

**Men - Road**

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	02:51:26	Ollie Garrod	South London Harriers		16-Jan-93	12-Feb-23 Goodwood	Goodwood 50 km
40 miles							
50 miles	05:01:29	Peter Sugden	Reading AC	19-Dec-48	16-Jun-85	Hereford	John Tarrant Memorial 50 miles
100 km	06:19:20	Steve Way	Bournemouth AC	06-Jul-74	03-May-14	Gravesend	UK Champs / ACP
100 miles	12:16:46	Martin Daykin	Gloucester AC	14-Jun-47	11-Apr-81	Gloucester	Gloucester 100 miles
6 hours	81.162 km	Craig Holgate	Centurion RC	21-Sep-76	08-Mar-19	Liverpool	Liverpool Hope University 6 hr
12 hours	152.040 km	Daniel Lawson	Unattached	13-Feb-73	06-May-17	Steenburgen (NED)	Steenburgen 12 hour
24 hours	277.439 km	Robbie Britton	North Norfolk Beach Runners	15-Dec-86	26-Feb-23	Torino (ITA)	24 hr di Torino
48 hours	357.038 km	Richard Brown	Surrey Walking Club	18-Nov-46	25-Mar-97	Brno (CZE)	Brno 48 hours

**Ladies - Road**

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	03:07:20	Alyson Dixon	Sunderland Strollers		24-Sep-78	01-Sep-19 Brasov (ROU)	World Champs
40 miles							
50 miles	6:16:24 (s)	Hilary Walker	Serpentine RC	09-Nov-53	04-Apr-93	Greenwich	Greenwich 100 km
100 km	07:03:40	Sarah Webster	Isle of Man Veterans	25-Apr-79	02-Apr-23	Craigavon, Northern Ire	UK / ACP 100 km Champs
100 miles	14:46:29 (s)	Lizzy Hawker	Road Runners Club	10-Mar-76	24-Sep-11	Llandudno	Commonwealth Champs 24 hr
6 hours	70.490 km	Sarah Cameron Eleanor Robinson	St Helens Striders	19-Jul-73	29-Aug-20	Villenave d'Ornan (FRA)	6 hrs Villenave d'Ornan
12 hours	121.320 km (s)	Adams	Border Harriers	20-Nov-47	21-Sep-96	Courcon (FRA)	European 24 hour Champs
24 hours	247.076 km	Lizzy Hawker Eleanor Robinson	Road Runners Club	10-Mar-76	24-Sep-11	Llandudno	Commonwealth Champs 24 hr
48 hours	352.538 km	Adams	Border Harriers	20-Nov-47	25-Mar-97	Brno (CZE)	Brno 48 hours

**Men - Track**

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	02:48:06	Jeff Norman	Altrincham & District	06-Feb-45	07-Jun-80	Timperley	Altrincham 50 km
40 miles	03:45:07	Oli Garrod	South London Harriers	16-Jan-93	05-Mar-23	Barry	Barry 40 miles
50 miles	4:58:53 (s)	Cavin Woodward	Leamington C & AC	01-Aug-47	25-Oct-75	Tipton	Accolade 100 miles
100 km	6:25:28 (s)	Cavin Woodward	Leamington C & AC	01-Aug-47	25-Oct-75	Tipton	Accolade 100 miles
100 miles	11:38:54	Cavin Woodward	Leamington C & AC	01-Aug-47	25-Oct-75	Tipton	Accolade 100 miles
6 hours	94.146 km (s)	Cavin Woodward	Leamington C & AC	01-Aug-47	25-Oct-75	Tipton	Accolade 100 miles
12 hours	160.934 km (s)	Cavin Woodward	Leamington C & AC	01-Aug-47	25-Oct-75	Tipton	Accolade 100 miles
24 hours	274.480 km	Dave Dowdle	Gloucester AC	07-Nov-54	23-May-82	Gloucester	Gloucester 24 hours
48 hours	401.207 km	Richard Brown	Surrey Walking Club	18-Nov-46	19-May-91	Surgeres (FRA)	Surgeres 48 hours

**Ladies - Track**

<b>Event</b>	<b>Performance</b>	<b>Athlete</b>	<b>Club</b>	<b>DOB</b>	<b>Date</b>	<b>Venue</b>	<b>Competition</b>
50 km	03:18:52 (s)	Carolyn Hunter-Rowe	Knavesmire Harriers	25-Jan-64	03-Mar-96	Barry	Barry 40 miles
40 miles	04:26:43	Carolyn Hunter-Rowe	Pudsey & Bramley	25-Jan-64	07-Mar-93	Barry	Barry 40 miles
50 miles	6:12:11 (s)	Hilary Walker	Serpentine RC	09-Nov-53	16-Oct-93	Tooting Bec	Sri Chinmoy 24 hr
		Eleanor Robinson					
100 km	08:13:00	Adams	Border Harriers	20-Nov-47	28-Sep-96	Nantes (FRA)	Nantes 100 km Track Trophy
100 miles	14:10:41	Sam Amend	Belgrave Harriers	25-May-79	23-Apr-22	Bedford	Centurion 100 miles
6 hours	78.776 km	Helen Taranowski	West 4	11-Jan-73	15-Dec-12	Barcelona (ESP)	Barcelona 6 hr track
12 hours	140.310 km (s)	Sam Amend	Belgrave Harriers	25-May-79	23-Apr-22	Bedford	Centurion 100 miles
		Eleanor Robinson					
24 hours	240.169 km	Adams	Sutton-in-Ashfield	20-Nov-47	20-Aug-89	Melbourne (AUS)	Hi-Tec International Challenge
48 hours	366.512 km	Hilary Walker	Serpentine RC	09-Nov-53	07-Nov-88	Blackpool	Blackpool 48 hr