

**Club records for road championships 1991 - 2021**
**Best times Women**

Name	Race	Distance	Time	Age	Year
Claire Doherty	London	Mar	03:08:45	41	2014
Claire Doherty	York	Mar	03:09:02	40	2013
Becky Rafferty	Amsterdam	Mar	03:14:16	30	2015
Lynda Hembury	Chester	Mar	03:14:37	60	2017
Lynda Hembury	York	Mar	03:14:47	62	2019
Claire Doherty	London	Mar	03:16:32	40	2013
Alison Harding	Blackpool	Mar	03:16:52	41	2001
Lynda Hembury	Chester	Mar	03:17:59	61	2018
Verna Burgess	London	Mar	03:18:37	50	2014
Michaela Colwell	London	Mar	03:24:38	42	2009
Claire Doherty	Maidenhead	H-Mar	01:28:45	40	2013
Claire Doherty	Berkhamsted	H-Mar	01:30:29	41	2014
Lynda Hembury	London	H-Mar	01:31:31	61	2018
Claire Doherty	Berkhamsted	H-Mar	01:32:22	40	2013
Michaela Colwell	Watford	H-Mar	01:32:51	42	2009
Lynda Hembury	Watford	H-Mar	01:33:13	61	2018
Lynda Hembury	Bournemouth	H-Mar	01:33:21	62	2019
Becky Rafferty	Berkhamsted	H-Mar	01:33:50	34	2019
Michaela Colwell	Berkhamsted	H-Mar	01:34:07	41	2008
Michaela Colwell	Watford	H-Mar	01:34:13	41	2008
Vicki Quincey	Berkhamsted	5m	00:31:23	18	1994
Rachel Nicholson	Berkhamsted	5m	00:32:48	16	1994
Iona Craft	Marlow	5m	00:33:35	31	2012
Lynda Hembury	Hatfield	5m	00:33:48	64	2021
Lynda Hembury	Headington	5m	00:34:01	62	2019
Alison Harding	Wolverton	5m	00:34:03	42	2002
Lynda Hembury	Berkhamsted	5m	00:34:23	63	2020
Vicki Quincey	Wolverton	5m	00:34:23	15	1991
Sarah Langer	Wolverton	5m	00:34:24	36	2016
Mary Ward	Halton	5m	00:34:27	28	1996
Vicki Quincey	Silverstone	5km	00:19:04	18	1994
Vicki Quincey	Tring	5km	00:19:20	18	1994
Vicki Quincey	Tring	5km	00:19:33	17	1993
Vicki Quincey	Silverstone	5km	00:19:43	15	1991
Sarah Langer	Milton Keynes	5km	00:19:53	39	2019
Iona Craft	Waddesdon	5km	00:20:00	31	2012
Sarah Langer	Parkrun - St Albans	5km	00:20:15	37	2017
Michaela Colwell	Stopsley	5km	00:20:42	41	2008
Lynda Hembury	Hatfield (race 2)	5km	00:20:47	59	2016
Alison Harding	Stevenage (3)	5km	00:20:48	41	2001
Claire Doherty	St Albans	10m	01:08:29	41	2014
Claire Doherty	Pednor	10m	01:09:46	40	2013
Michaela Colwell	St Albans	10m	01:10:06	42	2009
Michaela Colwell	St Albans	10m	01:10:26	41	2008
Michaela Colwell	Sandy	10m	01:11:25	40	2007
Michaela Colwell	Pednor	10m	01:11:40	42	2009
Lynda Hembury	Leighton Buzzard	10m	01:12:02	60	2017
Lynda Hembury	Leighton Buzzard	10m	01:12:35	61	2018
Kirsty Barnett	St Albans	10m	01:13:05	30	2005
Anna Scarth	St Albans	10m	01:13:18	32	2012
Claire Doherty	Andy Reading	10km	00:41:07	40	2013
Sophie Green	Bearbrook	10km	00:41:45	36	2019
Lynda Hembury	Sutton	10km	00:42:07	61	2018
Michaela Colwell	Thame	10km	00:42:20	41	2008
Lynda Hembury	Bearbrook	10km	00:42:47	64	2021
Lynda Hembury	Bearbrook	10km	00:42:51	60	2017
Lynda Hembury	Leighton Buzzard	10km	00:42:55	61	2018
Lynda Hembury	Thame	10km	00:43:10	60	2017
Mary Ward	Whitstable	10km	00:43:10	44	2012
Michaela Colwell	Princes Risborough	10km	00:43:11	42	2009

Note: there are a total of 3375 ladies results

**Best times Men**

Name	Race	Distance	Time	Age	Year
Luke Delderfield	London	Mar	02:33:06	35	2016
Luke Delderfield	London	Mar	02:35:32	32	2013
Mark Innocenti	Brighton	Mar	02:35:45	39	2021
Luke Delderfield	Berlin	Mar	02:38:42	31	2012
Eliot Lyne	London	Mar	02:39:53	35	2004
Luke Delderfield	London	Mar	02:41:29	31	2012
Luke Delderfield	London	Mar	02:46:22	30	2011
Sam Williamson	London	Mar	02:47:20	44	2007
Ross Langley	London	Mar	02:47:37	29	2013
Mike Burgess	London	Mar	02:48:29	45	2006
Luke Delderfield	Barcelona	H-Mar	01:12:19	39	2020
Luke Delderfield	Watford	H-Mar	01:13:49	32	2013
Luke Delderfield	Barnstaple	H-Mar	01:13:58	34	2015
Luke Delderfield	Watford	H-Mar	01:13:59	35	2016
Tom Sawyer	Victoria Park	H-Mar	01:14:48	27	2018
Luke Delderfield	Berkhamsted	H-Mar	01:14:58	30	2011
Luke Delderfield	St Albans	H-Mar	01:15:02	38	2019
Luke Delderfield	Berkhamsted	H-Mar	01:15:55	31	2012
Luke Delderfield	Watford	H-Mar	01:16:21	30	2011
Ross Langley	Watford	H-Mar	01:17:06	34	2018
Mike Perry	Wolverton	5m	00:27:34	37	1992
Kevin Harding	Pednor	5m	00:27:44	42	2002
Kevin Harding	Wolverton	5m	00:27:50	41	2001
Mike Perry	Halton	5m	00:27:54	39	1994
Mike Perry	Wolverton	5m	00:27:55	36	1991
Kevin Harding	Pednor	5m	00:27:57	39	1999
Kevin Harding	Wolverton	5m	00:28:01	39	1999
Bob Garland	Hatch End	5m	00:28:04	38	1991
Clive Cohen	Wolverton	5m	00:28:09	35	1992
Gareth Owens	Pednor	5m	00:28:18	39	1998
Gareth Owens	Tring Pavilion	5km	00:16:51	39	1998
Kevin Harding	Stevenage (2)	5km	00:16:53	42	2002
Bob Garland	Battersea	5km	00:16:54	39	1992
Keith Moore	Milton Keynes	5km	00:16:55	33	1992
Tom Sawyer	Parkrun - Cassiobury	5km	00:16:56	27	2018
Kevin Harding	Stevenage (3)	5km	00:16:58	41	2001
Luke Delderfield	Parkrun - St Albans	5km	00:16:58	37	2018
Kevin Harding	Chesham	5km	00:16:59	39	1999
Christopher Booth	Parkrun - Cassiobury	5km	00:17:03	19	2018
Ross Langley	Waddesdon	5km	00:17:10	24	2008
Luke Delderfield	Great South	10m	00:54:10	38	2019
Luke Delderfield	St Albans	10m	00:55:28	34	2015
Luke Delderfield	Maidenhead	10m	00:55:42	38	2019
Luke Delderfield	Leighton Buzzard	10m	00:56:20	34	2015
Luke Delderfield	St Albans	10m	00:56:37	38	2019
Kevin Harding	Hemel	10m	00:58:08	40	2000
Kevin Harding	Hemel	10m	00:58:09	43	2003
Tom Griffin	Ricky road race	10m	00:58:36	52	2000
Sam Williamson	Maidenhead	10m	00:58:39	44	2007
Mike Perry	Bedford Cople	10m	00:58:44	39	1994
Kevin Harding	Princes Risborough	10km	00:34:31	41	2001
Tom Sawyer	Victoria Park	10km	00:34:50	27	2018
Tom Sawyer	Brighton	10km	00:34:51	27	2018
Mike Perry	Civil Service	10km	00:35:08	38	1993
Mike Perry	Tring	10km	00:35:09	36	1991
Tom Sawyer	Leighton Buzzard	10km	00:35:09	27	2018
Bob Garland	Wolverhampton	10km	00:35:13	38	1991
Mike Perry	Civil Service	10km	00:35:14	39	1994
Paul Allen	Bearbrook	10km	00:35:17	45	2008
Kevin Harding	Ribble	10km	00:35:29	40	2000

Note: there are a total of 5918 mens results

Note: Tring Pavilion 5km was a club event; course distance not accurately measured