AGE CATEGORY	DISTANCE	TIME	NAME	DATE	EVENT
Senior	5K	**18.25**	Sarah Frost	04/05/2022	Ardingly
	10K	**36.11**	Moyra Jordan	07/02/1993	West Ewell
	5,000 metres				
	10,000 metres				
	10 Miles	**59.54**	Moyra Jordan	07/03/1993	Woking
	Half Marathon	**83.40**	Moyra Jordan	03/10/1993	Barns Green
	Marathon	3.07.24	Polly Henderson	17/04/2023	Boston
	50K Ultra	5.44.04	Amy Capsey	10/05/2025	Run To The Sea (Br)
	100k Ultra				
Veteran over 35	5K	20.59	Anna McLauchlan	26/02/2025	Battersea
	10K	41.47	Lucinda Potten	05/02/2017	Chichester
	5,000 metres				
	10,000 metres				
	10 Miles	78.34	Anna McLauchlan	08/06/2025	Brighton
	Half Marathon	95.15	Lucinda Potten	27/09/2015	Barns Green
	Marathon	3.37.02	Johanna Terry	24/04/2016	London
	50K Ultra	**5.22.34**	Anna McLauchlan	04/05/2024	Run To The Sea (Br)
	100k Ultra				
Veteran over 40	5K	18.54	Melissa Galea Holmes	24/09/2025	Battersea
	10K	39.11	Moyra Jordan	17/11/2002	Brighton
	5,000 metres				
	10,000 metres				
	10 Miles	68.43	Melissa Galea Holmes	19/01/2025	Brighton
	Half Marathon	87.18	Kat Owens	02/04/2023	Bournemouth
	Marathon	**3.03.24**	Kat Owens	21/04/2024	London
	50K Ultra	8.03.07	Liz Giannopoulos	10/05/2025	Run To The Sea (Br)
	100k Ultra				
Veteran over 45	5K	19.31	Melissa Galea Holmes	07/06/2026	Wisborough Green
	10K	39.56	Melissa Galea Holmes	06/09/2026	Littlehampton
	5,000 metres				
	10,000 metres				
	10 Miles	66.04	Melissa Galea Holmes	18/10/2026	Portsmouth
	Half Marathon	88.28	Melissa Galea Holmes	22/02/2026	Woking
	Marathon	3.07.20	Kat Owens	12/04/2026	Brighton
	50K Ultra	5.20.30	Melissa Galea Holmes	04/07/202	Serpent Trail
	100k Ultra				
Veteran over 50	5K	22.29	Miranda Huisman	06/09/2020	Battersea Park
	10K	43.34	Val Purnell	18/11/2012	Brighton
	5,000 metres	**20.40**	Val Purnell	10/07/2013	Lewes
	10,000 metres				
	10 Miles	**78.46**	Miranda Huisman	23/10/2016	Portsmouth
	Half Marathon	94.39	Alison Edney	29/09/2019	Barns Green
	Marathon	3.38.56	Zoe Tetlow	07/10/2018	Chester
	50K Ultra	6.11.45	Zoe Tetlow	10/05/2025	Run To The Sea (Br)
	100k Ultra				
Veteran over 55	5K	22.03	Miranda Huisman	15/04/2021	Goodwood
	10K	45.22	Alison Edney	25/09/2022	Goodwood
	5,000 metres	21.47	Val Purnell	18/09/2016	Birmingham
	10,000 metres	48.36	Val Purnell	01/08/2019	Brighton
	10 Miles	76.18	Alison Edney	05/05/2024	Haywards Heath
	Half Marathon	96.27	Alison Edney	22/01/2023	Farnborough
	Marathon	3.37.35	Phyl Weston	21/04/2023	London
	50K Ultra				
	100k Ultra				
Veteran over 60	5K	23.14	Margaret Wadman	26/05/2023	London Hyde Park
	10K	46.52	Miranda Huisman	01/02/2026	Chichester
	5,000 metres	24.21	Margaret Wadman	25/06/2025	Tooting Bec
	10,000 metres				
	10 Miles	85.56	Penny Barron	16/10/2022	Portsmouth
	Half Marathon	1.44.56	Phyl Weston	28/09/2025	Barns Green
	Marathon	03:48:07	Phyl Weston	14/09/2025	Richmond
	50K Ultra	5.39.31	Phyl Weston	04/10/2025	Run to The Sea (Bo)
	100k Ultra				
Veteran over 65	5K	23.48	Penny Barron	30/11/2025	Battersea

	10K	48.57	Penny Barron	16/11/2025	Brighton
	5,000 metres	24.45	Val Purnell	31/07/2026	Brighton
	10,000 metres				
	10 Miles	86.19	Penny Barron	19/10/2025	Portsmouth
	Half Marathon	1.44.00	Valerie McLachlan	31/10/2010	Barns Green
	Marathon	04:19:20	Penny Barron	14/09/2025	Richmond
	50K Ultra	5.39.31	Penny Barron	04/10/2025	Run To The Sea (Bo)
	100k Ultra				
Veteran over 70	5K	27.47	Caroline Bransden	29/11/2024	Serpentine
	10K	53.51	Eileen Quinton	09/06/2004	Worthing
	5,000 metres				
	10,000 metres				
	10 Miles	99.55	Julia Johnson	05/05/2024	Haywards Heath
	Half Marathon	02:16:55	Caroline Bransden	19/10/2024	Speyside
	Marathon	5.26.39	Caroline Bransden	27/04/2025	London
	50K Ultra				
	100k Ultra				
Veteran over 75	5K				
	10K	00:52:46	Eileen Quinton	08/06/2005	Worthing
	5,000 metres				
	10,000 metres				
	10 Miles				
	Half Marathon	01:58:20	Eileen Quinton	20/02/2005	Brighton
	Marathon	4.51.40	Eileen Quinton	22/04/2007	London
	50K Ultra				
	100k Ultra				
Veteran over 80	5K				
	10K	65.22	Eileen Quinton	13/05/2011	Thionville
	5,000 metres				
	10,000 metres				
	10 Miles				
	Half Marathon	2.29.52	Eileen Quinton	09/11/2009	Barns Green
	Marathon				
	50K Ultra				
	100k Ultra				
Veteran over 85	5K				
	10K	76.42	Eileen Quinton	06/12/2014	Worthing
	5,000 metres				
	10,000 metres				
	10 Miles				
	Half Marathon				
	Marathon				
	50K Ultra				
	100k Ultra				