

	Distance	Time	Name	Race
Senior Men				
	5 km	00:16:13	Chris Rogers/ Nigel Marley	Stevenage, 2000/ White Horse, Glouc. 2008
	5 Miles	00:27:15	Piers Vallance	Hanney, 2003
	10 km	00:32:08	Nigel Marley	Salford, 2009
	10 Miles	00:55:27	Nigel Marley	Maidenhead, 2012
	Half Marathon	01:15:14	Nigel Marley	White Horse, 2007
	Marathon	02:51:57	Richard Gould	London, 2010
V40 Men				
	5 km	00:16:54	Richard Gould	Cottisford, 2015
	5 Miles	00:28:16	Richard Gould	Didcot 5, 2012
	10 km	00:35:09	Richard Gould	Bourton 10k 2016
	10 Miles	00:57:59	Richard Gould	Great South Run, 2012
	Half Marathon	01:15:44	Richard Gould	Reading, 2015
	Marathon	02:39:48	Richard Gould	London, 2016
V50 Men				
	5 km	00:17:42	John Nelson	Charndon, 2010
	5 Miles	00:28:56	John Nelson	Hanney, 2012
	10 km	00:36:28	John Nelson	Eynsham, 2012
	10 Miles	01:02:20	John Nelson	Witney, 2010
	Half Marathon	01:19:50	John Nelson	Oxford, 2012
	Marathon	02:55:58	Jon Burgess	Abingdon, 2005
V60 Men				
	5 km	00:19:50	Jon Burgess	Cottisford, 2015
	5 Miles	00:31:03	Jon Burgess	Headington, 2014
	10 km	00:40:47	Jon Burgess	Oxford Town & Gown, 2015
	10 Miles	01:06:09	Jon Burgess	Cotswold Classic, 2014
	Half Marathon	01:24:33	Jon Burgess	Oxford, 2014
	Marathon	03.10.44	Jon Burgess	Venice, 2014
V70				
	5 km	00:25:52	Dave Basham	Waddesdon, 2016
	5 Miles	00:39:46	Dave Basham	Hanney, 2015
	10 km	00:48:05	Dave Basham	Eynsham, 2016
	10 Miles	01:38:00	Dave Basham	Cotswold Classic, 2017
	Half Marathon	01:58:21	Dave Basham	White Horse, 2016
	Marathon	-	-	-

	Distance	Time	Name	Race
Senior Women				
	5 km	00:18:21	Michelle Pank	Cottisford, 2014
	5 Miles	00:29:47	Jenny Pyper	Hanney, 2005
	10 km	00:38:18	Jenny Pyper	Oxford Airport, 2005
	10 Miles	01:03:51	Jenny McBain	Cotswold Classic, 2010
	Half Marathon	01:21:56	Jenny McBain	New Forest, 2010
	Marathon	02:58:10	Jenny McBain	Abingdon, 2010
V35 Women				
	5 km	00:18:30	Sarah Rendell/Jenny McBain	Great South Run, 2014/Boscombe Winter 5k, 2014
	5 Miles	00:30:07	Jenny McBain	Headington 5, 2014
	10 km	00:37:26	Sarah Rendell	Eastleigh, 2016
	10 Miles	01:02:27	Jenny McBain	Daventry, 2013
	Half Marathon	01:20:59	Jenny McBain	Surrey, 2016
	Marathon	02:57:26	Sarah Rendell	London, 2016
V45 Women				
	5 km	00:19:56	Sam Usher	Alchester 5k, 2017
	5 Miles	00:33:48	Angela Banks	Hanney, 2008
	10 km	00:41:18	Angela Banks	Headington, 2008
	10 Miles	01:07:36	Sam Usher	Cotswold Classic, 2017
	Half Marathon	01:31:48	Angela Banks	White Horse, 2009
	Marathon	03:22:14	Angela Banks	Abingdon, 2008
V55 Women				
	5 km	00:22:41	Caroline Kerr	Waddesdon, 2018
	5 Miles	-	-	-
	10 km	46:24:10	Caroline Kerr	Eynsham, 2018
	10 Miles	01:18:39	Caroline Kerr	Cotswold Classic, 2018
	Half Marathon	01:41:02	Caroline Kerr	Loch Rannoch, 2018
	Marathon	-	-	-