



MENS ROAD RECORDS

Distance	Name	Time	Location	Date
SENIOR MEN				
1 MILE	TIM DALTON	4.27	Bourton	18/7/09
5K	JOSH LILLY	14.39	Sandhurst	15/6/06
4 MILE	JOSH LILLY	20.11	Sandhurst	19/3/05
5 MILE	JOSH LILLY	24.15	Sandhurst	10/2/07
10K	JOSH LILLY	29.44	Chichester	9/10/07
10 MILE	GARY HOPE	53.43	Portsmouth	9/10/05
HALF-MARATHON	ANDREW HUSSEY	1.11.12	Bristol	12/9/04
20 MILE	CHRIS HARVEY	1.54.52	Gloucester	3/3/02
MARATHON	ANDREW HUSSEY	2.32.49	London	13/4/03
VET 40				
1 MILE	CARLO TOLEDO	4.44	Bourton	15/7/06
5K	ALEX HOPE	15.36	Sandhurst	19/8/04
4 MILE	KENNY O'NEILL	21	Sandhurst	25/3/00
5 MILE	KENNY O'NEILL	26.24	Sandhurst	22/9/01
10K	GARY HOPE	32.51	Cardiff	7/9/08
10 MILE	KENNY O'NEILL	56.13	Newbury	9/9/01
HALF-MARATHON	GARY HOPE	1.10.48	Bristol	22/3/09
20 MILE	GARY BARNES	2.26.15	Gloucester	9/3/03
MARATHON	ALEX HOPE	2.38.26	London	23/4/06
VET 45				
5K	MARTIN GRIBBLE	16.39	Sandhurst	15/6/00

4 MILE	ROB CYTLAU	22.31	Sandhurst	15/3/97
5 MILE	ROB CYTLAU	27.53	Sandhurst	27/9/97
10K	ALEX HOPE	34.36	Magor	19/7/09
10 MILE	MARK KEELING	1.01.45	Salisbury	3/12
HALF-MARATHON	ALEX HOPE	1.15.58	Bristol	6/9/09
20 MILE	JOHN HOLLAND	2.21.58	Gloucester	8/3/09
MARATHON	DAVE BUCKLE	2.49.08	London	21/4/95
50K	JOHN HOLLAND	4.03.25	Boddington	19/8/07
VET 50				
5K	MARTIN GRIBBLE	17.24	Sandhurst	15/6/06
4 MILE	TOM MEHERAN	23.3	Hardwicke	27/12/07
5 MILE	LES DAVIS	29.12	Sandhurst	27/9/97
10K	LES DAVIS	33.07	Bugatti	1/8/01
10 MILE	LES DAVIS	1.01.00	Hardwicke	30/12/01
HALF-MARATHON	LES DAVIS	1.18.19	Sturminster	2/8/98
20 MILE	JOHN CAPENER	2.48.58	Gloucester	9/3/05
MARATHON	FRANK YEOMAN	3.03.14	Stratford	19/4/98
VET 55				
1 MILE	ANDY NORMAN	5.27	Bourton	17/7/10
5K	LES DAVIS	16.36	Sandhurst	19/8/99
4 MILE	LES DAVIS	22.26	Chepstow	8/6/99
5 MILE	LES DAVIS	27.35	Weston	15/10/98
10K	LES DAVIS	34.46	Bradford	12/9/99
10 MILE	LES DAVIS	59.51	Oldbury	20/9/98
HALF-MARATHON	LES DAVIS	1.13.50	Newcastle	10/10/99
20 MILE	DEREK LIGHTSTONE	2.32.02	Gloucester	9/3/03
MARATHON	LES DAVIS	2.41.40	Gateshead	8/8/99
VET 60				
1 MILE	DEREK LIGHTSTONE	5.41	Bourton	17/7/10
5K	LES DAVIS	17.54	Sandhurst	21/8/03

4 MILE	LES DAVIS	23.38	Chepstow	8/7/03
5 MILE	LES DAVIS	30.08	Hardwicke	1/1/04
10K	LES DAVIS	36.57	Cardiff	17/9/03
10 MILE	LES DAVIS	1.03.01	Hardwicke	12/07/03
HALF-MARATHON	LES DAVIS	1.19.03	Duluth, USA	26/9/03
20 MILE	JOHN JAMES	3.39.09	Gloucester	7/3/10
V65				
1 Mile	JOHN JAMES	7.25	Meteor	5/9/15
5K	LES DAVIS	21.29	Sandhurst	18/8/11
4 MILE	LES DAVIS	25	Chepstow	10/6/08
5 MILE	LES DAVIS	30.55	Weston	15/11/07
10K	LES DAVIS	44.28	Sandhurst	3/4/10
10 Mile	DAVE BLACKBURN	1.30.56	Elmore	14/7/12
HALF-MARATHON	LES DAVIS	1.27.14	Malvern	15/7/08
V70				
1 Mile	DAVE BLACKBURN	7.25	Bourton	20/7/13
5K	DAVE BLACKBURN	24.35	Sandhurst	20/8/13
4 MILE	DAVE BLACKBURN	33.15	Staverton	12/5/13
5 MILE	DAVE BLACKBURN	41.32	Sandhurst	27/5/13
10K	DAVE BLACKBURN	52.05	Sandhurst	30/3/13
10 Mile	DAVE BLACKBURN	1.46.20	Elmore	13/7/13
HALF-MARATHON	DAVE BLACKBURN	2.05.10	Bourton	15/6/13
V75				
5K	MIKE McDOWELL	29.15	Sandhurst	15/5/03
4 MILE	MIKE McDOWELL	39.22	Sandhurst	20/3/04
5 MILE	MIKE McDOWELL	49.05	Sandhurst	24/5/03
10K	MIKE McDOWELL	1.01.03	Berkeley	19/5/03
U20				
5K	TIM DALTON	14.54	Sandhurst	15/6/06

4 MILE	TIM DALTON	20.45	Sandhurst	18/3/06
5 MILE	TIM DALTON	25.32	Sandhurst	16/9/06
10K	JOSH LILLY	32.31	Sandhurst	10/4/04
10 MILE	JOSH LILLY	54.36	Hardwicke	10/7/04
HALF-MARATHON	OLIVER STARKEY	1.24.20	Gloucester	25/7/11
U17				
5K	KYRAN HALE	15.36	Sandhurst	18/8/10
4 MILE	KYRAN HALE	20.58	Chepstow	10/5/11
5 MILE	KYRAN HALE	27.04	Hardwicke	1/1/11
10K	KYRAN HALE	32.53	Castle Combe	25/2/12