

Ryston Runners AC Road Running Records

Last Updated 26/11/2017

	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	Lorena Latisaite	00:20:06
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	Serena Smith	00:46:13	Peter Duhig	00:30:49	Caroline Hipkin	00:35:48
10 miles	-	-	-	-	Peter Duhig	00:49:42	Caroline Hipkin	01:02:14
Half Marathon	Ben Foxwell	01:31:03	-	-	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	Tom Barnes-Hooker	03:53:46	-	-	Peter Duhig	02:25:04	Cath Turner	03:08:23

	Vet Men 40-44		Vet Men 45-49		Vet Men 50-54		Vet Men 55-59		Vet Men 60-64		Vet Men 65+	
5km	Matt Pyatt	00:15:54	Nic Bensley	00:16:57	Malcolm Tuff	00:17:11	Kevin Howlett	00:19:49	Pete Johnson	00:18:42	Mick Ennis	00:25:36
5 miles	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	Jeffrey Reed	00:41:02
10km	Peter Duhig	00:32:01	Peter Duhig	00:34:09	Ian Vaughan-Arbuckle	00:34:44	Gerald Marsden	00:35:27	Pete Johnson	00:38:05	Jeffrey Reed	00:51:37
10 miles	Peter Duhig	00:52:54	Peter Duhig	00:56:53	Gerald Marsden	00:56:32	Kevin Howlett	01:07:41	Pete Johnson	01:03:37	Jeffrey Reed	01:22:00
Half Marathon	Peter Duhig	01:09:54	Peter Duhig	01:15:59	Gerald Marsden	01:17:14	Barry Clark	01:27:15	Pete Johnson	01:24:09	Jeffrey Reed	01:51:33
15 miles	Philip Jacklin	01:28:15	Malcolm Tuff	01:29:26	Gerald Marsden	01:33:06	Barry Clark	01:51:07	-	-	Jeffrey Reed	02:15:24
20 miles	Matthew Allen	02:01:24	Malcolm Tuff	02:02:16	Gerald Marsden	02:03:42	Barry Clark	02:24:29	-	-	Jeffrey Reed	02:59:54
Marathon	Matthew Allen	02:48:29	Malcolm Tuff	02:44:29	Gerald Marsden	02:47:35	Gerald Marsden	02:55:39	Martin Simmonds	03:23:52	Martin Simmonds	03:45:17

	Vet Ladies 35-39		Vet Ladies 40-44		Vet Ladies 45-49		Vet Ladies 50-54		Vet Ladies 55-59		Vet Ladies 60+	
5km	Lesley Robins	00:20:54	Lesley Robins	00:21:15	Jo Isbill	00:21:31	Maureen Wolfe	00:22:59	Gill Hart	00:24:24		
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
10km	Alison Milnes	00:42:12	Caroline Wakefield	00:41:01	Annie Bradbury	00:43:12	Annie Bradbury	00:43:03	Maureen Wolfe	00:46:36	Pauline Sparrow	00:49:38
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
Half Marathon	Alison Milnes	01:31:19	Lesley Robins	01:38:14	Jo Isbill	01:35:14	Annie Bradbury	01:35:34	Maureen Wolfe	01:45:58	Pauline Sparrow	01:51:26
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
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
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