



# Ryston Runners AC Road Running Club Records

Last Updated 09/01/2020

	Junior Men (U20)		Junior Women (U20)		Senior Men		Senior Women	
5km	Craig Witting	00:21:50	Katie Moyle	00:23:51	Callum Stanforth	00:16:03	Marie French	00:18:16
5 miles	Adam Matthews	00:29:03	Katie Moyle	00:45:56	Paul Ratnage	00:24:37	Caroline Hipkin	00:29:48
10km	Adam Matthews	00:36:08	Rosie Booth	00:43:09	Peter Duhig	00:30:49	Caroline Hipkin	00:34:41
10 miles	-	-	Nina Koulmann	01:16:20	Peter Duhig	00:49:42	Caroline Hipkin	01:02:14
Half Marathon	Ben Foxwell	01:26:26	-	-	Peter Duhig	01:08:01	Caroline Hipkin	01:20:42
15 miles	-	-	-	-	Peter Duhig	01:18:20	Cath Turner	01:39:21
20 miles	-	-	-	-	Peter Duhig	01:47:37	Marie French	02:20:38
Marathon	Oliver Foxwell	03:49:36	-	-	Peter Duhig	02:25:04	Cath Turner	03:06:23

	Male Master 35-39		Male Master 40-44		Male Master 45-49		Male Master 50-54		Male Master 55-59		Male Master 60-64		Male Master 65-69		Male Master 70+	
5km	James O'Neill	00:15:38	Matt Pyatt	00:15:54	Nic Bensley	00:16:57	Malcolm Tuff	00:17:11	Kevin Howlett	00:19:49	Pete Johnson	00:18:40	Pete Johnson	00:20:22	Mick Ennis	00:25:36
5 miles	Matt Pyatt	00:26:40	Peter Duhig	00:25:30	Peter Duhig	00:26:45	Ian Vaughan-Arbuckle	00:27:59	Ian Vaughan-Arbuckle	00:28:41	Pete Johnson	00:30:41	Eamonn McCusker	00:40:24	Jeff Reed	00:41:02
10km	Matt Pyatt	00:32:58	Peter Duhig	00:32:01	Peter Duhig	00:34:09	Ian Vaughan-Arbuckle	00:34:44	Gerald Marsden	00:35:27	Pete Johnson	00:38:02	Pete Johnson	00:41:50	Jeff Reed	00:51:37
10 miles	Matt Pyatt	00:55:13	Peter Duhig	00:52:54	Richard Ebbs	00:56:51	Gerald Marsden	00:56:32	Kevin Howlett	01:07:41	Pete Johnson	01:02:56	Pete Johnson	01:12:19	Jeff Reed	01:21:59
Half Marathon	Matt Pyatt	01:13:27	Peter Duhig	01:09:54	Richard Ebbs	01:14:48	Jon Ashford	01:14:48	Barry Clark	01:27:15	Pete Johnson	01:23:02	Pete Johnson	01:33:21	Jeff Reed	01:51:33
15 miles	Matt Hitchcock	01:58:46	Philip Jacklin	01:28:15	Richard Ebbs	01:26:51	Gerald Marsden	01:33:06	Kevin Howlett	01:49:41	-	-	Jeffrey Reed	02:15:24	Jeff Reed	02:22:56
20 miles	Rob Wilton	02:06:44	Matthew Allen	02:01:24	Malcolm Tuff	02:02:16	Gerald Marsden	02:03:42	Barry Clark	02:24:29	Les Scott	02:34:56	Eamonn McCusker	02:57:02	Jeff Reed	02:59:24
Marathon	Che Plant	03:02:18	Matthew Allen	02:48:29	Richard Ebbs	02:41:49	Jon Ashford	02:44:38	Gerald Marsden	02:55:39	Martin Simmonds	03:23:52	Eamonn McCusker	03:53:44	Martin Simmonds	03:45:17

	Female Master 35-39		Female Master 40-44		Female Master 45-49		Female Master 50-54		Female Master 55-59		Female Master 60-64		Female Master 65-69		Female Master 70+	
5km	Lesley Robins	00:20:54	Lesley Robins	00:20:52	Lesley Robins	00:21:29	Jo Isbill	00:22:37	Gill Hart	00:24:24	Sarah Partridge	00:26:02	Jane Ashby	00:24:42	Jane Ashby	00:25:23
5 miles	Alison Milnes	00:33:56	Caroline Wakefield	00:34:22	Annie Bradbury	00:34:47	Maureen Wolfe	00:39:30	Maureen Wolfe	00:38:08	Pauline Sparrow	00:41:08	Jane Ashby	00:42:29	Jane Ashby	00:41:41
10km	Alison Milnes	00:42:12	Caroline Wakefield	00:41:01	Lesley Robins	00:42:25	Annie Bradbury	00:43:03	Maureen Wolfe	00:46:36	Jill Davis	00:49:18	Jane Ashby	00:50:09	Jane Ashby	00:50:40
10 miles	Alison Milnes	01:08:00	Caroline Wakefield	01:09:23	Annie Bradbury	01:10:37	Annie Bradbury	01:11:50	Maureen Wolfe	01:19:05	Pauline Sparrow	01:21:04	Jane Ashby	01:23:34	Jane Ashby	01:26:30
Half Marathon	Alison Milnes	01:27:34	Lesley Robins	01:35:21	Jo Isbill	01:35:14	Annie Bradbury	01:35:34	Maureen Wolfe	01:45:47	Pauline Sparrow	01:51:26	Jane Ashby	01:53:45	Jane Ashby	01:52:10
15 miles	Alison Milnes	01:46:46	Lesley Robins	01:53:47	Jo Isbill	01:49:56	Annie Bradbury	01:50:14	Maureen Wolfe	02:02:12	Pauline Sparrow	02:11:51	Jane Ashby	02:17:57		
20 miles	Caroline Wakefield	02:23:17	Lesley Robins	02:33:51	Jo Isbill	02:32:15	Annie Bradbury	02:30:25	Maureen Wolfe	02:48:14	Pauline Sparrow	02:57:08	Jane Ashby	03:09:47	Jane Ashby	03:01:13
Marathon	Caroline Wakefield	03:16:30	Lesley Robins	03:26:38	Annie Bradbury	03:22:02	Annie Bradbury	03:23:16	Maureen Wolfe	03:45:48	Pauline Sparrow	04:09:29	Jane Ashby	04:21:09	Jane Ashby	05:02:09