

**Club records for road championships 1991 - 2018**

**Best performances Women**

Name	Race	Distance	%	Age	Year
Lynda Hembury	Chester	Mar	94.93%	60	2017
Lynda Hembury	Chester	Mar	94.72%	45	2018
Lynda Hembury	London	Mar	89.92%	33	2018
Lynda Hembury	Bournemouth	Mar	85.60%	59	2016
Verna Burgess	London	Mar	80.97%	50	2014
Verna Burgess	London	Mar	77.37%	52	2016
Claire Doherty	London	Mar	76.36%	41	2014
Verna Burgess	London	Mar	76.09%	51	2015
Claire Doherty	York	Mar	75.46%	40	2013
Harriette Purchas	Milton Keynes	Mar	74.23%	49	2014
Lynda Hembury	London	H-Mar	92.88%	45	2018
Lynda Hembury	Watford	H-Mar	91.19%	45	2018
Lynda Hembury	Burnham Beeches	H-Mar	89.13%	61	2018
Lynda Hembury	Milton Keynes - Winter	H-Mar	88.82%	45	2018
Lynda Hembury	Milton Keynes	H-Mar	88.42%	60	2017
Lynda Hembury	Burnham Beeches	H-Mar	87.32%	60	2017
Lynda Hembury	Berkhamsted	H-Mar	86.91%	59	2016
Lynda Hembury	Watford	H-Mar	86.61%	60	2017
Lynda Hembury	Caterham	H-Mar	86.31%	37	2018
Lynda Hembury	Watford	H-Mar	85.98%	59	2016
Lynda Hembury	Pednor	5m	91.20%	42	2018
Lynda Hembury	Wolverton	5m	88.25%	58	2015
Lynda Hembury	Headington	5m	86.58%	58	2015
Lynda Hembury	Pednor	5m	83.73%	59	2016
Edda Aitchison	Wolverton	5m	81.06%	60	2007
Alison Harding	Pednor	5m	80.97%	55	2015
Verna Burgess	Hatfield	5m	79.83%	51	2015
Verna Burgess	Sneyd	5m	78.93%	61	2018
Verna Burgess	Pednor	5m	77.91%	50	2014
Edda Aitchison	Pednor	5m	76.46%	61	2008
Lynda Hembury	Waddesdon	5km	92.83%	42	2018
Lynda Hembury	Parkrun - Aylesbury	5km	91.09%	60	2017
Lynda Hembury	Parkrun - Aylesbury	5km	91.02%	60	2017
Lynda Hembury	Hatfield (race 2)	5km	90.54%	59	2016
Lynda Hembury	Parkrun - Cassiobury	5km	88.00%	59	2016
Lynda Hembury	Parkrun - Aylesbury	5km	87.85%	38	2018
Lynda Hembury	Parkrun - Aylesbury	5km	87.53%	59	2016
Lynda Hembury	Parkrun - Aylesbury	5km	85.80%	59	2016
Lynda Hembury	Waddesdon	5km	84.88%	58	2015
Alison Harding	Parkrun - Edinburgh	5km	80.93%	61	2018
Lynda Hembury	Leighton Buzzard	10m	89.72%	45	2018
Lynda Hembury	Leighton Buzzard	10m	89.14%	60	2017
Lynda Hembury	Pednor	10m	87.24%	60	2017
Lynda Hembury	Pednor	10m	86.81%	51	2018
Lynda Hembury	Pednor	10m	84.08%	59	2016
Lynda Hembury	Leighton Buzzard	10m	83.86%	58	2015
Claire Doherty	St Albans	10m	75.44%	41	2014
Edda Aitchison	St Albans	10m	74.98%	60	2007
Erica Clapp	Sneyd	10m	74.52%	46	1992
Michaela Colwell	St Albans	10m	74.47%	42	2009
Lynda Hembury	Sutton	10km	92.49%	45	2018
Lynda Hembury	Bearbrook	10km	91.53%	60	2017
Lynda Hembury	Thame	10km	90.86%	60	2017
Lynda Hembury	Leighton Buzzard	10km	90.76%	61	2018
Lynda Hembury	Bearbrook	10km	89.86%	61	2018
Lynda Hembury	Stoke	10km	87.93%	58	2015
Lynda Hembury	Luton	10km	86.88%	50	2018
Lynda Hembury	Poole	10km	86.75%	59	2016
Lynda Hembury	Milton Keynes	10km	85.98%	60	2017
Lynda Hembury	Alresford	10km	82.60%	58	2015

Note: there are a total of 2993 ladies results

**Best performances Men**

Name	Race	Distance	%	Age	Year
Colin Rees	London	Mar	83.51%	60	2004
Colin Rees	London	Mar	82.57%	58	2002
Luke Delderfield	London	Mar	80.31%	35	2016
Mike Burgess	London	Mar	79.77%	45	2006
Colin Rees	Barcelona	Mar	79.73%	56	2000
Luke Delderfield	London	Mar	79.49%	32	2013
Mike Mitchell	London	Mar	79.37%	51	2000
Sam Williamson	London	Mar	79.08%	44	2007
Eliot Lyne	London	Mar	78.87%	35	2004
Mike Mitchell	London	Mar	78.60%	45	1994
Colin Rees	Hillingdon	H-Mar	84.36%	58	2002
Colin Rees	Watford	H-Mar	83.18%	58	2002
Tom Griffin	Berkhamsted	H-Mar	82.70%	63	2011
Mike Mitchell	Reading	H-Mar	82.36%	45	1994
Colin Rees	Watford	H-Mar	81.98%	60	2004
Colin Rees	Stevenage	H-Mar	81.82%	62	2006
Sam Williamson	Milton Keynes	H-Mar	81.68%	44	2007
Colin Rees	Pepper	H-Mar	81.65%	57	2001
Colin Rees	Harrow	H-Mar	81.62%	55	1999
Colin Rees	St Albans	H-Mar	81.55%	61	2005
Tom Griffin	Perivale	5m	83.85%	64	2012
Colin Rees	Headington	5m	83.82%	56	2000
Tom Griffin	Marlow	5m	83.26%	65	2013
Mike Burgess	Perivale	5m	83.09%	52	2013
Kevin Harding	Pednor	5m	83.02%	42	2002
Mike Burgess	Sneyd	5m	82.88%	38	2018
Tom Griffin	Perivale	5m	82.82%	63	2011
Mike Burgess	Ickenham	5m	82.77%	52	2013
Mike Burgess	Wellingboro	5m	82.45%	56	2017
Tom Griffin	Wolverton	5m	82.37%	55	2003
Mike Burgess	Parkrun - Hastings	5km	86.35%	42	2018
Mike Burgess	Waddesdon	5km	85.87%	42	2018
Mike Mitchell	Tring	5km	82.80%	47	1996
Kevin Harding	Waddesdon	5km	82.04%	49	2009
Kevin Harding	Stevenage (2)	5km	81.80%	42	2002
Colin Rees	Stevenage	5km	81.67%	56	2000
Kevin Harding	Waddesdon	5km	81.66%	46	2006
Tom Griffin	Waddesdon	5km	81.65%	63	2011
Mike Burgess	Serpentine - November	5km	81.46%	52	2013
Kevin Harding	Waddesdon	5km	81.28%	47	2007
Tom Griffin	Ricky road race	10m	87.71%	52	2000
Colin Rees	St Albans	10m	85.42%	62	2006
Mike Mitchell	Leighton Buzzard	10m	84.20%	51	2000
Colin Rees	Maidenhead	10m	83.72%	58	2002
Colin Rees	Cabbage Patch	10m	83.60%	57	2001
Paul Allen	Maidenhead	10m	82.92%	51	2018
Colin Rees	Leighton Buzzard	10m	82.81%	58	2002
Paul Allen	St Albans	10m	82.75%	46	2009
Kevin Harding	Hemel	10m	82.75%	43	2003
Colin Rees	St Albans	10m	82.63%	60	2004
Mike Burgess	Brighton	10km	86.48%	45	2018
Paul Allen	Bearbrook	10km	83.61%	45	2008
Kevin Harding	Princes Risborough	10km	83.26%	41	2001
Paul Allen	Princes Risborough	10km	82.90%	46	2009
Paul Allen	Bearbrook	10km	82.82%	46	2009
Paul Allen	Bearbrook	10km	82.59%	47	2010
Tom Griffin	Perigueux	10km	82.44%	67	2015
Colin Rees	Thame	10km	82.43%	56	2000
Tom Griffin	Bearbrook	10km	82.31%	61	2009
Paul Allen	Bearbrook	10km	82.16%	53	2016

Note: there are a total of 5463 mens results