

Distance	Name	Time	Race	Date	Age
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	Keith Dunning	00:37:42	Croydon 10k	20/10/1996	32
10K	Roger Bryant	00:37:53	Horton Country Park 10k	18/12/2011	43
10K	Roger Bryant	00:37:57	Oxshott 10k	30/10/2011	43
10K	Keith Dunning	00:38:15	Dysart Dash	30/06/1996	32
10K	Andy Stalley	00:38:39	Richmond 10k	20/06/2010	45
10K	Martin Lloyd	00:38:40	Surrey Classic 10k - Nonsuch Pk	22/10/2000	40
10K	Bob Chart	00:38:57	Brighton 10k	17/11/2002	38
10K	Andy Stalley	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	Sutton 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 Stalley	00:39:56	Surrey Classic 10k - Nonsuch Pk	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 - Nonsuch 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	Richard Fox	00:40:31	Valentine's 10k	14/02/2010	42
10K	Richard Fox	00:40:33	Surrey Classic 10k - Nonsuch Pk	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 - Oxshott	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 - Morden Pk	27/10/1996	36
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 - Oxshott	25/10/2009	42
10K	Doug White	00:44:18	Dysart Dash	27/06/1999	48
10K	Thomas Wilkie	00:46:59	Elmbridge 10k	22/07/2001	48
10K	Thomas Wilkie	00:46:59	Elmbridge 10k	16/07/2000	47
10K	Thomas Wilkie	00:48:34	Brighton 10k	21/11/1999	47
10K	Thomas Wilkie	00:48:49	Dysart Dash	27/06/1999	46
10K	Elaine Reid	00:49:41	Surrey Classic Series - Nonsuch Park 1	06/11/2011	41

Distance	Name	Time	Race	Date	Age
10K	Cat Gaskell	00:49:42	Surrey Classic 10k - Nonsuch Pk	07/11/2010	29
10K	Elaine Reid	00:50:51	Oxshott 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 - Oxshott	25/10/2009	33
10K	Alison Fox	00:54:25	Surrey Classic Series - Nonsuch Park 1	06/11/2011	47
10K	Alison Fox	00:54:40	Sutton 10k	03/05/2009	44
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 - Nonsuch Pk	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 - Oxshott	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	Sutton Runners 10k	03/05/2009	49
10K	Kate Knight	01:13:26	Surrey Classic 10k - Nonsuch Pk	02/11/2008	49
10K	Kate Knight	01:17:15	Surrey Classic 10k - Oxshott	26/10/2008	49
10M	Keith Dunning	01:02:01	Dorking 10	03/06/2001	37
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	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	Nicola Stevenson	01:17:28	Epsom 10	22/11/2009	31
10M	Nicola Stevenson	01:19:40	Dorking 10	31/05/2009	30
10M	Thomas Wilkie	01:21:07	Nene Valley 10	05/12/1999	47
10M	Marc Wood	01:22:29	Epsom 10	21/11/2010	39
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

Distance	Name	Time	Race	Date	Age
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	Ostend-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 Josham	01:50:01	Tempest 10	18/03/2012	32
10M	Kate Knight	02:12:56	Tadworth 10	04/01/2009	49
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	Spitfire 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	Ercole Lugari	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
21.098K	Doug White	01:40:20	Camberley Half	28/02/1999	48
21.098K	Nicola Stevenson	01:40:56	Richmond Half	16/05/2010	31
21.098K	Thomas Wilkie	01:48:10	Camberley Half	03/03/2002	49
21.098K	Thomas Wilkie	01:49:59	Richmond Half	21/05/2000	47
21.098K	Thomas Wilkie	01:50:16	Taunton Half Marathon	09/04/2000	47
21.098K	Ruth Cottam	01:50:27	Moray Half	13/09/2009	44
21.098K	Thomas Wilkie	01:51:25	Burnham Beeches Half	15/08/1999	46
21.098K	Ruth Cottam	01:52:37	Tunbridge Wells Half	24/02/2008	43
21.098K	Annette Helliwell	01:53:51	Moray Half	13/09/2009	50

Distance	Name	Time	Race	Date	Age
21.098K	Marc Wood	01:54:24	Run To The Beat Half	26/09/2010	39
21.098K	Thomas Wilkie	01:55:32	Burnham Beeches Half	16/08/1998	45
21.098K	Kate Langley	02:01:07	Richmond Half	16/05/2010	34
21.098K	Kate Langley	02:03:05	Hastings Half	21/03/2010	34
21.098K	Paul Cooper	02:03:38	Silverstone Half	11/03/2012	38
21.098K	Alison Fox	02:04:29	Barns Green Half	30/10/2011	47
21.098K	Annette Helliwell	02:06:53	Ranelagh Richmond Half	10/05/2009	49
21.098K	Lorraine Thomas	02:09:11	Hastings Half	25/03/2012	40
21.195M	Rupert Quested	03:51:10	Cranleigh 21	25/03/2012	64
21.1M	Martin Lloyd	02:38:31	Cranleigh 21	20/03/2011	50
2M	Keith Dunning	00:10:57	Sri Chinmoy 2	15/09/1997	33
2M	Thomas Wilkie	00:13:49	Sri Chinmoy 2	09/07/2001	48
2M	Thomas Wilkie	00:14:05	Sri Chinmoy 2	11/09/2000	47
2M	Thomas Wilkie	00:14:36	Sri Chinmoy 2	07/08/2000	47
42.195K	Martin Lloyd	03:03:40	London Marathon	18/04/2004	44
42.195K	Andy Stalley	03:10:03	Shakespeare Marathon	27/04/2008	43
42.195K	Allan Rumbles	03:10:24	Taunton Marathon	05/04/2009	40
42.195K	Andy Stalley	03:11:23	London Marathon	13/04/2008	43
42.195K	Andy Stalley	03:12:01	Bungay Marathon	06/04/2008	43
42.195K	Andy Randall	03:12:14	Lausanne Marathon	30/10/2011	37
42.195K	Bob Chart	03:12:45	London Marathon	13/04/2008	43
42.195K	Steve Cooney	03:13:26	Hastings Marathon	14/12/2008	38
42.195K	Steve Cooney	03:17:25	Draycote Water Marathon	22/02/2009	39
42.195K	Richard Fox	03:20:29	Brighton Marathon	18/04/2010	42
42.195K	Dave Johnson	03:23:01	London Marathon	23/04/2006	25
42.195K	Allan Rumbles	03:26:24	Luton Marathon	03/12/2006	38
42.195K	Bill Walsh	03:26:56	Abingdon Marathon	17/10/2010	48
42.195K	Bill Walsh	03:32:55	New Forest Marathon	27/09/2009	47
42.195K	Allan Rumbles	03:36:10	Dublin Marathon	30/10/2006	38
42.195K	Bill Walsh	03:43:12	Cork Marathon	01/06/2009	46
42.195K	Richard Fox	03:44:44	Cork Marathon	01/06/2009	42
42.195K	Nicola Stevenson	03:49:16	London Marathon	25/04/2010	31
42.195K	Doug White	03:53:12	White Peaks Marathon	15/05/1999	48
42.195K	Thomas Wilkie	04:05:30	Sri Chinmoy Battersea Pk Marathon	17/09/2000	47
42.195K	Dave Freeborn	04:07:00	Summer Liverbird Marathon Double D	30/05/2011	33
42.195K	Dave Freeborn	04:14:59	Shakespeare Marathon	08/05/2011	33
42.195K	Dave Freeborn	04:15:52	Gloucester Marathon	23/01/2011	33
42.195K	Thomas Wilkie	04:23:51	Las Vegas Marathon	06/02/2000	47
42.195K	Annette Helliwell	04:28:56	Marrakech Marathon	29/01/2012	52
42.195K	Annette Helliwell	04:35:57	Nottingham Marathon	12/09/2010	51
42.195K	Annette Helliwell	04:45:02	London Marathon	25/04/2010	50
42.195K	Annette Helliwell	04:51:15	New Forest Marathon	27/09/2009	50
42.195K	Annette Helliwell	04:53:26	Shakespeare Marathon	26/04/2009	49
42.195K	Rupert Quested	04:58:42	Dublin Marathon	31/10/2011	64
5.33M	Keith Dunning	00:33:06	Recurring Handicap	04/12/2008	44

Distance	Name	Time	Race	Date	Age
5.33M	Richard Fox	00:34:24	Recurring Handicap	04/03/2010	42
5.33M	Martin Lloyd	00:34:40	Mob Match - Recurring Handicap	02/06/2011	51
5.33M	Andy Stalley	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 Lloyd	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 Lloyd	00:36:01	Mob Match - 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 Helliwell	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 Brooke	00:45:21	Mob Match - Recurring Handicap	03/06/2010	60
5.33M	Ruth Cottam	00:45:37	Recurring Handicap	04/12/2008	43
5.33M	Annette Helliwell	00:46:38	Recurring Handicap	04/09/2009	50
5.33M	Kate Langley	00:46:50	Mob Match - Recurring Handicap	03/06/2010	34
5.33M	Dave Quickenden	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 Helliwell	00:48:18	Recurring Handicap	04/06/2009	50
5.33M	Kate Langley	00:48:24	Recurring Handicap	04/03/2010	34
5.33M	Gill Stalley	00:49:26	Recurring Handicap	01/12/2011	48
5.33M	Annette Helliwell	00:49:53	Recurring Handicap	04/09/2008	49
5.33M	Rupert Quested	00:50:47	Recurring Handicap	01/12/2011	64
5.33M	Gill Stalley	00:51:33	Mob Match - Recurring Handicap	03/06/2010	46
5.33M	Gill Stalley	00:51:34	Recurring Handicap	04/03/2010	46
5.33M	Rupert Quested	00:52:09	Mob Match - Recurring Handicap	03/06/2010	63
5.33M	Paul Booth	00:53:17	Recurring Handicap	01/12/2011	57
5.33M	Alex Helliwell	00:56:30	Recurring Handicap	01/12/2011	22
5K	Neil Reissland	00:16:50	Wimbledon Common 5k parkrun	31/03/2012	47
5K	Neil Reissland	00:16:57	Bromley 5k parkrun	10/03/2012	47
5K	Neil Reissland	00:17:00	Bushy Park 5k parkrun	22/10/2011	47
5K	Neil Reissland	00:17:02	Bushy Park 5k parkrun	03/09/2011	47
5K	Keith Dunning	00:17:29	Morden 5k	15/05/1997	33
5K	Richard Fox	00:18:04	Bedfont Lakes 5k parkrun	08/05/2010	42
5K	Martin Lloyd	00:18:11	Dave Clarke 5k	06/05/2004	44
5K	Robert Knight	00:18:16	Banstead Woods 5k parkrun	10/03/2012	24
5K	Roger Bryant	00:18:16	Banstead Woods 5k parkrun	24/03/2012	43
5K	Roger Bryant	00:18:19	Banstead Woods 5k parkrun	09/04/2011	42

Distance	Name	Time	Race	Date	Age
5K	Martin Lloyd	00:18:31	Dave Clarke 5k	09/05/2002	42
5K	Richard Fox	00:18:34	Roundshaw Downs 5k parkrun	17/04/2010	42
5K	Martin Lloyd	00:18:37	Wimbledon 5k	12/08/2001	41
5K	Robert Knight	00:18:39	Banstead Woods 5k parkrun	03/03/2012	24
5K	Robert Knight	00:18:41	Banstead Woods 5k parkrun	18/02/2012	24
5K	Ercole Lugari	00:18:42	Roundshaw Downs 5k parkrun	04/02/2012	36
5K	Richard Fox	00:18:44	Roundshaw Downs 5k parkrun	10/04/2010	42
5K	Robert Knight	00:18:50	Banstead Woods 5k parkrun	04/02/2012	24
5K	Shaun Cooney	00:19:04	Banstead Woods 5k parkrun	24/07/2010	36
5K	Dave Johnson	00:19:15	Banstead Woods 5k parkrun	27/12/2008	28
5K	Steve Cooney	00:19:15	Banstead Woods 5k parkrun	25/07/2009	39
5K	Shaun Cooney	00:19:16	Banstead Woods 5k parkrun	24/04/2010	35
5K	Martin Lloyd	00:19:19	Wimbledon 5k	13/08/2000	40
5K	Steve Cooney	00:19:20	Banstead Woods 5k parkrun	03/01/2009	38
5K	Steve Cooney	00:19:21	Banstead Woods 5k parkrun	01/01/2009	38
5K	Terry Bridger	00:19:22	Morden 5k	15/05/1997	47
5K	Andy Randall	00:19:28	Roundshaw Downs 5k parkrun	26/11/2011	37
5K	Shaun Cooney	00:19:28	Banstead Woods 5k parkrun	12/12/2009	35
5K	Martin Lloyd	00:19:33	Morden Park 5k	13/05/1999	39
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	David Condon	00:20:29	Riddlesdown 5k parkrun	17/03/2012	30
5K	David Condon	00:20:29	Riddlesdown 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	Steve Cooney	00:20:52	Wimbledon 5k	14/08/2005	35
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

Distance	Name	Time	Race	Date	Age
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	Ray Sullivan	00:21:56	Banstead Woods 5k parkrun	28/07/2007	40
5K	Harry Helliwell	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	Ray Sullivan	00:22:28	Banstead Woods 5k parkrun	14/07/2007	40
5K	Thomas Wilkie	00:22:28	Self Transcendence 5k	04/08/2008	55
5K	Thomas Wilkie	00:22:32	Dave Clarke 5k	09/05/2002	49
5K	Thomas Wilkie	00:22:34	Wimbledon 5k	13/08/2000	47
5K	Ray Sullivan	00:22:43	Banstead Woods 5k parkrun	07/07/2007	40
5K	Jason Smith	00:23:07	Roundshaw Downs 5k parkrun	17/03/2012	42
5K	Ray Sullivan	00:23:09	Banstead Woods 5k parkrun	30/06/2007	40
5K	Cat Gaskell	00:23:13	Roundshaw Downs 5k parkrun	22/10/2011	30
5K	Jason Smith	00:23:46	Roundshaw Downs 5k parkrun	22/10/2011	42
5K	Marc Wood	00:23:47	Wimbledon Dash 5k	08/08/2010	39
5K	Annette Helliwell	00:24:25	Roundshaw Downs 5k parkrun	10/03/2012	52
5K	Cat Gaskell	00:24:28	Roundshaw Downs 5k parkrun	27/08/2011	30
5K	Annette Helliwell	00:24:37	Self Transcendence 5k	23/05/2011	51
5K	Ruth Cottam	00:24:38	Banstead Woods 5k parkrun	31/03/2012	47
5K	Ruth Cottam	00:24:44	Banstead Woods 5k parkrun	24/03/2012	47
5K	Ruth Cottam	00:24:45	Banstead Woods 5k parkrun	05/09/2009	44
5K	John Helliwell	00:24:47	Roundshaw Downs 5k parkrun	29/10/2011	54
5K	John Helliwell	00:24:50	Roundshaw Downs 5k parkrun	01/10/2011	54
5K	Elaine Reid	00:24:52	Roundshaw Downs 5k parkrun	17/09/2011	41
5K	Annette Helliwell	00:24:58	Roundshaw Downs 5k parkrun	16/04/2011	51
5K	Annette Helliwell	00:25:10	Roundshaw Downs 5k parkrun	07/08/2010	51
5K	Thomas Wilkie	00:25:10	Stevenage 5k	30/05/1999	46
5K	John Helliwell	00:25:16	Roundshaw Downs 5k parkrun	27/08/2011	53
5K	Elaine Reid	00:25:24	Perseverance 5k	14/08/2011	41
5K	Thomas Wilkie	00:25:26	Las Vegas 5k	05/02/2000	47
5K	Annette Helliwell	00:25:39	Roundshaw Downs 5k parkrun	24/07/2010	51
5K	Kate Langley	00:25:42	Banstead Woods 5k parkrun	24/04/2010	34
5K	Elaine Reid	00:25:48	Roundshaw Downs 5k parkrun	13/08/2011	41
5K	Kate Langley	00:25:48	Banstead Woods 5k parkrun	10/04/2010	34
5K	Thomas Wilkie	00:25:56	Wimbledon 5k	08/08/1999	46
5K	Annette Helliwell	00:26:08	Roundshaw Downs 5k parkrun	29/05/2010	51
5K	Kate Langley	00:26:09	Banstead Woods 5k parkrun	20/02/2010	34
5K	John Helliwell	00:26:12	Roundshaw Downs 5k parkrun	09/07/2011	53
5K	Annette Helliwell	00:26:18	Roundshaw Downs 5k parkrun	22/05/2010	50
5K	Annette Helliwell	00:26:28	Roundshaw Downs 5k parkrun	22/08/2009	50
5K	Elaine Reid	00:26:34	Roundshaw Downs 5k parkrun	23/07/2011	41
5K	Kate Langley	00:26:37	Banstead Woods 5k parkrun	07/11/2009	33

Distance	Name	Time	Race	Date	Age
5K	Prisca Abalo	00:26:40	Roundshaw Downs 5k parkrun	31/03/2012	39
5K	Gill Stalley	00:26:48	Banstead Woods 5k parkrun	08/05/2010	46
5K	Stuart Stalley	00:26:55	Banstead Woods 5k parkrun	30/10/2010	16
5K	Alison Fox	00:27:03	Banstead Woods 5k parkrun	18/04/2009	44
5K	Alison Fox	00:27:08	Banstead Woods 5k parkrun	04/04/2009	44
5K	Gill Stalley	00:27:08	Banstead Woods 5k parkrun	01/05/2010	46
5K	Paul Cooper	00:27:11	Roundshaw Downs 5k parkrun	03/03/2012	38
5K	Rupert Quested	00:27:14	Roundshaw Downs 5k parkrun	01/10/2011	64
5K	Rupert Quested	00:27:16	Roundshaw Downs 5k parkrun	21/05/2011	64
5K	Elaine Reid	00:27:21	Roundshaw Downs 5k parkrun	02/07/2011	41
5K	Kate Langley	00:27:21	Banstead Woods 5k parkrun	24/10/2009	33
5K	Elaine Reid	00:27:23	Roundshaw Downs 5k parkrun	28/05/2011	41
5K	Aimee Fox	00:27:24	Roundshaw Downs 5k parkrun	09/04/2011	14
5K	Paul Cooper	00:27:27	Roundshaw Downs 5k parkrun	01/10/2011	38
5K	Paul Booth	00:27:31	Roundshaw Downs 5k parkrun	21/01/2012	57
5K	Prisca Abalo	00:27:32	Roundshaw Downs 5k parkrun	24/03/2012	39
5K	Kate Langley	00:27:33	Banstead Woods 5k parkrun	17/10/2009	33
5K	Elaine Reid	00:27:37	Roundshaw Downs 5k parkrun	14/05/2011	41
5K	Rupert Quested	00:27:39	Roundshaw Downs 5k parkrun	20/11/2010	63
5K	Stuart Stalley	00:27:39	Banstead Woods 5k parkrun	04/09/2010	16
5K	Lorraine Thomas	00:27:40	Roundshaw Downs 5k parkrun	21/01/2012	40
5K	Rupert Quested	00:27:40	Roundshaw Downs 5k parkrun	15/05/2010	62
5K	Gill Stalley	00:27:47	Banstead Woods 5k parkrun	17/04/2010	46
5K	Dominic Fox	00:27:57	Roundshaw Downs 5k parkrun	07/05/2011	8
5K	Rupert Quested	00:28:07	Roundshaw Downs 5k parkrun	01/05/2010	62
5K	Kate Langley	00:28:12	Banstead Woods 5k parkrun	03/10/2009	33
5K	Dominic Fox	00:28:17	Roundshaw Downs 5k parkrun	06/11/2010	8
5K	Gill Stalley	00:28:19	Banstead Woods 5k parkrun	06/03/2010	46
5K	Stuart Stalley	00:28:19	Banstead Woods 5k parkrun	24/07/2010	16
5K	Lorraine Thomas	00:28:21	Roundshaw Downs 5k parkrun	23/07/2011	39
5K	Gill Stalley	00:28:28	Banstead Woods 5k parkrun	20/02/2010	46
5K	Paul Cooper	00:28:38	Roundshaw Downs 5k parkrun	03/09/2011	38
5K	Dominic Fox	00:28:41	Roundshaw Downs 5k parkrun	05/06/2010	8
5K	Aimee Fox	00:28:47	Roundshaw Downs 5k parkrun	02/04/2011	14
5K	Alex Helliwell	00:28:52	Roundshaw Downs 5k parkrun	03/10/2009	20
5K	Lorraine Thomas	00:28:55	Roundshaw Downs 5k parkrun	26/03/2011	39
5K	Paul Booth	00:28:56	Roundshaw Downs 5k parkrun	14/05/2011	57
5K	Gill Stalley	00:29:02	Banstead Woods 5k parkrun	21/11/2009	46
5K	Melvin Trundle	00:29:03	Riddlesdown 5k parkrun	03/03/2012	66
5K	Ben Nash	00:29:14	Roundshaw Downs 5k parkrun	31/03/2012	22
5K	Elaine Reid	00:29:16	Roundshaw Downs 5k parkrun	07/05/2011	41
5K	Gill Stalley	00:29:26	Banstead Woods 5k parkrun	05/09/2009	45
5K	Paul Cooper	00:29:26	Roundshaw Downs 5k parkrun	06/08/2011	38
5K	Dominic Fox	00:29:37	Roundshaw Downs 5k parkrun	01/05/2010	7
5K	Stuart Stalley	00:29:43	Banstead Woods 5k parkrun	03/07/2010	16

Distance	Name	Time	Race	Date	Age
5K	Gill Stalley	00:29:52	Banstead Woods 5k parkrun	08/08/2009	45
5K	Gill Stalley	00:29:54	Banstead Woods 5k parkrun	01/08/2009	45
5K	Paul Cooper	00:29:55	Roundshaw Downs 5k parkrun	30/07/2011	38
5K	Gill Stalley	00:30:01	Banstead Woods 5k parkrun	06/06/2009	45
5K	Paul Booth	00:30:04	Roundshaw Downs 5k parkrun	07/05/2011	57
5K	Trish Coombs	00:30:11	Roundshaw Downs 5k parkrun	01/10/2011	67
5K	Paul Cooper	00:30:19	Roundshaw Downs 5k parkrun	23/07/2011	38
5K	Karen Weighall	00:30:34	Roundshaw Downs 5k parkrun	18/06/2011	44
5K	Dominic Fox	00:30:43	Roundshaw Downs 5k parkrun	24/04/2010	7
5K	Dominic Fox	00:30:47	Roundshaw Downs 5k parkrun	23/01/2010	7
5K	Karen Weighall	00:30:47	Roundshaw Downs 5k parkrun	09/04/2011	44
5K	Aimee Fox	00:31:01	Roundshaw Downs 5k parkrun	19/03/2011	13
5K	Karen Weighall	00:31:09	Roundshaw Downs 5k parkrun	26/03/2011	44
5K	Janet Nash	00:31:10	Roundshaw Downs 5k parkrun	24/03/2012	51
5K	Dominic Fox	00:31:14	Roundshaw Downs 5k parkrun	02/01/2010	7
5K	Dominic Fox	00:31:17	Banstead Woods 5k parkrun	27/06/2009	7
5K	Gill Stalley	00:31:56	Banstead Woods 5k parkrun	23/05/2009	45
5K	Nicola Tarrant	00:32:37	Milton Keynes 5k parkrun	31/03/2012	28
5K	Gill Stalley	00:33:23	Banstead Woods 5k parkrun	16/05/2009	45
5K	Karen Patching	00:33:47	Banstead Woods 5k parkrun	31/03/2012	41
5K	Gill Stalley	00:34:25	Banstead Woods 5k parkrun	09/05/2009	45
5K	Sophie Gaskin	00:35:56	Nonsuch Park 5k parkrun	22/10/2011	45
5K	Sophie Gaskin	00:36:48	Nonsuch Park 5k parkrun	15/10/2011	45
5K	Jean Quested	00:40:22	Roundshaw Downs 5k parkrun	08/10/2011	63
5M	Terry Bridger	00:31:35	Chessington 5	14/02/1999	49
5M	Thomas Wilkie	00:43:20	Chessington 5	14/02/1999	46
5M	Alison Fox	00:46:38	Hogsmill 5	08/05/2011	46
7K	Martin Lloyd	00:27:58	Wedding Day 7k	28/07/2000	40
7K	Thomas Wilkie	00:35:08	Wedding Day 7k	28/07/2000	47
7M	Martin Lloyd	00:44:27	Elmore 7	16/07/2011	51
7M	Andy Stalley	00:44:43	Elmore 7	17/07/2010	45
7M	Martin Lloyd	00:44:52	Elmore 7	13/07/2002	42
7M	Andy Stalley	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 Cottam	00:59:42	Elmore 7	17/07/2010	45
7M	Annette Helliwell	01:01:09	Elmore 7	17/07/2010	51
7M	Rupert Quested	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