WINCHESTER AND DISTRICT, MARATHON RECORDS - updated to 30/11/11. UK top 20, light red.

EVENT	AGE	TIME	ATHLETE	YEAR	LOCATION	EVENT	UK
WOMEN'S EVENTS							
1/2 M'thon	Under 20						
	Senior	01:10:07	Louisa Damen	25-Mar-07	Reading	Asics 1/2 Marathon	4
	Vet 35	01:17:28	Michaela McCallum	2003			
	Vet 40	01:33:40	Jan Ross	1998			
	Vet 45	01:37:20	Joy Radford	2003			
	Vet 50	01:44:23	Shirley Dyson-Laune	2002			
	Vet 55						
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						
Marathon	Under 20						
	Senior	02:30:00	Louisa Damen	17-Apr-11	London	Virgin L Marathon	2
	Vet 35	02:39:10	Michaela McCallum	18-Apr-04	London	Marathon	
	Vet 40	02:51:45	Michaela Mc Callum	04-Nov-07	New York	NY Marathon	3
	Vet 45	03:52:11	Jan Spring	2003			
	Vet 50	03:44:43	Shirley Dyson-Laune	2002			
	Vet 55						
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						
MEN'S EVENTS							
1/2 M'thon	Under 20						
	Senior	01:04:29	Toby Lambert	21-Mar-10	Reading	Sweatshop	5
	Vet 40	01:13:40	Simon Stevens	15-Oct-09	Gosport	Gosport 1/2 Marathon	39
	Vet 45	01:18:45	David Vosser	25-Nov-07	Gosport	Gosport 1/2 marathon	28
	Vet 50	01:16:26	Paul Stoodley	20-Nov-11	Gosport	Gosport 1/2 Marathon	15
	Vet 55	01:19:02	Bernard Bennett	1993			
	Vet 60	01:27:50	Bernard Bennett	1996			
	Vet 65	01:37:40	Jonathan Kane	25-Mar-09	Fleet	Fleet 1/2 Marathoon	
	Vet 70	01:36:07	Wiliam Davies	2001			
	Vet 75	01:51:04	Wiliam Davies	25-Nov-07	Gosport	Gosport 1/2 marathor	3
	Vet 80	02:01:08	Wiliam Davies	21-Nov-10	Gosport	Gosport 1/2 marathor	3
Marathon	Under 20	04:30:00	Dale Lush	1999			
	Senior	02:17:29	Tom Payn	06-Dec-09	Japan	Fukuoka marathon	5
	Vet 40	02:37:50	Simon Stevens	25-Apr-10	London	Virgin Marathon	23
	Vet 45	03:00:27	Malcolm Leatherdale	1990			
	Vet 50	02:51:44	Bernard Bennett	1986			
	Vet 55	03:08:48	Bernard Bennett	1993			
	Vet 60	03:24:03	Jonathan Kane	2003			
	Vet 65	03:24:51	Jonathan Kane	13-Apr-08	London	London Marathon	7
	Vet 70						
	Vet 75						
	Vet 80						

Indicates new record

Indicates UK top 20

PREVIOUS RECORDS

Time.	Athlete.	Date.	Time.	Athlete.	Date.
01:25:32	Beverly Edwards	1999			
02:38:26	Michaela McCallum	1999			
02:41:41	Michaela McCallum	2002			
03:28:00	Jan Ross	1998			
03:54:00	Jan Spring	2001			
01:14:41	J Perry	2002			
01:14:09	George Hide	2006			
	Paul Sidaway				
01:17:03	Bernard Bennett	1987			
01:39:06	Bernard Bennett	2001			
02:32:32	Chris Norris	1982			
02:38:50	George Hide	2007	02:51:13	Paul Sidaway	2001
04:09:08	Bernard Bennett	1997			

WINCHESTER AND DISTRICT, MEN'S ROAD RUNNING RECORDS - updated to 30/11/11. UK top 20, light red.

PREVIOUS RECORDS

EVENT	AGE	TIME	ATHLETE	DATE	LOCATION	EVENT	UK	Time.	Athlete.	Date.	Time.	Athlete.	Date.
5 k	Under 20	17:05	Gavin Smith	1999									
	Senior	15:52	Mark Gregory	2002									
	Vet 40	16:04	Alan Murchison	08-Jun-11	Yeovilton	Summer 5k Series	16	16:47	Marius Kwint	16-Jul-09	18:55	Tony Britten	2002
	Vet 45	17:09	Keith Taylor	2001									
	Vet 50	17:48	Bernard Bennett	1987									
	Vet 55	18:25	Bernard Bennett	1991									
	Vet 60	20:39	Jonathan Kane	2003									
	Vet 65	20:08	Richard Gould	2002									
	Vet 70	20:29	Wiliam Davies	2000									
	Vet 75	22:44	Wiliam Davies	10-Aug-05	Portsmouth	Promenade							
	Vet 80	24:32	Wiliam Davies	01-Sep-10	Portsmouth	Promenade	1						
10 k	Under 20	36:17	Alex Pritchard	2003									
	Senior	29:32	Toby Lambert	07-Feb-10	Chichester	Priory 10k	13	31:38	Nick Anderson	2000			
	Vet 40	33:11	Alan Murchison	30-May-11	London	BUPA London	28	33:14	George Hide	2007			
	Vet 45	35:31	Marius Kwint	16-Jan-11	Stuggington	Stubbington Green 10K		36:10	Keith Taylor	2002			
	Vet 50	35:25	Bernard Bennett	1986									
	Vet 55	36:27	Bernard Bennett	1991									
	Vet 60	39:50	Bernard Bennett	1998									
	Vet 65	41:22	Richard Gould	2001									
	Vet 70	42:09	Wiliam Davies	2000									
	Vet 75	46:34	Wiliam Davies	11-Dec-05	Christchurch	Christmas 10k							
	Vet 80	52:30	Wiliam Davies	14-Aug-11	Merthyr Tydfil	Welsh 10k Champs	1	Wiliam	12-Oct-10	Christchur	Christmas 10k		
5 Miles	Under 20												
	Senior	23:49	Toby Lambert	24-Jan-10	Romsey	Romsey 5	7	25:25	M Gregory	2003			
	Vet 40	27:52	Marius Kwint	05-Sep-09	Overton	Overton 5M	74	28:18	George Hide	2007			
	Vet 45	27:52	Marius Kwint	19-Sep-10	Portsmouth	Victory 5	40	28:27	Keith Taylor	2001			
	Vet 50	28:33	Bernard Bennett	1987									
	Vet 55	31:20		1992									
	Vet 60	34:07	Bernard Bennett	1998									
	Vet 65	31:57	Richahrd Gould	2002									
	Vet 70	33:35	Wiliam Davies	2002									
	Vet 75	37:32	Wiliam Davies	04-Dec-05	Portsmouth	Victory 5	3						
	Vet 80	40:59	Wiliam Davies	19-Sep-10	Portsmouth	Victory 5	1						
10 Miles	Under 20												
	Senior	49:38	Toby Lambert	07-Mar-10	Salisbury	City 10	2	52:20.00	M Jones	1988			
	Vet 40	56:20	George Hide	2007									
	Vet 45	58:41	Paul Sidaway	2003									
	Vet 50	57:17	Bernard Bennett	1986									
	Vet 55	59:43	Bernard Bennett	1990									
	Vet 60	01:07:34	Bernard Bennett	1996									
	Vet 65	01:08:25	Richard Gould	2001									
	Vet 70	01:10:17	Wiliam Davies	2000									
	Vet 75	01:16:53	Wiliam Davies	07-Sep-05	Portsmouth								
	Vet 80	01:28:09	Wiliam Davies	07-Nov-10	Southampton	Lordshill 10	1						
20 Miles	Under 20												
	Senior	01:59:58	George Hide	2002									
	Vet 40	02:14:15	Tony Britten	2002									
	Vet 45	02:05:35	Paul Sidaway	2002									
	Vet 50	02:14:25	Steve Goodwin	2006									
	Vet 55	02:24:46	Malcolm Leatherdale	2002									
	Vet 60	02:29:59	Jonathan Kane	25-Jun-05									
	Vet 65	02:34:22	Jonathan Kane	01-Mar-09	Christchurch	Mad March 20	5						
	Vet 70												
	Vet 75												
	Vet 80												
						Indicates new record	Indicates UK top 20						

WINCHESTER AND DISTRICT, WOMEN'S ROAD RUNNING RECORDS - updated to 30/11/11. UK top 20, light red.

EVENT	AGE	TIME	ATHLETE	YEAR	LOCATION	EVENT	UK
5 k	Under 20	18:04	Natalie Coveney	1996			
	Senior	17:02	Rachel Townend	2004			
	Vet 35	17:45	Michaela McCallum	2001			
	Vet 40	16:28	Lucy Elliott	09-Aug-06	Portsmouth	Portsmouth 5k Series	1
	Vet 45	18:49	Jan Ross	2001			
	Vet 50						
	Vet 55						
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						
10 k	Under 20	37:24	Rachel Townend	1998			
	Senior	33:13	Louisa Damen	21-Nov-10	Brighton	Brighton 10k	10
	Vet 35	33:59	Lucy Elliott	2006			
	Vet 40	33:36	Lucy Elliott	19-Mar-06	Eastleigh	B&Q Eastleigh 10K	1
	Vet 45	35:33	Lucy Elliott	30-May-11	London	BUPA London 10K	2
	Vet 50	42:04	Joy Radford	2003			
	Vet 55						
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						
5 Miles	Under 20	31:09	India Lee	2006			
	Senior	29:02	Louisa Damen	01-Sep-07	Overton	Overton 5 Miles	40
	Vet 35	29:06	Michaela McCallum	2003			
	Vet 40	29:05	Lucy Elliott	19-Sep-10	Portsmouth	Portsmouth Victory 5	3
	Vet 45	31:25	Jan Ross	2003			
	Vet 50	35:46	Joy Radford	2003			
	Vet 55						
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						
10 Miles	Under 20						
	Senior	55:15	Louisa Damen	07-Nov-10	Southamton	Lordshill 10m	7
	Vet 35	56:56	Michaela McCallum	2003			
	Vet 40	01:07:39	Jan Ross	1999			
	Vet 45	01:15:14	Jan Spring	2000			
	Vet 50	01:07:28	Lynne Whitaker	08/03/2009	Salisbury	Salisbury 10	9
	Vet 55	01:12:36	Joy Radford	02/11/2008	Southampton	Lordshill 10	9
	Vet 60	01:16:33	Shirley Dyson-Laurie	06/11/2011	Southampton	Lords Hill 10	4
	Vet 65						
	Vet 70						
	Vet 75						
20 Miles	Under 20						
	Senior	02:10:20	Kaye Mansbridge	09-Mar-08	Ruislip	Finchley 20m	19
	Vet 35	02:01:18	Michaela McCallum	2002			
	Vet 40	03:09:00	Liz Strange	2000			
	Vet 45	02:37:27	Jan Spring	2002			
	Vet 50	02:38:16	Joy Radford	20-Mar-05	Worthing	Worthing 20m	
	Vet 55	02:49:36	Joy Radford	14-Feb-10	Bramley	Bramley 10m	17
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						

Indicates new record	Indicates UK top 10

PREVIOUS RECORDS

	Time.	Athlete.	Date.	Time.	Athlete.
18:42	Jan Ross	2000			
35:53	Michaela McCallum	2000			
38:45	Jan Ross	1999			
39:10	Jan Ross	2002			
30:40	Jan Ross	1987			
33:16	Jan Ross	1995			
01:04:29	Beverley Edwards	1999			
01:12:36	Joy Radford	2003	01:19:17	Shirley Dyson-Laurie	2003
02:20:00	Beverley Edwards	2000			
02:43:27	Shirley Dyson-Laurie	2003			

WINCHESTER AND DISTRICT,WOMEN'S ROAD RUNNING RECORDS - updated to 30/11/11. UK top 20, light red.

EVENT	AGE	TIME	ATHLETE	DATE	LOCATION	EVENT	UK
WOMEN'S:							
100k	Under 20						
	Senior						
	Vet 35	08:28:58	Sandra Bowers	28-Mar-09	Galway	UKA 100k Champs	5
	Vet 40						
	Vet 45						
	Vet 50						
	Vet 55						
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						
	Vet 80						
MEN'S:							
100k	Under 20						
	Senior						
	Vet 35	08:12:51	Ian Berry	27-Mar-11	Perth	UKA 100k Champs	10
	Vet 40						
	Vet 45						
	Vet 50						
	Vet 55						
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						
	Vet 80						

Indicates new record

Indicates UK top 10

PREVIOUS RECORDS

Time.	Athlete.	Date.	Time.	Athlete.	Date.