

Distance	Name	Time	Race	Date	Age
10K	Neil Reissland	00:35:22	Richmond 10k	24/06/2012	47
10K	Keith Dunning	00:35:40	Spelthorne 10k	20/04/1997	33
10K	Keith Dunning	00:36:06	26.2 10k	02/02/1997	33
10K	Robert Knight	00:36:37	Richmond 10k	24/06/2012	25
10K	Roger Bryant	00:36:56	Richmond 10k	24/06/2012	43
10K	Robert Knight	00:37:03	Stutton 10k	13/05/2012	25
10K	Keith Dunning	00:37:42	Croydon 10k	20/10/1996	32
10K	Roger Bryant	00:37:47	Stutton 10k	13/05/2012	43
10K	Roger Bryant	00:37:53	Horton Country Park 10k	18/12/2011	43
10K	Roger Bryant	00:37:57	0 xshott 10k	30/10/2011	43
10K	Keith Dunning	00:38:15	Dysart Dash	30/06/1996	32
10K	Andy Talley	00:38:39	Richmond 10k	20/06/2010	45
10K	Martin Lloyd	00:38:40	Surrey Classic 10k - Ilonsich Park	22/10/2000	40
10K	Bob Chart	00:38:57	Brighton 10k	17/11/2002	38
10K	Andy Talley	00:39:05	D-Day 10k	31/05/2010	45
10K	Dave Johnson	00:39:26	Cirencester 10k	26/09/2010	30
10K	Martin Lloyd	00:39:26	Elmbridge 10k	16/07/2000	40
10K	Robert Knight	00:39:27	Valentine's 10k	12/02/2012	24
10K	Richard Fox	00:39:34	Stutton 10k	02/05/2010	42
10K	Dave Johnson	00:39:44	Worcester Pitchcroft 10k	19/07/2009	29
10K	Dave Johnson	00:39:54	Westonbirt 10k	08/06/2009	29
10K	Andy Talley	00:39:56	Surrey Classic 10k - Ilonsich Park	07/11/2010	46
10K	Dave Johnson	00:39:57	Fairford 10k	07/06/2009	29
10K	Robert Knight	00:39:58	Horton Country Park 10k	18/12/2011	24
10K	Andy Randall	00:40:00	Surrey Classic Series - Ilonsich Park 1	06/11/2011	37
10K	Andy Randall	00:40:11	Croydon 10k	16/10/2011	37
10K	Martin Lloyd	00:40:11	Barry Jones 10k	30/04/2000	40
10K	Steve Cooney	00:40:12	Valentine's 10k	15/02/2009	39
10K	Steve Cooney	00:40:13	Dysart Dash	29/06/2008	38
10K	Martin Lloyd	00:40:17	Croydon 10k	11/04/1999	39
10K	Mike Mason	00:40:21	Epsom 10k	17/06/2012	35
10K	Richard Fox	00:40:31	Valentine's 10k	14/02/2010	42
10K	Richard Fox	00:40:33	Surrey Classic 10k - Ilonsich Park	01/11/2009	42
10K	Andy Randall	00:40:43	Richmond 10k	19/06/2011	36
10K	Bill Walsh	00:40:46	Valentine's 10k	14/02/2010	47
10K	Bill Walsh	00:40:54	Croydon 10k	18/10/2009	47
10K	Martin Lloyd	00:40:57	26.2 10k	02/02/1997	36
10K	Steve Cooney	00:41:43	Surrey Classic 10k - 0 xshott	06/11/2005	35
10K	Bill Walsh	00:41:50	Elmbridge 10k	25/07/2009	47
10K	Steve Cooney	00:41:52	Elmbridge 10k	24/07/2005	35
10K	Martin Lloyd	00:42:03	Brighton 10k	17/11/1996	36
10K	Martin Lloyd	00:42:34	Surrey Classic 10k - Ilorden Park	27/10/1996	36
10K	Dave Condon	00:43:13	Stutton 10k	13/05/2012	30
10K	Nicola Stevenson	00:43:46	Elmbridge 10k	26/07/2009	30
10K	Ray Sullivan	00:44:03	Elmbridge 10k	25/07/2010	43
10K	Ray Sullivan	00:44:10	Surrey Classic 10k - 0 xshott	25/10/2009	42
10K	Doug White	00:44:18	Dysart Dash	27/06/1999	48

Distance	Name	Time	Race	Date	Age
10K	Thomas Wilkinson	00:46:59	Elm bridge 10k	22/07/2001	48
10K	Thomas Wilkinson	00:46:59	Elm bridge 10k	16/07/2000	47
10K	Thomas Wilkinson	00:48:34	Brighton 10k	21/11/1999	47
10K	Thomas Wilkinson	00:48:49	Dysart Dash	27/06/1999	46
10K	Elaine Reid	00:49:41	Surrey Classic Series-Ilonsich Park1	06/11/2011	41
10K	Cat Gaskell	00:49:42	Surrey Classic 10k-Ilonsich Park	07/11/2010	29
10K	Elaine Reid	00:50:51	xshott 10k	30/10/2011	41
10K	Annette Helliwell	00:50:58	Croydon 10k	16/10/2011	52
10K	Kate Langley	00:53:18	Valentine's 10k	14/02/2010	34
10K	Kate Langley	00:54:10	Surrey Classic 10k-0 xshott	25/10/2009	33
10K	Alison Fox	00:54:25	Surrey Classic Series-Ilonsich Park1	06/11/2011	47
10K	Alison Fox	00:54:40	Utton 10k	03/05/2009	44
10K	Lorraine Thomas	00:55:26	Richmond 10k	24/06/2012	40
10K	Lorraine Thomas	00:56:33	Horton Country Park 10k	18/12/2011	40
10K	Lorraine Thomas	00:56:52	Surrey Classic 10k-Horton CP	27/03/2011	39
10K	Lorraine Thomas	00:57:06	Surrey Classic 10k-Ilonsich Park	07/11/2010	39
10K	Gill Stalley	00:57:32	Horton Country Park 10k	18/12/2011	48
10K	Gill Stalley	00:57:54	Esher School 10k	03/05/2010	46
10K	Lorraine Thomas	00:58:50	Surrey Classic 10k-0 xshott	31/10/2010	39
10K	Lorraine Thomas	00:59:11	Croydon 10k	10/10/2010	39
10K	Gill Stalley	00:59:59	Valentine's 10k	14/02/2010	46
10K	Karen Weighall	01:03:15	Croydon 10k	16/10/2011	44
10K	Jim Knight	01:06:31	Valentine's 10k	12/02/2012	56
10K	Kate Knight	01:10:57	Utton Runners 10k	03/05/2009	49
10K	Kate Knight	01:13:26	Surrey Classic 10k-Ilonsich Park	02/11/2008	49
10K	Kate Knight	01:17:15	Surrey Classic 10k-0 xshott	26/10/2008	49
10K	Jean Ousted	01:24:24	Utton 10k	13/05/2012	64
10M	Robert Knight	01:00:55	Great Baddow 10	20/05/2012	25
10M	Keith Dunning	01:02:01	Dorking 10	03/06/2001	37
10M	Dave Ross	01:04:10	Epsom 10	22/11/2009	41
10M	Keith Dunning	01:04:15	Tadworth 10	29/12/1996	32
10M	Martin Godleman	01:05:02	Chiswick Towpath 10	06/04/1997	39
10M	Robert Knight	01:05:32	Tempest 10	18/03/2012	24
10M	Martin Lloyd	01:05:52	Dorking 10	05/06/2011	51
10M	Martin Lloyd	01:05:57	Epsom 10	21/11/2010	50
10M	Martin Lloyd	01:06:10	Dorking 10	03/06/2001	41
10M	Andy Stalley	01:07:01	Dorking 10	23/05/2010	45
10M	Andy Randall	01:07:13	Dorking 10	10/06/2012	37
10M	Richard Fox	01:08:10	Epsom 10	20/11/2011	44
10M	Bill Walsh	01:08:32	Epsom 10	21/11/2010	48
10M	Richard Fox	01:09:13	Epsom 10	22/11/2009	42
10M	Steve Cooney	01:09:34	Dorking 10	04/06/2006	36
10M	Nigel Wood	01:09:45	Wiltshire 10	13/02/2011	54
10M	Andy Randall	01:09:48	Tadworth 10	02/01/2012	37
10M	Andy Stalley	01:10:25	Dorking 10	01/06/2008	43
10M	Andy Stalley	01:13:44	Wimbledon 10	07/10/2007	43
10M	Melanie Johnstone	01:15:10	Dorking 10	05/06/2005	30

Distance	Name	Time	Race	Date	Age
10M	Nicola Stevenson	01:17:28	Epsom 10	22/11/2009	31
10M	Melanie Johnstone	01:18:25	Epsom 10	21/09/2003	28
10M	Nicola Stevenson	01:19:40	Dorking 10	31/05/2009	30
10M	Thomas Wilkie	01:21:07	New Valley 10	05/12/1999	47
10M	Cat Gaskell	01:21:51	Dorking 10	10/06/2012	31
10M	Marc Wood	01:22:29	Epsom 10	21/11/2010	39
10M	Ruth Cottam	01:24:37	Dorking 10	10/06/2012	47
10M	Cat Gaskell	01:24:53	Tempest 10	04/09/2011	30
10M	Thomas Wilkie	01:27:04	Dorking 10	06/06/1999	46
10M	Elaine Reid	01:27:10	Tadworth 10	02/01/2012	42
10M	Ruth Cottam	01:27:17	Epsom 10	20/11/2011	46
10M	Thomas Wilkie	01:27:17	New Forest 10	11/07/1999	46
10M	Annette Helliwell	01:27:45	Dorking 10	05/06/2011	52
10M	Ruth Cottam	01:28:39	Epsom 10	21/11/2010	45
10M	Ruth Cottam	01:29:07	Dorking 10	31/05/2009	44
10M	Annette Helliwell	01:32:36	Epsom 10	21/11/2010	51
10M	Annette Helliwell	01:33:10	Tadworth 10	03/01/2010	50
10M	Lorraine Thomas	01:33:20	Uxbridge Bruges 10	04/03/2012	40
10M	Alison Fox	01:33:59	Dorking 10	05/06/2011	46
10M	Lorraine Thomas	01:39:08	Epsom 10	20/11/2011	40
10M	Douglas Shum	01:50:01	Tempest 10	18/03/2012	32
15M	Terry Bridger	01:42:45	Banbury 15	23/03/1997	47
16M	Bill Walsh	01:56:47	Kingston 16	05/04/2009	46
20M	Martin Lloyd	02:17:10	Worthing 20	28/03/2004	44
20M	Dave Johnson	02:18:14	Gloucester 20	13/03/2011	30
20M	Cat Gaskell	03:06:42	Suffire 20	18/03/2012	30
21.098K	Dave Johnson	01:24:52	Watford Half	06/02/2011	30
21.098K	Martin Lloyd	01:24:55	Sussex Beacon Half	22/02/2004	43
21.098K	Keith Dunning	01:27:12	Hastings Half	16/03/1997	33
21.098K	Bob Chart	01:27:35	Sussex Beacon Half	23/02/2003	38
21.098K	Martin Lloyd	01:27:43	Burnham Beeches Half	19/08/2001	41
21.098K	Martin Lloyd	01:27:50	Hastings Half	18/03/2001	40
21.098K	Martin Lloyd	01:28:16	Richmond Half	21/05/2000	40
21.098K	Richard Fox	01:28:28	Richmond Half	16/05/2010	42
21.098K	Bob Chart	01:28:35	Wokingham Half	09/02/2003	38
21.098K	Martin Lloyd	01:28:45	Hastings Half	19/03/2000	39
21.098K	Martin Lloyd	01:28:54	Wokingham Half	13/02/2000	39
21.098K	Bill Walsh	01:29:23	Brighton Half	20/02/2011	48
21.098K	Ercolugari	01:30:38	Silverstone Half	11/03/2012	36
21.098K	Richard Fox	01:31:13	Hastings Half	21/03/2010	42
21.098K	Richard Fox	01:31:15	Sussex Beacon Half	21/02/2010	42
21.098K	Bill Walsh	01:31:52	Sussex Beacon Half	21/02/2010	47
21.098K	Bill Walsh	01:33:32	Sussex Beacon Half	22/02/2009	46
21.098K	Nigel Wood	01:34:43	Lydd Half	13/03/2011	55
21.098K	Richard Fox	01:35:30	Ranelagh Richmond Half	10/05/2009	41
21.098K	Martin Lloyd	01:37:11	Caterham Half	06/10/1996	36
21.098K	Doug White	01:39:57	Hastings Half	14/03/1999	48

Distance	Name	Time	Race	Date	Age
21.098K	M elanieJohnstone	01:40:06	R ichmondHalf	14/05/2006	31
21.098K	DougW hite	01:40:20	Cam berleyHalf	28/02/1999	48
21.098K	N icolaS tevenson	01:40:56	R ichmondHalf	16/05/2010	31
21.098K	T hom asW ilkie	01:48:10	Cam berleyHalf	03/03/2002	49
21.098K	T hom asW ilkie	01:49:59	R ichmondHalf	21/05/2000	47
21.098K	T hom asW ilkie	01:50:16	T auntonHalfM arathon	09/04/2000	47
21.098K	R uthCottan	01:50:26	R ichmondHalf	06/05/2012	47
21.098K	R uthCottan	01:50:27	M orayHalf	13/09/2009	44
21.098K	T hom asW ilkie	01:51:25	Burnham BeechesHalf	15/08/1999	46
21.098K	CatGaskell	01:51:48	R ichmondHalf	06/05/2012	31
21.098K	R uthCottan	01:52:37	T unbridgeW ellsHalf	24/02/2008	43
21.098K	AnnetteHelliwell	01:53:51	M orayHalf	13/09/2009	50
21.098K	M ardw ood	01:54:24	R unT oTheBeatHalf	26/09/2010	39
21.098K	T hom asW ilkie	01:55:32	Burnham BeechesHalf	16/08/1998	45
21.098K	KateL angley	02:01:07	R ichmondHalf	16/05/2010	34
21.098K	AlisonFox	02:02:21	P addockW oodHalf	01/04/2012	47
21.098K	KateL angley	02:03:05	HastingsHalf	21/03/2010	34
21.098K	P aulCooper	02:03:38	S ilverstoneHalf	11/03/2012	38
21.098K	AlisonFox	02:04:29	BamsGreenHalf	30/10/2011	47
21.098K	AnnetteHelliwell	02:06:53	R anelaghR ichmondHalf	10/05/2009	49
21.098K	LorraineT hom as	02:09:11	HastingsHalf	25/03/2012	40
21.1M	M artinLloyd	02:38:31	Cranleigh 21	20/03/2011	50
21.1M	R upertQ uested	03:51:10	Cranleigh 21	25/03/2012	64
2M	KeithDunning	00:10:57	S riChimmoy 2	15/09/1997	33
2M	T hom asW ilkie	00:13:49	S riChimmoy 2	09/07/2001	48
2M	T hom asW ilkie	00:14:05	S riChimmoy 2	11/09/2000	47
2M	T hom asW ilkie	00:14:36	S riChimmoy 2	07/08/2000	47
42.195K	M artinLloyd	03:03:40	LondonM arathon	18/04/2004	44
42.195K	AndyS talley	03:10:03	S hakespeareM arathon	27/04/2008	43
42.195K	AllanR umbles	03:10:24	T auntonM arathon	05/04/2009	40
42.195K	AndyS talley	03:11:23	LondonM arathon	13/04/2008	43
42.195K	AndyS talley	03:12:01	BungayM arathon	06/04/2008	43
42.195K	AndyR andall	03:12:14	LausanneM arathon	30/10/2011	37
42.195K	BobChart	03:12:45	LondonM arathon	13/04/2008	43
42.195K	S teveCooney	03:13:26	HastingsM arathon	14/12/2008	38
42.195K	S teveCooney	03:17:25	DraycoteW aterM arathon	22/02/2009	39
42.195K	BillW ash	03:19:46	BrightonM arathon	15/04/2012	49
42.195K	R ichardFox	03:20:29	BrightonM arathon	18/04/2010	42
42.195K	DaveJohnson	03:23:01	LondonM arathon	23/04/2006	25
42.195K	AllanR umbles	03:26:24	LutonM arathon	03/12/2006	38
42.195K	BillW ash	03:26:56	AbingdonM arathon	17/10/2010	48
42.195K	BillW ash	03:32:55	N ewForestM arathon	27/09/2009	47
42.195K	AllanR umbles	03:36:10	DublinM arathon	30/10/2006	38
42.195K	BillW ash	03:43:12	CorkM arathon	01/06/2009	46
42.195K	R ichardFox	03:44:44	CorkM arathon	01/06/2009	42
42.195K	N icolaS tevenson	03:49:16	LondonM arathon	25/04/2010	31
42.195K	M elanieJohnstone	03:50:19	M ablethorpeM arathon	10/09/2006	31

Distance	Name	Time	Race	Date	Age
42.195K	Doug White	03:53:12	White Peaks Marathon	15/05/1999	48
42.195K	Melanie Johnstone	03:55:20	Edinburgh Marathon	12/06/2005	30
42.195K	Melanie Johnstone	04:02:37	London Marathon	17/04/2005	30
42.195K	Ruth Cottam	04:05:28	Kent Roadrunner Marathon	04/06/2012	47
42.195K	Thomas Wilkie	04:05:30	Sir Chimney Battersea Park Marathon	17/09/2000	47
42.195K	Dave Freeborn	04:07:00	Summer Liverbird Marathon Double D	30/05/2011	33
42.195K	Ruth Cottam	04:13:11	New Forest Marathon	16/09/2007	42
42.195K	Dave Freeborn	04:14:59	Shakespeare Marathon	08/05/2011	33
42.195K	Cat Gaskell	04:15:05	London Marathon	22/04/2012	30
42.195K	Dave Freeborn	04:15:52	Gloucester Marathon	23/01/2011	33
42.195K	Melanie Johnstone	04:19:44	Dublin Marathon	27/10/2003	28
42.195K	Thomas Wilkie	04:23:51	Las Vegas Marathon	06/02/2000	47
42.195K	Annette Hellwell	04:28:56	Marakech Marathon	29/01/2012	52
42.195K	Annette Hellwell	04:35:57	Nottingham Marathon	12/09/2010	51
42.195K	Alison Fox	04:42:55	Brighton Marathon	15/04/2012	47
42.195K	Annette Hellwell	04:45:02	London Marathon	25/04/2010	50
42.195K	Annette Hellwell	04:51:15	New Forest Marathon	27/09/2009	50
42.195K	Annette Hellwell	04:53:26	Shakespeare Marathon	26/04/2009	49
42.195K	Rupert Uested	04:58:42	Dublin Marathon	31/10/2011	64
5.33M	Keith Dunning	00:33:06	Recurring Handicap	04/12/2008	44
5.33M	Richard Fox	00:34:24	Recurring Handicap	04/03/2010	42
5.33M	Martin Loyd	00:34:40	Moat - Recurring Handicap	02/06/2011	51
5.33M	Dave Ross	00:34:45	Recurring Handicap	04/06/2009	41
5.33M	Andy Salley	00:35:06	Recurring Handicap	04/09/2009	45
5.33M	Bill Walsh	00:35:27	Recurring Handicap	04/09/2009	47
5.33M	Martin Loyd	00:35:31	Recurring Handicap	03/03/2011	50
5.33M	Steve Cooney	00:35:42	Recurring Handicap	04/03/2010	40
5.33M	Shaun Cooney	00:35:48	Recurring Handicap	04/03/2010	35
5.33M	Martin Loyd	00:36:01	Moat - Recurring Handicap	03/06/2010	50
5.33M	Andy Randall	00:36:07	Recurring Handicap	01/09/2011	37
5.33M	Ray Sullivan	00:37:03	Recurring Handicap	03/12/2009	42
5.33M	Steve Cooney	00:38:06	Recurring Handicap	05/03/2009	39
5.33M	Ray Sullivan	00:38:42	Recurring Handicap	04/06/2009	42
5.33M	Nicola Stevenson	00:39:33	Recurring Handicap	04/03/2010	31
5.33M	Andrew Griffin	00:39:55	Recurring Handicap	04/03/2010	50
5.33M	Cat Gaskell	00:43:22	Recurring Handicap	02/09/2010	29
5.33M	Ruth Cottam	00:43:56	Recurring Handicap	04/09/2009	44
5.33M	Annette Hellwell	00:43:58	Recurring Handicap	02/09/2010	51
5.33M	Ruth Cottam	00:44:31	Recurring Handicap	04/06/2009	44
5.33M	Elaine Reid	00:44:53	Recurring Handicap	01/12/2011	41
5.33M	Chris Broke	00:45:21	Moat - Recurring Handicap	03/06/2010	60
5.33M	Ruth Cottam	00:45:37	Recurring Handicap	04/12/2008	43
5.33M	Annette Hellwell	00:46:38	Recurring Handicap	04/09/2009	50
5.33M	Kate Langley	00:46:50	Moat - Recurring Handicap	03/06/2010	34
5.33M	Dave Wickenden	00:47:06	Recurring Handicap	04/12/2008	62
5.33M	John Allen	00:47:43	Recurring Handicap	04/12/2008	62
5.33M	Annette Hellwell	00:48:18	Recurring Handicap	04/06/2009	50

Distance	Name	Time	Race	Date	Age
5.33M	Kate Lingley	00:48:24	R ecurring Handicap	04/03/2010	34
5.33M	Gill S talley	00:49:26	R ecurring Handicap	01/12/2011	48
5.33M	Annette Helliw ell	00:49:53	R ecurring Handicap	04/09/2008	49
5.33M	R upert O uested	00:50:47	R ecurring Handicap	01/12/2011	64
5.33M	Gill S talley	00:51:33	M ob M atch -R ecurring Handicap	03/06/2010	46
5.33M	Gill S talley	00:51:34	R ecurring Handicap	04/03/2010	46
5.33M	R upert O uested	00:52:09	M ob M atch -R ecurring Handicap	03/06/2010	63
5.33M	P aul Booth	00:53:17	R ecurring Handicap	01/12/2011	57
5.33M	Alex Helliw ell	00:56:30	R ecurring Handicap	01/12/2011	22
5K	N eil R eissland	00:16:48	Dulwich 5k parkrun	14/04/2012	47
5K	N eil R eissland	00:16:50	W imbledon Com m on 5k parkrun	31/03/2012	47
5K	N eil R eissland	00:16:57	Brom ley 5k parkrun	10/03/2012	47
5K	N eil R eissland	00:17:00	Bushy P ark 5k parkrun	22/10/2011	47
5K	N eil R eissland	00:17:02	Bushy P ark 5k parkrun	03/09/2011	47
5K	Keith Dunning	00:17:29	M orden 5k	15/05/1997	33
5K	R oger Bryant	00:17:44	Dulwich M idsum m er 5k	20/06/2012	43
5K	R oger Bryant	00:17:55	N onsuch P ark 5k parkrun	19/05/2012	43
5K	R obert Knight	00:18:00	B anstead W oods 5k parkrun	28/04/2012	25
5K	R obert Knight	00:18:03	B anstead W oods 5k parkrun	14/04/2012	25
5K	R ichard Fox	00:18:04	B edfont L akes 5k parkrun	08/05/2010	42
5K	R obert Knight	00:18:09	B anstead W oods 5k parkrun	07/04/2012	25
5K	M artin Loyd	00:18:11	Dave Clarke 5k	06/05/2004	44
5K	R obert Knight	00:18:16	B anstead W oods 5k parkrun	10/03/2012	24
5K	R oger Bryant	00:18:16	B anstead W oods 5k parkrun	24/03/2012	43
5K	R oger Bryant	00:18:19	B anstead W oods 5k parkrun	09/04/2011	42
5K	M artin Loyd	00:18:31	Dave Clarke 5k	09/05/2002	42
5K	R ichard Fox	00:18:34	R oundshaw DOW ns 5k parkrun	17/04/2010	42
5K	M artin Loyd	00:18:37	W imbledon 5k	12/08/2001	41
5K	R obert Knight	00:18:39	B anstead W oods 5k parkrun	03/03/2012	24
5K	R obert Knight	00:18:41	B anstead W oods 5k parkrun	18/02/2012	24
5K	Ercol Ugari	00:18:42	R oundshaw DOW ns 5k parkrun	04/02/2012	36
5K	R ichard Fox	00:18:44	R oundshaw DOW ns 5k parkrun	10/04/2010	42
5K	R obert Knight	00:18:50	B anstead W oods 5k parkrun	04/02/2012	24
5K	Ben Barry	00:18:58	B anstead W oods 5k parkrun	07/07/2012	14
5K	Shaun Cooney	00:19:04	B anstead W oods 5k parkrun	24/07/2010	36
5K	Dave Johnson	00:19:15	B anstead W oods 5k parkrun	27/12/2008	28
5K	Steve Cooney	00:19:15	B anstead W oods 5k parkrun	25/07/2009	39
5K	Andy Randall	00:19:15	S elf Transcendence 5k	21/05/2012	37
5K	Shaun Cooney	00:19:16	B anstead W oods 5k parkrun	24/04/2010	35
5K	M artin Loyd	00:19:19	W imbledon 5k	13/08/2000	40
5K	Steve Cooney	00:19:20	B anstead W oods 5k parkrun	03/01/2009	38
5K	Steve Cooney	00:19:21	B anstead W oods 5k parkrun	01/01/2009	38
5K	M ike Mason	00:19:22	B anstead W oods 5k parkrun	02/06/2012	34
5K	Terry Bridger	00:19:22	M orden 5k	15/05/1997	47
5K	Andy Randall	00:19:28	R oundshaw DOW ns 5k parkrun	26/11/2011	37
5K	Shaun Cooney	00:19:28	B anstead W oods 5k parkrun	12/12/2009	35
5K	M artin Loyd	00:19:33	M orden P ark 5k	13/05/1999	39

Distance	Name	Time	Race	Date	Age
5K	Robert Knight	00:19:33	Banstead Woods 5k parkrun	29/10/2011	24
5K	Andy Stalley	00:19:34	Banstead Woods 5k parkrun	05/06/2010	45
5K	Andy Randall	00:19:35	Roundshaw Downs 5k parkrun	22/10/2011	37
5K	Andy Stalley	00:19:35	Banstead Woods 5k parkrun	22/05/2010	45
5K	Andy Stalley	00:19:43	Dave Clarke 5k	01/05/2008	43
5K	Shaun Cooney	00:19:44	Banstead Woods 5k parkrun	25/07/2009	35
5K	Bill Walsh	00:19:52	Belgrave Bolt 5k	09/08/2009	47
5K	Andy Randall	00:19:58	Roundshaw Downs 5k parkrun	08/10/2011	37
5K	Shaun Cooney	00:20:01	Banstead Woods 5k parkrun	04/07/2009	35
5K	Andy Randall	00:20:07	Roundshaw Downs 5k parkrun	13/08/2011	37
5K	Richard Fox	00:20:07	Banstead Woods 5k parkrun	28/02/2009	41
5K	Bill Walsh	00:20:09	Banstead Woods 5k parkrun	28/02/2009	46
5K	Andy Randall	00:20:11	Roundshaw Downs 5k parkrun	11/06/2011	36
5K	Mary James	00:20:13	Banstead Woods 5k parkrun	10/03/2012	36
5K	Mary James	00:20:14	Banstead Woods 5k parkrun	04/02/2012	36
5K	Nigel Wood	00:20:24	Roundshaw Downs 5k parkrun	31/03/2012	56
5K	Shaun Cooney	00:20:24	Banstead Woods 5k parkrun	27/06/2009	35
5K	Shaun Cooney	00:20:25	Banstead Woods 5k parkrun	06/06/2009	34
5K	Nigel Wood	00:20:26	Roundshaw Downs 5k parkrun	19/03/2011	55
5K	Dave Condon	00:20:29	Riddleslow 5k parkrun	17/03/2012	30
5K	Shaun Cooney	00:20:40	Banstead Woods 5k parkrun	30/05/2009	34
5K	Shaun Cooney	00:20:49	Banstead Woods 5k parkrun	25/04/2009	34
5K	Jason Smith	00:20:52	Selfranscendence 5k	02/07/2012	42
5K	Steve Cooney	00:20:52	Wimbleton 5k	14/08/2005	35
5K	Jason Smith	00:21:02	Nonsuch Park 5k parkrun	07/07/2012	42
5K	Ray Sullivan	00:21:06	Banstead Woods 5k parkrun	31/07/2010	43
5K	Nigel Wood	00:21:09	Roundshaw Downs 5k parkrun	15/01/2011	54
5K	Shaun Cooney	00:21:10	Banstead Woods 5k parkrun	22/11/2008	34
5K	Shaun Cooney	00:21:14	Banstead Woods 5k parkrun	15/11/2008	34
5K	Ray Sullivan	00:21:20	Banstead Woods 5k parkrun	07/11/2009	42
5K	Tom Brake	00:21:40	Roundshaw Downs 5k parkrun	27/08/2011	49
5K	Nigel Wood	00:21:42	Roundshaw Downs 5k parkrun	08/01/2011	54
5K	John Taddle	00:21:52	Roundshaw Downs 5k parkrun	23/06/2012	38
5K	Ray Sullivan	00:21:56	Banstead Woods 5k parkrun	28/07/2007	40
5K	Harry Hellwell	00:21:58	Roundshaw Downs 5k parkrun	17/03/2012	24
5K	Ray Sullivan	00:22:04	Banstead Woods 5k parkrun	21/07/2007	40
5K	Gary Thompson	00:22:27	Nonsuch Park 5k parkrun	07/07/2012	44
5K	Ray Sullivan	00:22:28	Banstead Woods 5k parkrun	14/07/2007	40
5K	Thomas Wilkie	00:22:28	Selfranscendence 5k	04/08/2008	55
5K	Jason Smith	00:22:31	Roundshaw Downs 5k parkrun	30/06/2012	42
5K	Thomas Wilkie	00:22:32	Dave Clarke 5k	09/05/2002	49
5K	Thomas Wilkie	00:22:34	Wimbleton 5k	13/08/2000	47
5K	Gary Thompson	00:22:41	Riddleslow 5k parkrun	04/06/2012	44
5K	Ray Sullivan	00:22:43	Banstead Woods 5k parkrun	07/07/2007	40
5K	Cat Gaskell	00:22:46	Selfranscendence 5k	02/07/2012	31
5K	Gary Thompson	00:22:49	Roundshaw Downs 5k parkrun	26/05/2012	44
5K	Gary Thompson	00:22:52	Roundshaw Downs 5k parkrun	07/04/2012	43

Distance	Name	Time	Race	Date	Age
5K	Jason Smith	00:23:07	Roundshaw Downs5k parkrun	17/03/2012	42
5K	Ray Sullivan	00:23:09	Banstead Woods5k parkrun	30/06/2007	40
5K	Cat Gaskell	00:23:13	Roundshaw Downs5k parkrun	22/10/2011	30
5K	Annette Helliwell	00:23:31	Selfranscendence 5k	14/05/2012	52
5K	Jason Smith	00:23:46	Roundshaw Downs5k parkrun	22/10/2011	42
5K	Marc Wood	00:23:47	Wimbleton Dash 5k	08/08/2010	39
5K	Harry Bryant	00:23:50	Banstead Woods5k parkrun	26/05/2012	12
5K	Ruth Cottam	00:24:18	Dulwich 5k parkrun	14/04/2012	47
5K	Annette Helliwell	00:24:25	Roundshaw Downs5k parkrun	10/03/2012	52
5K	John Helliwell	00:24:27	Roundshaw Downs5k parkrun	07/04/2012	54
5K	Cat Gaskell	00:24:28	Roundshaw Downs5k parkrun	27/08/2011	30
5K	Annette Helliwell	00:24:37	Selfranscendence 5k	23/05/2011	51
5K	Ruth Cottam	00:24:38	Banstead Woods5k parkrun	31/03/2012	47
5K	Ruth Cottam	00:24:44	Banstead Woods5k parkrun	24/03/2012	47
5K	Ruth Cottam	00:24:45	Banstead Woods5k parkrun	05/09/2009	44
5K	John Helliwell	00:24:47	Roundshaw Downs5k parkrun	29/10/2011	54
5K	John Helliwell	00:24:50	Roundshaw Downs5k parkrun	01/10/2011	54
5K	Elaine Reid	00:24:52	Roundshaw Downs5k parkrun	17/09/2011	41
5K	Prisca Abalo	00:24:54	Dulwich 5k parkrun	14/04/2012	39
5K	Annette Helliwell	00:24:58	Roundshaw Downs5k parkrun	16/04/2011	51
5K	Ben Thompson	00:25:04	Roundshaw Downs5k parkrun	26/05/2012	13
5K	Annette Helliwell	00:25:10	Roundshaw Downs5k parkrun	07/08/2010	51
5K	Thomas Wilkie	00:25:10	Sevensage 5k	30/05/1999	46
5K	John Helliwell	00:25:16	Roundshaw Downs5k parkrun	27/08/2011	53
5K	Elaine Reid	00:25:24	Perserance 5k	14/08/2011	41
5K	Thomas Wilkie	00:25:26	Las Vegas 5k	05/02/2000	47
5K	Rachel Tamer	00:25:28	Roundshaw Downs5k parkrun	07/04/2012	42
5K	Annette Helliwell	00:25:39	Roundshaw Downs5k parkrun	24/07/2010	51
5K	Kate Langley	00:25:42	Banstead Woods5k parkrun	24/04/2010	34
5K	Elaine Reid	00:25:48	Roundshaw Downs5k parkrun	13/08/2011	41
5K	Kate Langley	00:25:48	Banstead Woods5k parkrun	10/04/2010	34
5K	Thomas Wilkie	00:25:56	Wimbleton 5k	08/08/1999	46
5K	Melvin Rundley	00:26:07	Banstead Woods5k parkrun	14/04/2012	66
5K	Annette Helliwell	00:26:08	Roundshaw Downs5k parkrun	29/05/2010	51
5K	Kate Langley	00:26:09	Banstead Woods5k parkrun	20/02/2010	34
5K	John Helliwell	00:26:12	Roundshaw Downs5k parkrun	09/07/2011	53
5K	Prisca Abalo	00:26:16	Roundshaw Downs5k parkrun	02/06/2012	39
5K	Annette Helliwell	00:26:18	Roundshaw Downs5k parkrun	22/05/2010	50
5K	Paul Cooper	00:26:19	Nonsich Park 5k parkrun	07/07/2012	38
5K	Job Parsons	00:26:28	Roundshaw Downs5k parkrun	28/07/2012	41
5K	Annette Helliwell	00:26:28	Roundshaw Downs5k parkrun	22/08/2009	50
5K	Elaine Reid	00:26:34	Roundshaw Downs5k parkrun	23/07/2011	41
5K	Paul Cooper	00:26:35	Roundshaw Downs5k parkrun	23/06/2012	38
5K	Kate Langley	00:26:37	Banstead Woods5k parkrun	07/11/2009	33
5K	Prisca Abalo	00:26:40	Roundshaw Downs5k parkrun	31/03/2012	39
5K	Gill Stalley	00:26:48	Banstead Woods5k parkrun	08/05/2010	46
5K	Job Parsons	00:26:51	Roundshaw Downs5k parkrun	14/04/2012	41



Distance	Name	Time	Race	Date	Age
5K	StuartStalley	00:26:55	Banstead Woods5k parkrun	30/10/2010	16
5K	Alison Fox	00:27:03	Banstead Woods5k parkrun	18/04/2009	44
5K	SandhyaDrew	00:27:07	Selfranscendence 5k	02/07/2012	46
5K	Alison Fox	00:27:08	Banstead Woods5k parkrun	04/04/2009	44
5K	GillStalley	00:27:08	Banstead Woods5k parkrun	01/05/2010	46
5K	RupertOusted	00:27:08	Roundshaw Downs5k parkrun	19/05/2012	64
5K	PaulCooper	00:27:11	Roundshaw Downs5k parkrun	03/03/2012	38
5K	RupertOusted	00:27:14	Roundshaw Downs5k parkrun	01/10/2011	64
5K	RupertOusted	00:27:16	Roundshaw Downs5k parkrun	21/05/2011	64
5K	SandhyaDrew	00:27:20	Dulwich MillsSummer 5k	20/06/2012	46
5K	ElaineReid	00:27:21	Roundshaw Downs5k parkrun	02/07/2011	41
5K	KateLangley	00:27:21	Banstead Woods5k parkrun	24/10/2009	33
5K	ElaineReid	00:27:23	Roundshaw Downs5k parkrun	28/05/2011	41
5K	AimeeFox	00:27:24	Roundshaw Downs5k parkrun	09/04/2011	14
5K	PaulCooper	00:27:27	Roundshaw Downs5k parkrun	01/10/2011	38
5K	PaulBooth	00:27:31	Roundshaw Downs5k parkrun	21/01/2012	57
5K	PriscaAbalo	00:27:32	Roundshaw Downs5k parkrun	24/03/2012	39
5K	KateLangley	00:27:33	Banstead Woods5k parkrun	17/10/2009	33
5K	AlexHelliwell	00:27:34	Roundshaw Downs5k parkrun	28/07/2012	23
5K	ElaineReid	00:27:37	Roundshaw Downs5k parkrun	14/05/2011	41
5K	RupertOusted	00:27:39	Roundshaw Downs5k parkrun	20/11/2010	63
5K	StuartStalley	00:27:39	Banstead Woods5k parkrun	04/09/2010	16
5K	LorraineThomas	00:27:40	Roundshaw Downs5k parkrun	21/01/2012	40
5K	RupertOusted	00:27:40	Roundshaw Downs5k parkrun	15/05/2010	62
5K	GillStalley	00:27:47	Banstead Woods5k parkrun	17/04/2010	46
5K	DominiFox	00:27:57	Roundshaw Downs5k parkrun	07/05/2011	8
5K	AlexHelliwell	00:28:00	Roundshaw Downs5k parkrun	21/07/2012	23
5K	NathanThompson	00:28:03	Roundshaw Downs5k parkrun	21/07/2012	10
5K	AlexHelliwell	00:28:07	Roundshaw Downs5k parkrun	26/05/2012	23
5K	RupertOusted	00:28:07	Roundshaw Downs5k parkrun	01/05/2010	62
5K	AlexHelliwell	00:28:08	Roundshaw Downs5k parkrun	12/05/2012	23
5K	KateLangley	00:28:12	Banstead Woods5k parkrun	03/10/2009	33
5K	DominiFox	00:28:17	Roundshaw Downs5k parkrun	06/11/2010	8
5K	GillStalley	00:28:19	Banstead Woods5k parkrun	06/03/2010	46
5K	StuartStalley	00:28:19	Banstead Woods5k parkrun	24/07/2010	16
5K	LorraineThomas	00:28:21	Roundshaw Downs5k parkrun	23/07/2011	39
5K	GillStalley	00:28:28	Banstead Woods5k parkrun	20/02/2010	46
5K	BenHuish	00:28:31	Roundshaw Downs5k parkrun	07/07/2012	22
5K	BenHuish	00:28:32	Roundshaw Downs5k parkrun	28/04/2012	22
5K	PaulCooper	00:28:38	Roundshaw Downs5k parkrun	03/09/2011	38
5K	DominiFox	00:28:41	Roundshaw Downs5k parkrun	05/06/2010	8
5K	MelvinTurdley	00:28:43	Riddleslow 5k parkrun	07/04/2012	66
5K	AimeeFox	00:28:47	Roundshaw Downs5k parkrun	02/04/2011	14
5K	AlexHelliwell	00:28:52	Roundshaw Downs5k parkrun	03/10/2009	20
5K	LorraineThomas	00:28:55	Roundshaw Downs5k parkrun	26/03/2011	39
5K	PaulBooth	00:28:56	Roundshaw Downs5k parkrun	14/05/2011	57
5K	GillStalley	00:29:02	Banstead Woods5k parkrun	21/11/2009	46

Distance	Name	Time	Race	Date	Age
5K	M elvinT rundley	00:29:03	R iddleslow n 5k parkrun	03/03/2012	66
5K	Benll ash	00:29:14	R oundshaw Dow ns5k parkrun	31/03/2012	22
5K	ElaineR eid	00:29:16	R oundshaw Dow ns5k parkrun	07/05/2011	41
5K	Gills talley	00:29:26	B ansteadW oods5k parkrun	05/09/2009	45
5K	P aulCooper	00:29:26	R oundshaw Dow ns5k parkrun	06/08/2011	38
5K	Dom inicFox	00:29:37	R oundshaw Dow ns5k parkrun	01/05/2010	7
5K	S tuartS talley	00:29:43	B ansteadW oods5k parkrun	03/07/2010	16
5K	Gills talley	00:29:52	B ansteadW oods5k parkrun	08/08/2009	45
5K	Gills talley	00:29:54	B ansteadW oods5k parkrun	01/08/2009	45
5K	P aulCooper	00:29:55	R oundshaw Dow ns5k parkrun	30/07/2011	38
5K	Gills talley	00:30:01	B ansteadW oods5k parkrun	06/06/2009	45
5K	P aulBooth	00:30:04	R oundshaw Dow ns5k parkrun	07/05/2011	57
5K	T rishCoombs	00:30:11	R oundshaw Dow ns5k parkrun	01/10/2011	67
5K	P aulCooper	00:30:19	R oundshaw Dow ns5k parkrun	23/07/2011	38
5K	KarenW eighall	00:30:34	R oundshaw Dow ns5k parkrun	18/06/2011	44
5K	Dom inicFox	00:30:43	R oundshaw Dow ns5k parkrun	24/04/2010	7
5K	Dom inicFox	00:30:47	R oundshaw Dow ns5k parkrun	23/01/2010	7
5K	KarenW eighall	00:30:47	R oundshaw Dow ns5k parkrun	09/04/2011	44
5K	A im eeFox	00:31:01	R oundshaw Dow ns5k parkrun	19/03/2011	13
5K	KarenW eighall	00:31:09	R oundshaw Dow ns5k parkrun	26/03/2011	44
5K	Janetll ash	00:31:10	R oundshaw Dow ns5k parkrun	24/03/2012	51
5K	Dom inicFox	00:31:14	R oundshaw Dow ns5k parkrun	02/01/2010	7
5K	Dom inicFox	00:31:17	B ansteadW oods5k parkrun	27/06/2009	7
5K	Gills talley	00:31:56	B ansteadW oods5k parkrun	23/05/2009	45
5K	R iaT rundley	00:32:15	R iddleslow n 5k parkrun	07/04/2012	64
5K	N icolaT arrant	00:32:23	Dulw ich 5k parkrun	14/04/2012	28
5K	N icolaT arrant	00:32:37	M ilton Keynes5k parkrun	31/03/2012	28
5K	M aggieS winnerton	00:33:14	B ansteadW oods5k parkrun	21/07/2012	55
5K	KarenP atching	00:33:19	B ansteadW oods5k parkrun	14/04/2012	41
5K	Gills talley	00:33:23	B ansteadW oods5k parkrun	16/05/2009	45
5K	KarenP atching	00:33:47	B ansteadW oods5k parkrun	31/03/2012	41
5K	Gills talley	00:34:25	B ansteadW oods5k parkrun	09/05/2009	45
5K	FrancesS loss	00:35:18	R iddleslow n 5k parkrun	04/06/2012	30
5K	FrancesS loss	00:35:18	R iddleslow n 5k parkrun	04/06/2012	30
5K	S ophieGaskin	00:35:56	N onsuchP ark5k parkrun	22/10/2011	45
5K	S ophieGaskin	00:36:48	N onsuchP ark5k parkrun	15/10/2011	45
5K	A lisonS ymondsT aylor	00:37:30	Dulw ich 5k parkrun	14/04/2012	54
5K	A lisonS ymondsT aylor	00:38:46	R oundshaw Dow ns5k parkrun	07/04/2012	54
5K	JeanO uested	00:40:22	R oundshaw Dow ns5k parkrun	08/10/2011	63
5M	T erryB ridger	00:31:35	C hessington 5	14/02/1999	49
5M	C atGaskell	00:41:35	Hogsn ill L adies5	29/04/2012	31
5M	T hom asW ilkie	00:43:20	C hessington 5	14/02/1999	46
5M	A lisonFox	00:46:15	Hogsn ill L adies5	29/04/2012	47
5M	A lisonFox	00:46:38	Hogsn ill 5	08/05/2011	46
7K	M artinL loyd	00:27:58	W edding Day 7k	28/07/2000	40
7K	T hom asW ilkie	00:35:08	W edding Day 7k	28/07/2000	47
7M	M artinL loyd	00:44:27	Elm ore 7	16/07/2011	51

Distance	Name	Time	Race	Date	Age
7M	Andy S talley	00:44:43	Elmore 7	17/07/2010	45
7M	Martin Lloyd	00:44:52	Elmore 7	13/07/2002	42
7M	Andy S talley	00:45:59	Elmore 7	18/07/2009	44
7M	Bill Walsh	00:47:26	Elmore 7	16/07/2011	49
7M	Bill Walsh	00:48:20	Elmore 7	17/07/2010	48
7M	Ruth Cottan	00:59:42	Elmore 7	17/07/2010	45
7M	Annette Helliwell	01:01:09	Elmore 7	17/07/2010	51
7M	Rupert Uested	01:07:02	Elmore 7	16/07/2011	64
7M	Alison Fox	01:08:20	Elmore 7	16/07/2011	46
8K	Martin Lloyd	00:29:42	Hillcrest 8k	11/05/2002	42
8M	Thomas Wilkie	01:05:55	Harry Hawkes 8	04/07/1999	46