

Men - Road

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	02:56:37	Ross Houston	Central AC	05-Dec-79	27-Mar-16	Perth, Scotland	Perth 50 km
40 miles							
50 miles	05:23:44 (s)	Don Ritchie	Forres Harriers	06-Jul-44	15-Jun-79	New York (USA)	Flushing Meadows 100 miles
100 km	06:24:05	Simon Pride	Keith & District	20-Jul-67	15-May-99	Chavagnes en Pailiers (FRA)	World Champs
100 miles	11:51:12	Don Ritchie	Forres Harriers	06-Jul-44	15-Jun-79	New York (USA)	Flushing Meadows 100 miles
6 hours							
12 hours	134.899 km	Marco Consani	Garscube	15-Nov-74	22-Oct-16	Albi (FRA)	European Champs
24 hours	250.695 km	James Stewart	Victoria Park (Glasgow)	02-Apr-76	27-Oct-19	Albi (FRA)	World Champs
48 hours	324.900 km (s)	William Sichel	Orkney AC	01-Oct-53	10-May-11	Balatonfured (HUN)	6 day Balatonfured

Ladies - Road

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	3:23:17 (s)	Eleanor Greenwood	Nedbank RC	14-Mar-79	30-Mar-13	Cape Town (RSA)	Two Oceans (RSA)
40 miles							
50 miles	06:02:37	Leslie Watson	London Olympiads	04-Feb-48	03-May-81	New Preston, CT (USA)	Lake Waramaug 50 ml
100 km	07:31:33	Joanna Zakrzewski	Dumfries RC	19-Jan-76	12-Sep-15	Winschoten (NED)	European Champs
100 miles	15:48:18 (s)	Debbie Martin-Consani	Garscube Harriers	04-Apr-75	09-Sep-12	Katowice (POL)	World 24 hour champs
6 hours							
12 hours	122.649 km (s)	Sharon Law	Garscube Harriers	09-Mar-75	12-May-13	Steenburgen (NED)	European Champs
24 hours	247.985 km	Joanna Zakrzewski	Dumfries RC	19-Jan-76	18-Sep-22	Verona (ITA)	European Champs 24 hr
48 hours	411.458 km	Joanna Zakrzewski	Dumfries RC	19-Jan-76	12-Feb-23	Taipei	Taipei 48 hr

Men - Track

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
50 km	02:50:30	Don Ritchie	Forres Harriers	06-Jul-44	10-Mar-79	Timperley	Altrincham 50 km
40 miles	03:48:35 (s)	Don Ritchie	Forres Harriers	06-Jul-44	16-Oct-82	Barnet	RRC 100 km Track
50 miles	04:51:49	Don Ritchie	Forres Harriers	06-Jul-44	12-Mar-83	Barnet	RRC 50 miles
100 km	06:10:20	Don Ritchie	Forres Harriers	06-Jul-44	28-Oct-78	Crystal Palace	RRC 100 km Track
100 miles	11:30:51	Don Ritchie	Forres Harriers	06-Jul-44	15-Oct-77	Crystal Palace	RRC 100 miles Track
6 hours	97.200 km (s)	Don Ritchie	Forres Harriers	06-Jul-44	28-Oct-78	Crystal Palace	RRC 100 km Track
12 hours	160.934 km (s)	Don Ritchie	Forres Harriers	06-Jul-44	25-Sep-77	Crystal Palace	RRC 24 hour Track
24 hours	268.251 km	Don Ritchie	Moray Road Runners	06-Jul-44	27-Oct-91	Tooting Bec	Sri Chinmoy 24 hr
48 hours	355.312 km	James Shaw	100 km Association	26-Nov-44	07-Nov-88	Blackpool	Blackpool 48 hr

Ladies - Track

Event	Performance	Athlete	Club	DOB	Date	Venue	Competition
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50 km	04:04:16 (s) Joanna Zakrzewski	Dumfries RC	19-Jan-76	23-Apr-22 Bedford	Centurion 100 miles
40 miles	04:55:52 (s) Leslie Watson	London Olympiads	04-Feb-48	12-Mar-83 Barnet	RRC 50 miles
50 miles	06:20:42 Leslie Watson	London Olympiads	04-Feb-48	12-Mar-83 Barnet	RRC 50 miles
100 km	09:19:43 (s) Fionna Cameron	Harmeny AC	28-Jan-80	21-Sep-13 Tooting Bec	Sri Chinmoy 24 hr
100 miles	14:47:39 (s) Joanna Zakrzewski	Dumfries RC	19-Jan-76	26-Jul-20 Bruce (AUS)	Australia Track Invitational
6 hours	71.148 km (s) Joanna Zakrzewski	Dumfries RC	19-Jan-76	23-Apr-22 Bedford	Centurion 100 miles
12 hours	133.468 km (s) Joanna Zakrzewski	Dumfries RC	19-Jan-76	26-Jul-20 Bruce (AUS)	Australia Track Invitational
24 hours	236.561 km Joanna Zakrzewski	Dumfries RC	19-Jan-76	26-Jul-20 Bruce (AUS)	Australia Track Invitational
48 hours	302.900 km Christine Gray	Portsmouth Joggers	29-Mar-53	07-Nov-88 Blackpool	Blackpool 48 hr

