

## All Time Records

### **Men Short Handicap (3.65 miles)**

MS	19.22	Daniel Bailey	Short Handicap race 6	26-Aug-10
M35	20.24	Stephen Jeffery	Short Handicap Race 6	30-Aug-07
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	999.00			
M80	999.00			
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	35.46	John Gallagher	Midsummer 5	20-Jun-07
M70	999.00			
M75	999.00			
M80	999.00			
M85	999.00			

### **Men 10K**

MS	31.25	Simon Mitchell	Eastleigh	15-Mar-87
M35	35.37	David Howard	Eastleigh 10k	28-Mar-10
M40	35.39	Paul Evans	Eastleigh	17-Mar-91
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	999.00			
M75	999.00			
M80	999.00			
M85	999.00			

### **Men Long Handicap (7.65 miles)**

MS	42.35	Russ Coleman	Long Handicap Race 1	14-Apr-05
M35	46.10	Stephen Jeffery	Long Handicap race 4	12-Jul-07
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	55.02	Guy Phelps	Long Handicap race 6	09-Sep-10
M70	73.19	Howard Wright	Long handicap race 6	10-Sep-09
M75	999.00			
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	59.27	Tony Butler	Hayling 10	27-Nov-05
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	82.43	John Gallagher	Hayling 10	27-Nov-11
M75	999.00			
M80	999.00			
M85	999.00			

**Men Half Marathon**

M5	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	129.35	John Gallagher	Solent Half	09-Oct-11
M75	999.00			
M80	999.00			
M85	999.00			

**Men Marathon**

M5	160.54	Sam Bennett	London	10-May-87
M35	175.47	David Jeffery	Flora London Marathon	17-Apr-05
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	237.50	Graham Foden	Flora London Marathon	18-Apr-04
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**

M5	15.55	Daniel Bailey	1 Promenade 5k Race	04-May-11
M35	17.10	Richard Phillips	Promenade 5k race 1	07-May-08
M40	17.35	Neil Tolfrey	Promenade 5k race 3	09-Aug-06
M45	21.13	Malcolm Hagan	Promenade 5k race 1	10-May-06
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	999.00			
M75	999.00			
M80	999.00			
M85	999.00			

**Men 20 miles**

M5	120.40	Daniel Bailey	Bramley 20	14-Feb-10
M35	132.15	Stephen Jeffery	Bramley 20	19-Feb-06
M40	130.29	Tony Butler	Bramley 20	29-Feb-04
M45	126.28	Tony Butler	Christchurch Mad March Har	05-Mar-06
M50	133.54	JimClow	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	25.22	Chris Riddington	Short Handicap Race 3	26-May-05
W35	24.10	Gina Batt	Short Handicap Race 3	26-May-05
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	35.10	Carol Tolfrey	3 Short H/C Race	26-May-11
W70	999.00			
W75	999.00			
W80	999.00			
W85	999.00			

**Ladies 5 miles**

WS	32.47	Chris Riddington	Hayling Billy	12-Jun-02
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	999.00			
W70	999.00			
W75	999.00			
W80	999.00			
W85	999.00			

#### Ladies 10K

WS	41.20	Chris Riddington	Brading	23-Jun-02
W35	41.19	Gina Turner	Denmead 10k	23-Oct-05
W40	40.21	Miranda Adcock	Eastleigh 10k	29-Mar-09
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	999.00			
W70	999.00			
W75	999.00			
W80	999.00			
W85	999.00			

#### Ladies Long Handicap (7.65 miles)

WS	56.21	Lucy Robinson	Long handicap race 3	12-Jun-08
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	77.16	Carol Tolfrey	3 Long Handicap	09-Jun-11
W70	999.00			
W75	999.00			
W80	999.00			
W85	999.00			

#### Ladies 10 miles

WS	68.11	Liz Dunn	Winchester	25-Feb-90
W35	66.26	Gina Turner	Hayling 10	27-Nov-05
W40	69.11	Miranda Adcock	Great South Run	26-Oct-08
W45	67.06	Marilyn Crocker	Alton	12-May-96
W50	67.55	Marilyn Crocker	Hayling	30-Nov-97
W55	76.33	Marilyn Crocker	Hayling	30-Nov-03
W60	84.31	Marilyn Crocker	New Forest 10	13-Jul-08
W65	108.05	Carol Tolfrey	Ryde 10m	06-Feb-11
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	97.32	Chris Riddington	Gosport Half Marathon	15-Nov-09
W40	93.55	Marilyn Crocker	Portsmouth	08-Mar-92
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	128.48	Marilyn Crocker	Gosport Half	20-Nov-11
W65	999.00			
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	204.10	Sue Gardener	Abingdon Marathon	22-Oct-06
W45	195.18	Sue Gardener	Flora London Marathon	13-Apr-08
W50	210.44	Marilyn Crocker	IOW	18-Apr-99

W55	288.03	Carol Tolfrey	Flora London Marathon	18-Apr-04
W60	303.47	Marilyn Crocker	Flora London Marathon	13-Apr-08
W65	349.41	Carol Tolfrey	Snowdon Mar	30-Oct-10
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 Har	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	999.00			
W70	999.00			
W75	999.00			
W80	999.00			
W85	999.00			