |
| W45 | 67.06 | Marilyn Crocker | Alton | 12-May-96 |
| W50 | 67.55 | Marilyn Crocker | Hayling | 30-Nov-97 |
| W55 | 76.27 | Belinda Harding | Great South 10m | 25-Oct-15 |
| W60 | 84.31 | Marilyn Crocker | New Forest 10 | 13-Jul-08 |
| W65 | 95.52 | Jackie Yarnold | Ryde 10M | 03-Feb-13 |
| W70 | 999.00 | | | |
| W75 | 999.00 | | | |
| W80 | 999.00 | | | |
| W85 | 999.00 | | | |

Ladies Half Marathon

| | | | | |
|-----|--------|-----------------|------------------------------|-----------|
| WS | 87.38 | Liz Dunn | Portsmouth | 13-Mar-90 |
| W35 | 87.29 | Gemma Corbett | Gosport Half Marathon | 16-Nov-14 |
| W40 | 87.33 | Jackie Lloyd | Gosport Half Marathon | 16-Nov-14 |
| W45 | 91.29 | Marilyn Crocker | Portsmouth | 14-Mar-93 |
| W50 | 96.58 | Marilyn Crocker | New Forest | 12-Sep-99 |
| W55 | 106.55 | Marilyn Crocker | Hardley a half marathon | 16-Oct-05 |
| W60 | 125.33 | Jackie Yarnold | Gosport Half | 18-Nov-12 |
| W65 | 129.43 | Jackie Yarnold | Portsmouth Coastal Half Mar` | 17-Feb-13 |
| W70 | 999.00 | | | |
| W75 | 999.00 | | | |
| W80 | 999.00 | | | |
| W85 | 999.00 | | | |

Ladies Marathon

| | | | | |
|-----|--------|------------------|-----------------|-----------|
| WS | 204.33 | Chris McLean | London | 22-Apr-01 |
| W35 | 213.42 | Chris Riddington | London Marathon | 17-Apr-11 |

| | | | | |
|-----|--------|-----------------|-----------------------|-----------|
| W40 | 188.51 | Jackie Lloyd | London Marathon | 26-Apr-15 |
| W45 | 195.18 | Sue Gardener | Flora London Marathon | 13-Apr-08 |
| W50 | 210.44 | Marilyn Crocker | IOW | 18-Apr-99 |
| W55 | 220.48 | Belinda Harding | Race For Life Mar | 04-Oct-15 |
| W60 | 303.47 | Marilyn Crocker | Flora London Marathon | 13-Apr-08 |
| W65 | 303.16 | Jackie Yarnold | Brighton Marathon | 14-Apr-13 |
| W70 | 999.00 | | | |
| W75 | 999.00 | | | |
| W80 | 999.00 | | | |
| W85 | 999.00 | | | |

Ladies 5K

| | | | | |
|-----|--------|-----------------|---------------------|-----------|
| WS | 21.22 | Lucy Robinson | Promenade 5k race 2 | 02-Jul-08 |
| W35 | 22.03 | Jo Gilholm | Promenade 5k race 3 | 06-Aug-08 |
| W40 | 19.52 | Gina Turner | Poole 5k | 11-Mar-07 |
| W45 | 20.13 | Sue Gardener | Promenade 5k race 2 | 02-Jul-08 |
| W50 | 21.53 | Marilyn Crocker | National Open 5k | 28-Aug-00 |
| W55 | 23.34 | Marilyn Crocker | Promenade 5k race 2 | 04-Jul-07 |
| W60 | 24.28 | Marilyn Crocker | Promenade 5k race 2 | 02-Jul-08 |
| W65 | 999.00 | | | |
| W70 | 999.00 | | | |
| W75 | 999.00 | | | |
| W80 | 999.00 | | | |
| W85 | 999.00 | | | |

Ladies 20 miles

| | | | | |
|-----|--------|------------------|-----------------------------|-----------|
| WS | 158.59 | Chris MacLean | Bramley 20 | 27-Feb-00 |
| W35 | 152.44 | Chris Riddington | Bramley 20m | 20-Feb-11 |
| W40 | 161.08 | Sue Gardener | Christchurch Mad March Hare | 05-Mar-06 |
| W45 | 151.33 | Sue Gardener | Worthing 20 | 01-Apr-07 |
| W50 | 168.08 | Belinda Harding | Bramley 20m | 20-Feb-11 |
| W55 | 177.40 | Marilyn Crocker | Bramley 20 | 29-Feb-04 |
| W60 | 189.15 | Marilyn Crocker | Bramley 20 | 15-Feb-09 |
| W65 | 211.47 | Marilyn Crocker | Bramley 20M | 17-Feb-13 |