WALTON AC ROAD BESTS

		OVERALL MALE		
1M	4m 38	Alex Kilby (U20)	South Shields	03-Nov-21
5M	23m 21	Malcolm Connelly	Staines	05-Jun-75
10M	48m 30	Malcolm Connelly	Walton	Oct 1975
20M	1hr 44:45	K. Honney	Godalming	07-May-55
U20M				
1M	4m 38	Alex Kilby (U20)	South Shields	03-Nov-21
SENIOR M				
1M	4m 41	Alex Kilby	South Shields	01-Feb-23
5M	23m 21	Malcolm Connelly	Staines	05-Jun-75
10M	48m 30	Malcolm Connelly	Walton	Oct 1975
20M	1hr 44:45	K. Honney	Godalming	07-May-55
		OVERALL MASTERS MALE		
1M	4m 43	Jonathan Hiorns (M35)	London	21-Sep-24
5M	27m 33	Jani Kraner (M40)	Battersea Park	15-Dec-23
10M	54m 52	Duncan Woolmer (M40)	Buntingford	30-Dec-23
20M	1hr 57:03	Duncan Woolmer (M45)	Kingston	08-Mar-26
M35				
1M	4m 43	Jonathan Hiorns	London	21-Sep-24
5M				
10M	58m 12	Duncan Woolmer	Brockham	07-Jun-15
20M	2hr 13:53	Ben Harling	Kingston	17-Mar-24
M40				
1M	4m 52	Jani Kraner	Lee Valley	26-Aug-23
5M	27m 33	Jani Kraner	Battersea Park	15-Dec-23
10M	54m 52	Duncan Woolmer	Buntingford	30-Dec-23
20M	1hr 57:32	Duncan Woolmer	Kingston	17-Mar-24
M45				
1M	5m 05	Tim Grose	Cardiff	01-Oct-16
5M	28m 03	Tim Grose	London Olympic Park	21-Jul-13
10M	1hr 01:49	Clinton De Tarnowsky	Dorking	02-Jun-24
20M	1hr 57:03	Duncan Woolmer	Kingston	08-Mar-26
M50				
1M	5m 29	Tim Grose	London	27-May-18
5M	35m 30	Laurie Avadis	London Olympic Park	21-Jul-13
10M	1hr 01:40	Tim Grose	Portsmouth	20-Oct-19
20M				
M55				
1M	5m 31.4	Tim Grose	Bourton	09-May-25
5M	32m 13	Tim Grose	Battersea Park	13-May-25
10M	1hr 06:17	Tim Grose	Brockham	04-Jun-23
20M				
M60				
1M				
5M				
10M	1hr 24:45	Bob Bannister	Twickenham	13-Oct-19
20M				
M65				
1M				
5M				
10M	1hr 19:35	Bob Bannister	Portsmouth	17-Oct-21
20M				

		OVERALL FEMALE		
1M	5m 35	Jo Locker (W40)	London	27-May-18
5M	29m 25	Charlotte Ryan	Battersea Pk	19-Dec-25
10M	1hr 04:47	Sarah Williamson	Portsmouth	10-Oct-04
20M	2hr 36:58	Michelle Tafili (W40)	Kingston	08-Mar-26
U20W				
1M				
SENIOR W				
1M	7m 02	Tina Howell	South Shields	01-Dec-15
5M	29m 25	Charlotte Ryan	Battersea Pk	19-Dec-25
10M	1hr 04:47	Sarah Williamson	Portsmouth	10-Oct-04
20M				
		OVERALL MASTERS FEMALE		
1M	5m 35	Jo Locker (W40)	London	27-May-18
5M	35m 56	Michelle Tafili (W35)	Battersea Pk	07-May-24
10M	1hr 11:38	Mandy Ruks (W35)	Brockham	04-Jun-17
20M	2hr 36:54	Mandy Ruks (W45)	Bramley	15-Feb-26
W35				
1M	6m 15	Michelle Tafili	Ealing	02-Feb-24
5M	35m 56	Michelle Tafili	Battersea Pk	07-May-24
10M	1hr 11:38	Mandy Ruks	Brockham	04-Jun-17
20M	2hr 45:39	Michelle Tafili	Kingston	17-Mar-24
W40				
1M	5m 35	Jo Locker	London	27-May-18
5M				
10M	1hr 22:28	Cath Marcus	Twickenham	16-Oct-16
20M	2hr 36:58	Michelle Tafili	Kingston	08-Mar-26
W45				
1M	6m 12	Mandy Ruks	London	27-Sep-25
5M				
10M	1hr 07:46	Elise Brockhurst	Twickenham	18-Oct-26
20M	2hr 36:54	Mandy Ruks	Bramley	15-Feb-26
W50				
1M				
5M	41m 02	Guilaine Sheward	Perivale	04-Dec-16
10M	1hr 26:38	Guilaine Sheward	Twickenham	15-Oct-17
20M				
W55				
1M				
5M				
10M				
20M				
W60				
1M				
5M				
10M				
20M				
W65				
1M				
5M				
10M				
20M				

Updated: 19/10/26