



WALTON AC ROAD BESTS

OVERALL MALE					OVERALL FEMALE				
1M	4m 38	Alex Kilby (U20)	South Shields	03-Nov-21	1M	5m 35	Jo Locker (W40)	London	27-May-18
5M	23m 21	Malcolm Connelly	Staines	05-Jun-75	5M	35m 56	Michelle Tafili (W35)	Battersea Pk	07-May-24
10M	48m 30	Malcolm Connelly	Walton	Oct 1975	10M	1hr 04:47	Sarah Williamson	Portsmouth	10-Oct-04
20M	1hr 44:45	K. Honney	Godalming	07-May-55	20M	2hr 45:39	Michelle Tafili (W35)	Kingston	17-Mar-24
U20M					U20W				
1M	4m 38	Alex Kilby (U20)	South Shields	03-Nov-21	1M				
SENIOR M					SENIOR W				
1M	4m 41	Alex Kilby	South Shields	01-Feb-23	1M	7m 02	Tina Howell	South Shields	01-Dec-15
5M	23m 21	Malcolm Connelly	Staines	05-Jun-75	5M				
10M	48m 30	Malcolm Connelly	Walton	Oct 1975	10M	1hr 04:47	Sarah Williamson	Portsmouth	10-Oct-04
20M	1hr 44:45	K. Honney	Godalming	07-May-55	20M				
OVERALL MASTERS MALE					OVERALL MASTERS FEMALE				
1M	4m 52	Jani Kraner (M40)	Lee Valley	26-Aug-23	1M	5m 35	Jo Locker (W40)	London	27-May-18
5M	27m 33	Jani Kraner (M40)	Battersea Park	15-Dec-23	5M	35m 56	Michelle Tafili (W35)	Battersea Pk	07-May-24
10M	54m 52	Duncan Woolmer (M40)	Buntingford	30-Dec-23	10M	1hr 11:38	Mandy Ruks (W35)	Brockham	04-Jun-17
20M	1hr 57:32	Duncan Woolmer (M40)	Kingston	17-Mar-24	20M	2hr 45:39	Michelle Tafili (W35)	Kingston	17-Mar-24
M35					W35				
1M					1M	6m 15	Michelle Tafili	Ealing	02-Feb-24
5M					5M	35m 56	Michelle Tafili	Battersea Pk	07-May-24
10M	58m 12	Duncan Woolmer	Brockham	07-Jun-15	10M	1hr 11:38	Mandy Ruks (W35)	Brockham	04-Jun-17
20M	2hr 13:53	Ben Harling	Kingston	17-Mar-24	20M	2hr 45:39	Michelle Tafili	Kingston	17-Mar-24
M40					W40				
1M	4m 52	Jani Kraner	Lee Valley	26-Aug-23	1M	5m 35	Jo Locker	London	27-May-18
5M	27m 33	Jani Kraner	Battersea Park	15-Dec-23	5M				
10M	54m 52	Duncan Woolmer	Buntingford	30-Dec-23	10M	1hr 22:28	Cath Marcus	Twickenham	16-Oct-16
20M	1hr 57:32	Duncan Woolmer	Kingston	17-Mar-24	20M				
M45					W45				
1M	5m 05	Tim Grose	Cardiff	01-Oct-16	1M				
5M	28m 03	Tim Grose	London Olympic Park	21-Jul-13	5M				
10M	1hr 01:49	Clinton De Tarnowsky	Dorking	02-Jun-24	10M	1hr 15:30	Mandy Ruks	Maidenhead	29-Mar-24
20M	2hr 14:45	Richard Singleton	Kingston	17-Mar-24	20M				
M50					W50				
1M	5m 29	Tim Grose	London	27-May-18	1M				
5M	35m 30	Laurie Avadis	London Olympic Park	21-Jul-13	5M	41m 02	Guilaine Sheward	Perivale	04-Dec-16
10M	1hr 01:40	Tim Grose	Portsmouth	20-Oct-19	10M	1hr 26:38	Guilaine Sheward	Twickenham	15-Oct-17
20M					20M				
M55					W55				
1M	5m 31.4	Tim Grose	Bourton	09-May-25	1M				
5M	32m 13	Tim Grose	Battersea Park	13-May-25	5M				
10M	1hr 06:17	Tim Grose	Brockham	04-Jun-23	10M				
20M					20M				
M60					W60				
1M					1M				
5M					5M				
10M	1hr 24:45	Bob Bannister	Twickenham	13-Oct-19	10M				
20M					20M				
M65					W65				
1M					1M				
5M					5M				
10M	1hr 19:35	Bob Bannister	Portsmouth	17-Oct-21	10M				
20M					20M				

Updated: 14/05/25