



## **Grantham Running Club Road Race Best Performances and Club Records**

Note: Performances are by first and second claim GRC members and taken from when the club rankings records began in October 2013. I believe there are no club record performances prior to this period, but there may well be some times that would be included in the tables below.

### **Club Records**

#### **parkrun**

**Men – Matthew Kingston-Lee, 16:36, Peterborough, 11 July 2015.**

**Women – Abi Schofield, 19:28, Peterborough, 4 October 2014**

#### **5K**

**Men – Matthew Kingston-Lee, 16:45, Lincoln, 22 May 2018**

**Women – Sarah Chynoweth, 19:50, Werrington, 1 August 2018**

#### **5 Miles**

**Men – Matthew Kingston-Lee, 27:30, Thorney, 20 August 2017**

**Women – Catherine Payne, 33:31, Thorney, 14 August 2016**

#### **6 Miles**

**Men - Chris Limmer, 34:55, Barrow upon Soar, 24 January 2016**

**Women – Sarah High, 49:09, Whissendine, 8 July 2016**

#### **10K**

**Men\* – Matthew Kingston-Lee, 34:10, Long Bennington, 19 June 2015**

**Women – Nicola Jefferson, 39:30, Long Bennington, 19 June 2015.**

\* Jānis Arseņikovs is credited in the 2014-15 rankings as running: 33:16, Oslo, Norway, 25 April 2015. Technically as he joined the club in autumn 2014 and did not rejoin, his membership lapsed on 1 April 2015.

## 10 Miles

Men – Matthew Kingston-Lee, 57:20, Peterborough, 1 December 2013

Women – Abi Schofield, 1:08:23, Peterborough, 7 December 2014.

## Half Marathon

Men – Matthew Kingston-Lee 1:14:46, Witchford, 13 September 2015

Women – Abi Schofield, 1:25:21, Peterborough, 12 October 2014.

## 15 Miles

Men – Matthew Kingston-Lee, 1:28:21, Folksworth, 22 January 2017

Women – Abi Schofield, 1:48:14, Folksworth, 18 January 2015.

## 30K

Men – Matthew Kingston-Lee, 1:52:38, Stamford, 16 February 2014

Women – Abi Schofield, 2:13:46, Stamford, 15 February 2015.

## 20 Miles

Men – Chris Limmer, 2:04:08, Ashby-de-la-Zouche, 19 March 2017

Women – Abi Schofield, 02:22:59, Ashby-de-la-Zouche , 22 March 2015.

## Marathon

Men – Matthew Kingston-Lee 2:41:42, London, 23 April 2017

Women – Anna O'Hare, 3:13:18, Manchester, 19 April 2015.

## Best Performance Tables

### parkrun Men - Sub 18 Minute Performances

1	Matthew Kingston-Lee	16:36	Peterborough	11 July 2015	81.62%
2	William Parkin	16:44	Lincoln	08 August 2015	77.93%
3	Matthew Kingston-Lee	17:00	Belton House	31 December 2016	80.90%
4	Matthew Kingston-Lee	17:01	Belton House	25 August 2018	81.43%
5	Matthew Kingston-Lee	17:04	Beeston	15 April 2017	80.58%
6	William Parkin	17:04	Peterborough	02 May 2015	77.21%
7	William Parkin	17:05	Lincoln	1 August 2015	76.33%
8	Matthew Kingston-Lee	17:06	Belton House	01 September 2018	81.03%
9	Chris Limmer	17:10	Rutland Water	25 June 2016	75.15%
10	William Parkin	17:13	Lincoln	18 July 2015	75.74%

11	Matthew Kingston-Lee	17:16	Belton House	14 January 2017	79.65%
12	Chris Limmer	17:20	Lincoln	22 October 2016	74.43%
13	Matthew Kingston-Lee	17:21	Belton House	11 June 2016	78.67%
14	Matthew Kingston-Lee	17:21	Peterborough	19 October 2013	77.51%
15	Chris Limmer	17:22	Rutland Water	01 April 2017	74.35%
16	Chris Limmer	17:23	Rutland Water	07 April 2018	74.40%
17	Chris Limmer	17:23	Lincoln	06 May 2017	74.28%
18	William Parkin	17:23	Belton House	28 November 2015	75.01%
19	Matthew Kingston-Lee	17:25	Melton Mowbray	16 May 2015	77.79%
20	Chris Limmer	17:26	Rutland Water	15 April 2017	74.06%
21	Matthew Kingston-Lee	17:27	Belton House	28 April 2018	79.40%
22	William Parkin	17:27	Lincoln	31 October 2015	74.73%
23	Matthew Kingston-Lee	17:28	Melton Mowbray	09 September 2017	78.74%
24	Matthew Kingston-Lee	17:29	Belton House	7 January 2017	78.66%
25	Chris Limmer	17:29	Leicester	13 February 2016	73.79%
26	Chris Limmer	17:30	Belton House	11 March 2017	73.78%
27	Matthew Kingston-Lee	17:30	Belton House	16 September 2017	78.59%
28	Matthew Kingston-Lee	17:34	Belton House	03 February 2018	78.88%
29	Matthew Kingston-Lee	17:36	Belton House	24 February 2018	78.73%
30	Chris Limmer	17:36	Rutland Water	12 November 2016	73.30%
31	Chris Limmer	17:36	Melton Mowbray	19 September 2015	73.30%
32	Matthew Kingston-Lee	17:38	Belton House	17 February 2018	78.58%
33	Chris Limmer	17:39	Belton House	12 May 2018	73.27%
34	Chris Limmer	17:39	Melton Mowbray	29 April 2017	73.15%
35	Chris Limmer	17:39	Melton Mowbray	26 September 2015	73.09%
36	Chris Limmer	17:40	Rutland Water	21 October 2017	73.08%
37	Matthew Kingston-Lee	17:40	Belton House	20 May 2017	77.85%
38	Chris Limmer	17:41	Belton House	28 April 2018	73.13%
39	Chris Limmer	17:42	Rushcliffe Country Park	26 March 2016	72.89%
40	Chris Limmer	17:42	Belton House	21 May 2016	72.89%
41	Chris Limmer	17:43	Belton House	21 April 2018	73.00%
42	Matthew Kingston-Lee	17:43	Belton House	21 July 2018	78.21%
43	Matthew Kingston-Lee	17:43	Ashton Court	22 July 2017	77.63%
44	Matthew Kingston-Lee	17:43	Belton House	11 February 2017	77.63%
45	Chris Limmer	17:43	Colwick	10 September 2016	72.82%
46	Chris Limmer	17:43	Melton Mowbray	17 October 2015	72.81%
47	William Parkin	17:44	Newark	14 March 2015	74.30%
48	Matthew Kingston-Lee	17:45	Boston	17 December 2016	77.48%
49	Chris Limmer	17:46	Belton House	15 October 2016	72.62%
50	Chris Limmer	17:46	Melton Mowbray	9 January 2016	72.62%
51	Chris Limmer	17:48	Melton Mowbray	19 May 2018	72.65%
52	Matthew Kingston-Lee	17:48	Belton House	13 February 2016	76.68%
53	Chris Limmer	17:50	Melton Mowbray	30 April 2016	72.34%
54	Chris Limmer	17:50	Melton Mowbray	27 August 2016	72.34%
55	Chris Limmer	17:50	Melton Mowbray	10 October 2015	72.34%
56	Chris Limmer	17:51	Belton House	23 September 2017	72.33%

57	Matthew Kingston-Lee	17:52	Belton House	28 July 2018	77.55%
58	Chris Limmer	17:52	Melton Mowbray	02 April 2016	72.21%
59	Chris Limmer	17:52	Melton Mowbray	18 June 2016	72.21%
60	Matthew Kingston-Lee	17:52	Newark	05 April 2014	75.27%
61	Chris Limmer	17:53	Belton House	12 March 2016	72.14%
62	Chris Limmer	17:54	Belton House	25 March 2017	72.13%
63	Matthew Kingston-Lee	17:54	Belton House	01 July 2017	76.83%
64	Matthew Kingston-Lee	17:54	Belton House	23 December 2017	77.41%
65	Matthew Kingston-Lee	17:55	Belton House	24 December 2016	76.76%
66	Chris Limmer	17:56	Melton Mowbray	08 September 2018	72.11%
67	Matthew Kingston-Lee	17:56	Belton House	04 November 2017	77.26%
68	Chris Limmer	17:57	Belton House	07 January 2017	71.93%
69	Chris Limmer	17:57	Belton House	16 January 2016	71.87%
70	Chris Limmer	17:57	Melton Mowbray	09 July 2016	71.87%
71	Matthew Kingston-Lee	17:58	Witham Way Country Park	19 December 2015	75.97%
72	Matthew Kingston-Lee	17:58	Newark	13 September 2014	74.85%
73	Matthew Kingston-Lee	17:59	Carlisle	18 August 2018	77.05%
74	Chris Limmer	17:59	Fulham Palace	05 August 2017	71.80%
75	Matthew Kingston-Lee	17:59	Belton House	28 January 2017	76.47%
76	Matthew Kingston-Lee	17:59	Witham Way Country Park	21 May 2016	75.90%

## parkrun Women – Sub 22 Minute Performances

Position	Name	Time	Where	When	WMA%
1	Abi Schofield	19:28	Peterborough	04 October 2014	76.03%
2	Anna O'Hare	19:33	Newark	13 June 2015	75.70%
3	Anna O'Hare	19:34	Newark	22 November 2014	75.64%
4	Anna O'Hare	19:38	Great Connard	30 May 2015	75.38%
5	Anna O'Hare	19:39	Newark	7 March 2015	75.32%
6	Nicola Jefferson	19:42	Durham	30 May 2015	78.66%
7	Nicola Jefferson	19:54	Melton Mowbray	21 February 2015	77.33%
8	Anna O'Hare	19:58	Newark	17 January 2015	74.12%
9	Abi Schofield	20:01	Peterborough	26 July 2014	73.94%
10	Anna O'Hare	20:32	Newark	08 November 2014	72.08%
11	Holly Durham	20:46	Belton House	14 May 2016	71.96%
12	Holly Durham	20:52	Belton House	16 July 2016	71.61%
13	Holly Durham	20:55	Whitley Bay	04 January 2014	70.93%
14	Catherine Payne	21:00	Glasgow Victoria Park	10 June 2017	80.83%
15	Penny Hodges	21:01	Beeston	15 April 2017	71.97%
16	Holly Durham	21:02	Belton House	9 June 2018	71.58%
17	Holly Durham	21:03	Newark	9 August 2014	70.61%
18	Holly Durham	21:04	Whitley Bay	07 December 2013	70.42%
19	Holly Durham	21:10	Newark	02 August 2014	70.22%
20	Holly Durham	21:11	Belton House	14 January 2017	70.54%
21	Holly Durham	21:14	Belton House	01 July 2017	70.62%
22	Penny Hodges	21:15	Belton House	8 April 2017	71.18%

23	Holly Durham	21:16	Melton Mowbray	25 June 2016	70.27%
24	Penny Hodges	21:16	Melton Mowbray	02 May 2015	70.80%
25	Catherine Payne	21:18	Peterborough	03 January 2015	76.86%
26	Penny Hodges	21:18	Melton Mowbray	30 May 2015	70.69%
27	Holly Durham	21:18	Whitley Bay	09 November 2013	69.65%
28	Holly Durham	21:20	Belton House	10 March 2018	70.29%
29	Emma Johnston*	21:20	Sheffield	07 December 2013	69.38%
30	Abi Schofield	21:25	Newark	7 June 2014	69.11%
31	Abi Schofield	21:26	Newark	8 February 2014	69.05%
32	Penny Hodges	21:27	Belton House	14 May 2016	70.51%
33	Holly Durham	21:27	Newark	08 February 2014	69.16%
34	Catherine Payne	21:28	Rutland Water	21 October 2017	79.07%
35	Catherine Payne	21:28	Melton Mowbray	31 December 2016	78.10%
36	Penny Hodges	21:29	Peterborough	27 February 2016	70.08%
37	Catherine Payne	21:32	Belton House	1 January 2017	77.86%
38	Catherine Payne	21:34	Melton Mowbray	25 December 2016	77.73%
39	Penny Hodges	21:36	Belton House	20 May 2017	70.39%
40	Penny Hodges	21:37	Belton House	15 October 2016	69.97%
41	Catherine Payne	21:38	Melton Mowbray	09 September 2017	78.46%
42	Catherine Payne	21:39	Peterborough	01 January 2018	78.40%
43	Catherine Payne	21:39	Belton House	3 December 2016	77.44%
44	Sophie Stanley	21:40	Belton House	11 November 2017	69.21%
45	Holly Durham	21:41	Newark	16 November 2013	68.42%
46	Catherine Payne	21:42	Glasgow	02 August 2014	75.45%
47	Catherine Payne	21:43	Melton Mowbray	25 December 2017	78.16%
48	Catherine Payne	21:46	Peterborough	25 December 2015	76.08%
49	Penny Hodges	21:48	Rutland Water	15 September 2018	70.15%
50	Catherine Payne	21:49	Rutland Water	01 January 2018	77.80%
51	Penny Hodges	21:50	Rutland Water	11 August 2018	70.04%
52	Holly Durham	21:51	Newark	28 December 2013	67.90%
53	Holly Durham	21:54	Belton House	09 January 2016	68.03%
54	Holly Durham	21:55	Belton House	04 November 2017	68.42%
55	Penny Hodges	21:55	Belton House	4 February 2017	69.01%
56	Emma Johnston*	21:56	Worceter	14 December 2013	67.48%

## 5K Men – Sub 20 Minute Performances

Position	Name	Time	Where	When	WMA%
1	Matthew Kingston-Lee	16:45	Lincoln	22 May 2018	82.72%
2	Matthew Kingston-Lee	16:55	Lincoln	29 July 2014	79.50%
3	Matthew Kingston-Lee	16:57	Lincoln	23 May 2017	81.14%
4	William Parkin	17:17	Lincoln	19 May 2015	76.24%
5	William Parkin	17:33	Lincoln	23 June 2015	75.08%
6	Grant Davies	18:13	Stamford	18 July 2018	71.37%
7	Richard Payne	18:22	Lincoln	21 August 2018	71.76%
8	Gav Meadows	18:41	Lincoln	23 May 2017	70.97%

9	Matthew Williamson	18:46	Lincoln	22 May 2018	68.74%
10	Gerry Hyde	18:47	Lincoln	24 June 2014	78.52%
11	Gerry Hyde	18:52	Lincoln	26 August 2014	78.81%
12	Robert Howbrook	18:57	Lincoln	23 May 2017	83.18%
13	Matthew Williamson	19:00	Lincoln	22 August 2017	67.89%
14	Richard Payne	19:01	Stamford	18 July 2018	69.30%
15	Robert Howbrook	19:09	Lincoln	22 May 2018	83.03%
16	Robert Howbrook	19:12	Lincoln	22 August 2017	82.10%
17	Tom Fowler	19:12	Holme Pierrepont	30 June 2015	68.64%
18	Chris Armstrong	19:14	Lincoln	26 July 2016	76.68%
19	Gerry Hyde	19:17	Lincoln	23 May 2017	78.37%
20	Robert Howbrook	19:17	Peterborough	07 June 2017	81.74%
21	Peter Bonner	19:18	Lincoln	22 May 2018	71.26%
22	Joaquim Jeronimo	19:21	Stamford	18 July 2018	68.52%
23	Robert Howbrook	19:23	Lincoln	25 July 2017	81.32%
24	Gerry Hyde	19:26	Lincoln	22 May 2018	78.42%
25	Robert Howbrook	19:27	Eye	21 June 2017	81.04%
26	Robert Howbrook	19:27	Werrington	03 August 2016	80.35%
27	Matthew Williamson	19:32	Lincoln	23 May 2017	66.04%
28	Peter Bonner	19:33	Lincoln	25 July 2017	70.35%
29	Robert Howbrook	19:35	Thorney	05 July 2017	80.49%
30	Robert Howbrook	19:43	Stamford	18 July 2018	80.64%
31	Peter Bonner	19:43	Werrington	02 August 2017	69.75%
32	Nick Rossington	19:46	Lincoln	26 July 2016	74.61%
33	Andrew Pask	19:52	Mountain Ash	31 December 2016	66.34%
34	Iain Brown	19:58	Bristol	16 June 2015	67.36%

## 5K Women – Sub 22 Minute Performances

Position	Name	Time	Where	When	WMA%
1	Sarah Chynoweth	19:50	Werrington	1 August 2018	74.62%
2	Catherine Payne	20:31	Peterborough	17 August 2016	81.71%
3	Holly Durham	20:37	Lincoln	22 May 2018	73.03%
4	Catherine Payne	20:42	Lincoln	23 May 2017	82.00%
5	Catherine Payne	20:48	Thorney	20 July 2016	80.60%
6	Catherine Payne	20:49	Werrington	3 August 2016	80.54%
7	Catherine Payne	20:50	Peterborough	19 August 2015	79.49%
8	Holly Durham	21:00	Stamford	18 July 2018	71.70%
9	Catherine Payne	21:00	Peterborough	8 June 2016	79.83%
10	Catherine Payne	21:01	Peterborough	16 August 2017	80.77%
11	Catherine Payne	21:07	Werrington	02 August 2017	80.38%
12	Catherine Payne	21:25	Thorney	05 July 2017	79.26%
13	Catherine Payne	21:30	Peterborough	07 June 2018	79.95%
14	Catherine Payne	21:46	Stamford	19 July 2017	77.98%

## 5 Miles Men – Sub 35 Minute Performances

Position	Name	Time	Where	When	WMA%
1	Matthew Kingston-Lee	27:30	Thorney	20 August 2017	82.70%
2	Matthew Kingston-Lee	27:53	Nottingham	23 July 2014	79.76%
3	Matthew Kingston-Lee	27:55	Nottingham	22 July 2015	80.26%
4	Chris Limmer	29:09	Huncote	5 August 2015	73.18%
5	Chris Limmer	29:57	Bassingham	8 August 2015	71.23%
6	Matthew Atter	30:47	Thorney	19 August 2018	71.23%
7	Chris Armstrong	31:20	Alsager	5 February 2017	77.84%
8	Richard Payne	31:38	Thorney	19 August 2018	68.90%
9	Richard Payne	31:40	Thorney	20 August 2017	68.46%
10	Robert Howbrook	32:02	Bassingham	2 September 2017	82.09%
11	Dean Riggall	32:03	Thorney	19 August 2018	72.60%
12	Joaquim Jeronimo	32:10	Thorney	19 August 2018	68.17%
13	Robert Howbrook	32:48	Nottingham	20 July 2016	78.80%
14	Scott Jones	33:09	Nottingham	20 July 2016	68.61%
15	Andrew Pask	33:12	Portrush	26 August 2016	65.65%
16	Andrew Pask	33:17	Thorney	14 August 2016	65.48%
17	Peter Bonner	33:24	Bassingham	2 September 2017	68.09%
18	Peter Bonner	33:30	Bridlington*	14 April 2017	67.38%
19	Paul Davis	33:40	Bassingham	2 September 2017	71.87%
20	Andy Atter	34:14	Nottingham	20 July 2016	63.33%
21	Robert Howbrook	34:17	Bassingham	1 September 2018	77.37%
22	Andrew Spencer	34:55	Nottingham	22 July 2015	71.58%

## 5 Miles Women – Sub 45 Minute Performances

Position	Name	Time	Where	When	WMA%
1	Catherine Payne	33:31	Thorney	14 August 2016	81.79%
2	Catherine Payne	34:31	Bassingham	2 September 2017	80.41%
3	Catherine Payne	34:40	Thorney	20 August 2017	80.06%
4	Catherine Payne	34:50	Thorney	23 August 2015	77.74%
5	Maxine Noble	40:14	Bassingham	1 September 2018	68.13%
6	Ruth Dunstan	40:17	Bassingham	9 August 2014	61.72%
7	Caroline Davis	40:31	Bassingham	2 September 2017	65.36%
8	Sinead McDonnell	41:30	Bassingham	2 September 2017	62.02%
9	Sinead McDonnell	41:42	Thorney	20 August 2017	61.72%
10	Suzanne Britz	42:28	Thorney	19 August 2018	62.35%
11	Sinead McDonnell	42:31	Bassingham	1 September 2018	61.08%
12	Nichola Webster	43:21	Thorney	19 August 2018	58.89%
13	Nikki Carr	43:55	Bassingham	9 August 2014	64.82%
14	Sylv Hull	44:54	Thorney	19 August 2018	55.37%

## 6 Miles Men – Sub 43 Minute Performances

Position	Name	Time	Where	When	WMA%
1	Chris Limmer	34:55	Barrow upon Soar	24 January 2016	74.13%
2	Chris Limmer	35:42	Whissendine	6 July 2018	72.69%
3	Chris Limmer	35:49	Kibworth	6 March 2016	72.27%
4	Robert Howbrook	39:13	Whissendine	26 June 2015	79.26%
5	Robert Howbrook	39:24	Whissendine	8 July 2016	79.57%
6	Robert Howbrook	40:10	Whissendine	7 July 2017	78.71%
7	Andrew Pask	40:13	Whissendine	8 July 2016	65.73%

8	Gav Meadows	40:20	Whissendine	8 July 2016	65.54%
9	Paul Davis	41:05	Whissendine	8 July 2016	70.30%
10	Dean Riggall	41:19	Whissendine	11 July 2014	66.76%
11	Paul Davis	42:30	Whissendine	7 July 2017	68.51%
12	Peter Bonner	42:34	Whissendine	7 July 2017	64.80%

## 6 Miles Women – Sub 1 Hour Performances

Position	Name	Time	Where	When	WMA%
1	Sarah High	49:09	Whissendine	8 July 2016	70.94%
2	Caroline Davis	53:51	Whissendine	7 July 2017	59.46%
3	Gwenda Williams	59:10	Whissendine	11 July 2014	49.91%

## 10K Men – Sub 40 Minute Performances

Position	Name	Time	Where	When	WMA%
	Jānis Arsenikovs*	33:16	Oslo, Norway	25 April 2015	81.10%
1	Matthew Kingston-Lee	34:10	Long Bennington	19 June 2015	82.54%
2	Matthew Kingston-Lee	34:22	London	25 May 2015	82.06%
3	Matthew Kingston-Lee	34:33	Holme Pierrepont	29 June 2017	82.85%
4	Matthew Kingston-Lee	34:34	Leeds	17 November 2013	80.98%
5	Matthew Kingston-Lee	34:45	Woodhall Spa	03 June 2018	82.99%
6	Matthew Kingston-Lee	35:00	Long Bennington	23 June 2017	81.78%
7	Matthew Kingston-Lee	35:25	Long Bennington	17 June 2016	80.22%
8	William Parkin	35:29	Lincoln	22 March 2015	77.29%
9	Chris Limmer	35:35	Long Bennington	17 June 2016	75.46%
10	Matthew Kingston-Lee	35:36	Long Bennington	20 June 2014	78.63%
11	Chris Limmer	36:04	Long Bennington	22 June 2018	74.63%
12	William Parkin	36:17	Scredington	14 August 2015	74.80%
13	William Parkin	36:47	Woodhall Spa	07 June 2015	74.56%
14	William Parkin	37:12	Deeping St James	24 May 2015	73.73%
15	Grant Davies	37:13	Sleaford	10 August 2018	72.71%
16	Matthew Kingston-Lee	37:23	Langtoft	03 May 2015	75.44%
17	Ben Hodgkin	37:32	Woodhall Spa	5 June 2016	71.54%
18	Grant Davies	37:34	Mansfield	16 September 2018	72.03%
19	William Parkin	37:36	Langtoft	3 May 2015	72.94%
20	Chris Limmer	37:38	Coalville	23 August 2015	71.35%
21	Grant Davies	37:58	Long Bennington	22 June 2018	71.28%
22	Ben Hodgkin	37:58	Long Bennington	17 June 2016	70.73%
23	Stuart Sinclair	38:00	Long Bennington	19 June 2015	71.21%
24	Ben Hodgkin	38:18	Scredington	19 August 2016	70.11%
25	Matthew Atter	38:26	Sleaford	10 August 2018	71.81%
26	Tony Johnson	38:33	Langtoft	30 April 2017	80.28%
27	Ben Hodgkin	38:38	Newark	10 July 2016	69.51%
28	Chris Armstrong	38:40	Langtoft	30 April 2017	80.04%
29	Tony Johnson	38:42	Woodhall Spa	04 June 2017	79.97%
30	Tony Johnson	38:45	Woodhall Spa	03 June 2018	80.51%
31	Grant Davies	38:50	Woodhall Spa	03 June 2018	69.69%
32	Tom Fowler	38:54	Holme Pierrepont	02 July 2015	70.52%
33	Stuart Sinclair	38:54	Langtoft	3 May 2015	69.57%
34	William Parkin	38:56	Long Bennington	19 June 2015	70.44%
35	Gav Meadows	38:59	Long Bennington	23 June 2017	70.79%
36	Matthew Williamson	39:01	Long Bennington	22 June 2018	68.82%
37	Stuart Sinclair	39:01	Aberdeen	17 May 2015	69.36%
38	Ben Hodgkin	39:06	Woodhall Spa	04 June 2017	68.73%
39	Tony Johnson	39:09	Long Bennington	23 June 2017	79.05%
40	Tony Johnson	39:12	Deeping St James	21 May 2017	78.95%
41	Ben Hodgkin	39:12	Langtoft	1 May 2016	68.50%



42	Richard Payne	39:19	Sleaford	10 August 2018	69.77%
43	Stuart Sinclair	39:24	Newark	12 July 2015	68.68%
44	Gerry Hyde	39:25	Lincoln	06 April 2014	77.88%
45	Richard Payne	39:27	Long Bennington	23 June 2017	69.17%
46	Chris Armstrong	39:27	Wilne	04 September 2016	77.81%
47	Robert Howbrook	39:27	Langtoft	01 May 2016	82.46%
48	Iain Brown	39:27	Lincoln	22 March 2015	70.96%
49	Robert Howbrook	39:28	Woodhall Spa	7 June 2015	81.73%
50	David Kay	39:28	Long Bennington	20 June 2014	69.14%
51	Matthew Atter	39:30	Mablethorpe	10 September 2017	69.87%
52	Robert Howbrook	39:30	Woodhall Spa	04 June 2017	83.06%
53	Chris Armstrong	39:31	Hull	26 December 2016	77.68%
54	Chris Armstrong	39:32	Gravesend	09 April 2017	78.28%
55	Andy Atter	39:33	Woodhall Spa	04 June 2017	69.36%
56	Scott Jones	39:33	Rockingham	06 November 2016	72.38%
57	Joe Clarke	39:34	Newark	8 July 2018	68.19%
58	Ben Hodgkin	39:36	Sleaford	10 August 2018	67.97%
59	Richard Payne	39:38	Lincoln	1 July 2018	69.21%
60	Matthew Williamson	39:43	Long Bennington	23 June 2017	67.60%
61	Chris Armstrong	39:43	Long Bennington	17 June 2016	77.29%
62	Scott Jones	39:45	Long Bennington	17 June 2016	72.01%
63	Matthew Atter	39:48	Long Bennington	22 June 2018	69.34%
64	Andy Atter	39:50	Long Bennington	23 June 2017	68.87%
65	Matthew Atter	39:51	Lincoln	1 July 2018	69.25%
66	Ben Hodgkin	39:52	Langtoft	30 April 2017	67.41%
67	William Parkin	39:55	Holmfirth	27 September 2015	67.99%
68	Andrew Pask	39:55	Scredington	15 August 2014	68.05%
69	Gerry Hyde	39:57	Long Bennington	20 June 2014	76.84%
70	Matthew Williamson	39:59	Woodhall Spa	04 June 2017	67.15%

\* Jānis Arsenīkova is credited in the 2014-15 rankings as running: 33:16, Oslo, Norway, 25 April 2015. Technically as he joined the club in autumn 2014 and did not rejoin, his membership lapsed on 1 April 2015.

## 10K Women – Sub 50 Minute Performances

Position	Name	Time	Where	When	WMA%
1	Nicola Jefferson	39:30	Long Bennington	19 June 2015	80.40%
2	Anna O'Hare	40:24	Langtoft	3 May 2015	75.08%
3	Holly Durham	41:21	Woodhall Spa	03 June 2018	74.63%
4	Abi Schofield	41:29	Long Bennington	20 June 2014	73.12%
5	Holly Durham	41:31	Scredington	15 August 2014	73.38%
6	Abi Schofield	41:37	Peterborough	13 July 2014	72.89%
7	Holly Durham	41:38	Scredington	19 August 2016	73.56%
8	Holly Durham	41:41	Woodhall Spa	5 June 2016	73.48%
9	Holly Durham	42:04	Long Bennington	17 June 2016	72.81%
10	Holly Durham	42:08	Scredington	11 August 2017	72.94%
11	Holly Durham	42:13	Long Bennington	23 June 2017	72.80%
12	Holly Durham	42:13	Eye	8 May 2016	72.55%
13	Holly Durham	42:15	Sleaford	10 August 2018	73.04%
14	Holly Durham	42:30	West Pinchbeck	28 September 2014	71.68%
15	Holly Durham	42:36	West Pinchbeck	25 September 2016	71.90%
16	Penny Hodges	42:40	Newark	12 July 2015	72.32%
17	Catherine Payne	42:40	Mablethorpe	14 September 2014	78.64%
18	Holly Durham	42:48	Woodhall Spa	04 June 2017	71.81%
19	Holly Durham	42:52	Newark	9 July 2017	71.69%
20	Catherine Payne	42:57	Woodhall Spa	03 June 2018	82.03%
21	Holly Durham	43:04	Newark	08 July 2018	71.65%
22	Penny Hodges	43:09	Lincoln	22 March 2015	71.22%
23	Catherine Payne	43:19	St Ives	20 July 2014	77.46%

24	Catherine Payne	43:22	West Pinchbeck	27 September 2015	78.27%
25	Catherine Payne	43:23	Woodhall Spa	04 June 2017	80.19%
26	Catherine Payne	43:30	St. Ives	17 July 2016	78.99%
27	Catherine Payne	43:39	Newark	10 July 2016	78.72%
28	Catherine Payne	43:43	Newark	13 July 2014	76.75%
29	Catherine Payne	43:52	Thurlby	6 July 2014	76.49%
30	Catherine Payne	44:24	St Ives	19 July 2015	76.44%
31	Penny Hodges	44:31	Scredington	11 August 2017	70.00%
32	Catherine Payne	44:46	Newark	9 July 2017	77.71%
33	Penny Hodges	45:00	Newark	9 July 2017	69.25%
34	Penny Hodges	45:06	Newark	10 July 2016	68.74%
35	Sophie Stanley	45:09	Long Bennington	17 June 2016	67.63%
36	Penny Hodges	45:37	Newark	13 July 2014	67.37%
37	SJ Willis	45:45	Woodhall Spa	04 June 2017	67.76%
38	Catherine Payne	45:47	St Ives	16 July 2017	75.99%
39	Sophie Stanley	46:20	Woodhall Spa	5 June 2016	65.90%
40	Hannah San Jose	47:34	Sleaford	10 August 2018	65.51%
41	Catherine Davies	47:35	Long Bennington	19 June 2015	64.37%
42	SJ Willis	47:39	Long Bennington	17 June 2016	64.76%
43	Charnia Kirk	47:54	West Pinchbeck	25 September 2016	63.94%
44	Ruth Dunstan	48:13	Scredington	14 August 2015	65.00%
45	Holly Durham	48:25	Scredington	14 August 2015	63.07%
46	Sarah High	48:32	Langtoft	4 May 2014	72.59%
47	Charnia Kirk	48:35	Scredington	19 August 2016	63.04%
48	Hannah San Jose	49:06	Long Bennington	22 June 2018	63.47%
49	Caroline Davis	49:07	Lincoln	2 April 2017	67.58%
50	Charnia Kirk	49:28	Long Bennington	17 June 2016	61.73%
51	Nicola Cottam	49:47	Woodhall Spa	04 June 2017	67.40%

## 10 Miles Men – Sub 1:10 Performances

Position	Name	Time	Where	When	WMA%
1	Matthew Kingston-Lee	57:20	Peterborough	1 December 2013	79.89%
2	Matthew Kingston-Lee	57:41	Holme Pierrepont	16 June 2017	81.26%
3	Matthew Kingston-Lee	58:08	Peterborough	6 December 2015	76.69%
4	Chris Limmer	01:00:14	Leicester	4 September 2016	74.27%
5	Chris Limmer	01:00:24	Derby	6 November 2016	73.48%
6	Chris Limmer	01:00:39	Leicester	6 September 2015	73.18%
7	Joe Clarke	01:04:22	Rockingham	5 November 2017	68.95%
8	Paul Rushworth	01:05:19	Peterborough	1 December 2013	68.49%
9	Matthew Atter	01:05:34	Rockingham	5 November 2017	68.90%
10	Tony Johnson	01:05:41	Holme Pierrepont	16 June 2017	77.38%
11	Matthew Williamson	01:05:42	Heckington	29 July 2017	67.55%
12	Andrew Pask	01:05:55	Holme Pierrepont	10 August 2018	68.98%
13	Andrew Pask	01:06:00	Holme Pierrepont	12 June 2015	67.78%
14	Matthew Williamson	01:06:56	Holme Pierrepont	16 June 2017	66.31%
15	Scott Jones	01:07:02	West Walton	30 October 2016	69.92%
16	Andrew Pask	01:07:07	Holme-Pierrepont	6 June 2014	66.43%
17	Gav Meadows	01:07:09	Derby	6 November 2016	66.92%
18	Robert Howbrook	01:07:12	Heckington	30 July 2016	66.19%
19	Andrew Pask	01:07:41	West Walton	30 October 2016	66.39%
20	Andrew Pask	01:07:44	Peterborough	1 December 2013	65.66%
21	Andrew Pask	01:07:47	Rockingham	5 November 2017	66.65%
22	Robert Howbrook	01:08:39	Heckington	29 July 2017	78.68%
23	Scott Jones	01:08:40	Holme Pierrepont	12 June 2015	67.74%
24	Peter Bonner	01:08:45	Rockingham	5 November 2017	68.18%
25	Paul Rushworth	01:08:46	Holme-Pierrepont	6 June 2014	65.35%
26	Gav Meadows	01:08:55	Heckington	30 July 2016	73.13%
27	Gav Meadows	01:09:30	Holme Pierrepont	10 August 2018	65.42%
28	Scott Jones	01:09:55	Peterborough	7 December 2014	66.53%

## 10 Miles Women – Sub 1:30 Minute Performances

Position	Name	Time	Where	When	WMA%
1	Abi Schofield	01:08:23	Peterborough	7 December 2014	72.65%
2	Catherine Payne	01:11:03	Gilberdyke	28 August 2016	79.21%
3	Catherine Payne	01:11:45	Heckington	30 July 2016	78.44%
4	Catherine Payne	01:12:49	Peterborough	6 December 2015	76.35%
5	Catherine Payne	01:13:01	Gilberdyke	27 August 2017	78.04%
6	Abi Schofield	01:13:36	Peterborough	1 December 2013	67.50%
7	Catherine Payne	01:13:36	Peterborough	1 December 2013	73.86%
8	Sophie Stanley	01:17:53	Peterborough	6 December 2015	64.22%
9	Julie Braker	01:21:52	Derby	12 November 2017	89.82%
10	Ruth Dunstan	01:24:35	Peterborough	7 December 2014	60.34%
11	Louise Payne	01:27:48	Peterborough	7 December 2014	57.83%

## Half Marathon Men – Sub 1:30 Performances

Position	Name	Time	Where	When	WMA%
1	Matthew Kingston-Lee	01:14:46	Witchford	13 September 2015	81.86%
2	Matthew Kingston-Lee	01:15:29	Nottingham	28 September 2014	81.09%
3	Matthew Kingston-Lee	01:15:30	Grantham	13 March 2016	81.71%
4	Matthew Kingston-Lee	01:15:59	Sleaford	6 May 2018	82.49%
5	Matthew Kingston-Lee	01:16:24	Worksop	29 October 2017	82.04%
6	Matthew Kingston-Lee	01:16:33	Nottingham	25 September 2016	81.22%
7	Matthew Kingston-Lee	01:16:43	Nottingham	24 September 2017	81.70%
8	Matthew Kingston-Lee	01:16:45	Keyworth	11 December 2016	81.01%
9	Matthew Kingston-Lee	01:16:52	Corby	9 September 2018	81.54%
10	Matthew Kingston-Lee	01:17:01	Keyworth	08 December 2013	78.86%
11	Matthew Kingston-Lee	01:17:32	Coventry	23 March 2014	78.33%
12	Matthew Kingston-Lee	01:18:01	Grantham	5 March 2017	79.70%
13	Matthew Kingston-Lee	01:18:06	Keyworth	11 February 2018	80.25%
14	Matthew Kingston-Lee	01:18:59	Worksop	25 October 2015	78.11%
15	Chris Limmer	01:19:45	Leicester	25 October 2015	74.25%
16	Chris Limmer	01:20:04	Sheffield	9 April 2017	73.96%
17	Chris Limmer	01:20:05	Grantham	5 March 2017	73.94%
18	Chris Limmer	01:22:15	Worksop	29 October 2017	72.00%
19	Chris Limmer	01:23:26	Edinburgh	29 May 2016	70.97%
20	Chris Limmer	01:24:04	Bosworth	8 May 2016	70.44%
21	Chris Limmer	01:24:44	Grantham	2 September 2018	69.89%
22	Stuart Sinclair	01:25:00	Nottingham	27 September 2015	69.68%
23	David Kay	01:25:42	Peterborough	13 October 2013	69.21%
24	Stuart Sinclair	01:25:50	Peterborough	12 October 2014	68.99%
25	Tony Johnson	01:26:17	Sleaford	7 May 2017	78.26%
26	David Kay	01:26:52	Birmingham	20 October 2013	68.28%
27	Robert Howbrook	01:26:53	Scunthorpe	15 May 2016	81.96%
28	William Parkin	01:26:53	Hose	12 April 2015	69.74%
29	Tom Fowler	01:27:23	Hose	30 March 2014	68.04%
30	Andy Atter	01:27:31	Scunthorpe	7 May 2017	68.17%

31	Matthew Atter	01:27:35	Peterborough	8 October 2017	68.45%
32	Tony Johnson	01:27:44	Sleaford	6 May 2018	77.64%
33	Andrew Pask	01:27:50	Scunthorpe	03 May 2015	67.53%
34	Gav Meadows	01:27:59	Sleaford	07 May 2017	68.14%
35	Robert Howbrook	01:28:09	Grantham	13 March 2016	80.78%
36	Gav Meadows	01:28:26	Grantham	5 March 2017	67.79%
37	Dean Riggall	01:28:27	Silverstone	15 March 2015	70.30%
38	Robert Howbrook	01:28:28	Scunthorpe	7 May 2017	81.22%
39	Iain Brown	01:28:34	Scunthorpe	3 May 2015	68.58%
40	Andrew Pask	01:28:40	Peterborough	8 October 2017	67.61%
41	Robert Howbrook	01:28:50	Peterborough	9 October 2016	80.89%
42	Dean Riggall	01:28:51	Peterborough	9 October 2016	70.54%
43	Tom Fowler	01:28:51	Hose	12 April 2015	67.15%
44	Joe Clarke	01:28:56	Newark	13 August 2017	66.59%
45	Dean Riggall	01:28:56	Cambridge	5 March 2017	71.04%
46	Ben Hatherley	01:28:57	Peterborough	12 October 2014	67.79%
47	Andrew Pask	01:28:59	Cardiff	1 October 2017	67.37%
48	Matthew Williamson	01:29:00	Sleaford	07 May 2017	66.54%
49	Andrew Pask	01:29:04	Sleaford	07 May 2017	67.31%
50	Peter Bonner	01:29:13	Sleaford	6 May 2018	69.69%
51	Piers Pye-Watson	01:29:15	Grantham	2 September 2018	66.35%
52	Robert Howbrook	01:29:15	Peterborough	11 October 2015	79.78%
53	Andrew Pask	01:29:18	Peterborough	11 October 2015	66.58%
54	Ben Hatherley	01:29:18	Sleaford	22 February 2015	68.01%
55	Andrew Pask	01:29:19	Keyworth	11 December 2016	66.80%
56	William Parkin	01:29:27	Sleaford	22 February 2015	67.74%
57	Chris Armstrong	01:29:32	Scunthorpe	15 May 2016	74.78%
58	Stuart Sinclair	01:29:36	Nottingham	28 September 2014	66.09%
59	Gerry Hyde	01:29:38	Keyworth	11 December 2016	76.66%
60	Robert Howbrook	01:29:47	Sleaford	21 February 2016	79.31%
61	Iain Brown	01:29:47	Munich, Germany	13 October 2013	66.77%
62	Andrew Pask	01:29:53	Cardiff	2 October 2016	66.38%
63	Iain Brown	01:29:56	Sleaford	22 February 2015	67.53%

## Half Marathon Women – Sub 1:50 Performances

Position	Name	Time	Where	When	WMA%
1	Abi Schofield	01:25:21	Peterborough	12 October 2014	77.13%
2	Anna O'Hare	01:29:54	Sleaford	22 February 2015	73.23%
3	Anna O'Hare	01:30:10	Retford	08 March 2015	73.01%
4	Nicola Jefferson	01:30:47	Hose	12 April 2015	75.40%
5	Abi Schofield	01:31:34	Grantham	15 March 2015	71.90%
6	Holly Durham	01:32:18	Newcastle-South Shields	10 September 2017	72.26%
7	Holly Durham	01:32:23	Peterborough	13 October 2013	71.43%
8	Holly Durham	01:34:23	Peterborough	8 October 2017	70.67%
9	Holly Durham	01:34:27	Grantham	5 March 2017	70.38%
10	Abi Schofield	01:34:37	Grantham	16 March 2014	69.58%
11	Catherine Payne	01:34:54	Peterborough	12 October 2014	76.74%
12	Abi Schofield	01:35:21	Grantham	23 February 2014	69.04%
13	Holly Durham	01:35:54	Sleaford	21 February 2016	69.10%

14	Catherine Payne	01:36:02	Peterborough	11 October 2015	76.71%
15	Catherine Payne	01:36:05	Keyworth	11 December 2016	77.61%
16	Catherine Payne	01:36:12	Scunthorpe	6 May 2018	79.48%
17	Holly Durham	01:36:14	Peterborough	12 October 2014	68.71%
18	Catherine Payne	01:36:30	Peterborough	8 October 2017	78.24%
19	Catherine Payne	01:36:30	Worksop	25 October 2015	76.34%
20	Catherine Payne	01:36:44	Worksop	29 October 2017	78.06%
21	Catherine Payne	01:36:45	Draycote Water	14 May 2017	78.04%
22	Catherine Payne	01:36:45	Keyworth	14 December 2014	75.27%
23	Catherine Payne	01:37:12	Keyworth	13 December 2015	75.79%
24	Holly Durham	01:38:20	Sleaford	23 February 2014	67.11%
25	Catherine Payne	01:38:36	Peterborough	12 October 2014	73.86%
26	Catherine Payne	01:39:33	Porto, Portugal	18 September 2016	74.91%
27	Penny Hodges	01:39:38	Derby	7 June 2015	67.22%
28	Penny Hodges	01:40:24	Grantham	5 March 2017	67.01%
29	Penny Hodges	01:40:26	Peterborough	12 October 2014	66.41%
30	Holly Durham	01:41:50	Worksop	25 October 2015	65.08%
31	Sophie Stanley	01:41:56	Sleaford	21 February 2016	65.01%
32	Penny Hodges	01:41:57	Newcastle-South Shields	10 November 2017	66.34%
33	Catherine Payne	01:42:15	Sleaford	23 February 2014	71.22%
34	Sophie Stanley	01:42:26	Sleaford	22 February 2015	64.55%
35	Sophie Stanley	01:42:33	Grantham	13 March 2016	64.62%
36	Penny Hodges	01:43:31	Grantham	16 March 2014	64.21%
37	SJ Willis	01:43:35	Sleaford	07 May 2017	64.95%
38	SJ Willis	01:43:38	Grantham	5 March 2017	64.62%
39	Sophie Stanley	01:43:51	Keyworth	11 December 2016	64.01%
40	Penny Hodges	01:45:01	Peterborough	13 October 2013	63.30%
41	Sarah High	01:45:04	Peterborough	13 October 2013	71.86%
42	Sarah High	01:46:38	Peterborough	9 October 2016	73.57%
43	Julie Braker	01:47:26	Leicester	15 October 2017	90.69%
44	SJ Willis	01:47:26	Newark	14 August 2016	62.34%
45	Ruth Dunstan	01:47:47	Derby	07 June 2015	62.75%
46	Sarah High	01:48:02	Peterborough	12 October 2014	70.78%
47	Catherine Davies	01:48:50	Grantham	15 March 2015	61.08%
48	Ruth Dunstan	01:48:56	Peterborough	11 October 2015	62.45%
49	Julie Braker	01:49:09	Peterborough	8 October 2017	89.26%
50	Caroline Davis	01:49:12	Sleaford	07 May 2017	65.97%
51	Sarah High	01:49:14	Peterborough	11 October 2015	70.90%
52	Ruth Dunstan	01:49:31	Hose	10 April 2016	62.11%
53	Sarah High	01:49:33	Grantham	16 March 2014	69.80%
54	Lorna Fox	01:49:36	Nottingham	27 September 2015	66.45%
55	Sarah High	01:49:51	Grantham	13 March 2016	71.41%
56	Sarah High	01:49:56	Sleaford	07 May 2017	72.30%

## 15 Miles Men – Sub 2:00 Performances

Position	Name	Time	Where	When	WMA%
1	Matthew Kingston-Lee	01:28:21	Folksworth	22 January 2017	81.04%
2	Matthew Kingston-Lee	01:28:39	Folksworth	19 January 2014	78.86%
3	Chris Limmer	01:32:09	Folksworth	22 January 2017	74.21%
4	Paul Rushworth	01:42:41	Folksworth	19 January 2014	66.95%
5	Gav Meadows	01:44:34	Folksworth	22 January 2017	66.05%
6	Andrew Pask	01:45:39	Folksworth	21 January 2018	65.35%
7	Iain Brown	01:45:53	Folksworth	18 January 2015	66.02%
8	Gav Meadows	01:45:56	Folksworth	21 January 2018	65.54%
9	Andrew Pask	01:46:05	Folksworth	19 January 2014	64.46%
10	Andrew Pask	01:46:57	Folksworth	24 January 2016	64.10%
11	Matthew Williamson	01:47:33	Folksworth	22 January 2017	63.58%

12	Gav Meadows	01:48:12	Folksworth	24 January 2016	63.35%
13	Andy Atter	01:48:23	Folksworth	22 January 2017	63.45%
14	Mark Wilson	01:48:45	Folksworth	18 January 2015	70.32%
15	Peter Bonner	01:49:59	Folksworth	21 January 2018	65.08%
16	Robert McArdle	01:52:47	Folksworth	18 January 2015	71.47%
17	Scott Jones	01:52:56	Folksworth	24 January 2016	63.59%
18	Paul Davis	01:53:33	Folksworth	22 January 2017	66.23%
19	Gordon Geach	01:53:59	Folksworth	19 January 2014	68.26%
20	Robert McArdle	01:54:30	Folksworth	22 January 2017	71.70%
21	Peter Bonner	01:55:25	Folksworth	22 January 2017	61.55%
22	Robert McArdle	01:55:49	Folksworth	24 January 2016	70.24%
23	Andrew Spencer	01:56:09	Folksworth	24 January 2016	68.19%
24	Robert McArdle	01:56:12	Folksworth	19 January 2014	68.75%
25	Andrew Spencer	01:56:48	Folksworth	18 January 2015	67.20%
26	Robert McArdle	01:57:14	Folksworth	21 January 2018	70.66%
27	Gordon Geach	01:59:16	Folksworth	18 January 2015	65.82%

## 15 Miles Women – Sub 2:20 Performances

Position	Name	Time	Where	When	WMA%
1	Abi Schofield	01:48:14	Folksworth	18 January 2015	69.27%
2	Holly Durham	01:49:58	Folksworth	22 January 2017	69.58%
3	Catherine Payne	01:51:13	Folksworth	22 January 2017	77.82%
4	Holly Durham	01:51:47	Folksworth	24 January 2016	68.24%
5	Catherine Payne	01:51:59	Folksworth	21 January 2018	78.25%
6	Catherine Payne	01:53:33	Folksworth	24 January 2016	75.28%
7	Sophie Stanley	01:57:57	Folksworth	24 January 2016	64.67%
8	Catherine Payne	01:59:55	Folksworth	19 January 2014	69.60%
9	SJ Willis	02:00:38	Folksworth	22 January 2017	63.95%
10	Sarah High	02:05:00	Folksworth	22 January 2017	72.88%
11	Penny Hodges	02:05:18	Folksworth	21 January 2018	62.21%
12	Sarah High	02:09:54	Folksworth	24 January 2016	69.22%
13	Caroline Davis	02:10:21	Folksworth	22 January 2017	64.80%
14	Ruth Dunstan	02:14:17	Folksworth	18 January 2015	58.05%
15	Caroline Davis	02:15:32	Folksworth	21 January 2018	62.30%

## 30K Men – Sub 2:30 Performances

1	Matthew Kingston-Lee	01:52:38	Stamford	16 February 2014	77.94%
2	Chris Limmer	01:59:39	Stamford	14 February 2016	72.14%
3	Gav Meadows	02:12:35	Stamford	12 February 2017	65.48%
4	Gav Meadows	02:12:38	Stamford	14 February 2016	65.24%
5	Dean Riggall	02:13:14	Stamford	12 February 2017	68.60%
6	Andrew Pask	02:13:22	Stamford	12 February 2017	64.88%
7	Paul Rushworth	02:13:46	Stamford	14 February 2016	65.21%
8	Andrew Pask	02:13:51	Stamford	16 February 2014	64.49%
9	Andrew Pask	02:14:10	Stamford	14 February 2016	64.37%
10	Nick Rossington	02:15:45	Stamford	14 February 2016	71.45%
11	Matthew Williamson	02:16:49	Stamford	12 February 2017	63.09%
12	Robert Howbrook	02:16:57	Stamford	12 February 2017	76.16%
13	Iain Brown	02:17:41	Stamford	15 February 2015	63.76%
14	Scott Jones	02:18:07	Stamford	15 February 2015	64.57%
15	Ben Mason	02:19:57	Stamford	16 February 2014	62.03%
16	Gordon Geach	02:23:28	Stamford	16 February 2014	68.82%

17	Robert McArdle	02:23:33	Stamford	14 February 2016	71.31%
18	Robert McArdle	02:23:53	Stamford	15 February 2015	70.49%
19	Gordon Geach	02:25:18	Stamford	15 February 2015	68.55%
20	Paul Davis	02:25:34	Stamford	12 February 2017	65.49%
21	Scott Jones	02:26:11	Stamford	16 February 2014	60.52%
22	Robert McArdle	02:27:24	Stamford	12 February 2017	70.10%
23	Andrew Spencer	02:28:16	Stamford	15 February 2015	66.59%
24	Scott Jones	02:29:17	Stamford	14 February 2016	60.23%
25	Robert McArdle	02:29:42	Stamford	16 February 2014	67.14%
26	Nick Payne	02:29:51	Stamford	16 February 2014	57.93%

### 30K Women – Sub 3:00 Performances

Position	Name	Time	Where	When	WMA%
1	Abi Schofield	02:13:46	Stamford	15 February 2015	70.97%
2	Abi Schofield	02:17:57	Stamford	16 February 2014	68.82%
3	Holly Durham	02:18:40	Stamford	12 February 2017	69.28%
4	Holly Durham	02:18:52	Stamford	14 February 2016	68.93%
5	Holly Durham	02:20:21	Stamford	16 February 2014	67.84%
6	Catherine Payne	02:21:05	Stamford	12 February 2017	78.05%
7	Catherine Payne	02:21:35	Stamford	14 February 2016	76.81%
8	Catherine Payne	02:22:42	Stamford	15 February 2015	75.26%
9	Catherine Payne	02:27:40	Stamford	16 February 2014	71.85%
10	SJ Willis	02:36:55	Stamford	12 February 2017	61.79%
11	Sarah High	02:39:56	Stamford	12 February 2017	72.52%
12	Sarah High	02:43:30	Stamford	14 February 2016	70.01%
13	Caroline Davis	02:47:18	Stamford	12 February 2017	63.42%
14	Ruth Dunstan	02:49:19	Stamford	15 February 2015	57.96%
15	Sinead McDonnell	02:49:39	Stamford	12 February 2017	59.78%
16	Ruth Dunstan	02:50:58	Stamford	14 February 2016	57.81%
17	Nikki Carr	02:56:21	Stamford	15 February 2015	65.77%

### 20 Miles Men – Sub 2:40 Performances

Position	Name	Time	Where	When	WMA%
1	Chris Limmer	02:04:08	Ashby-de-la-Zouche	19 March 2017	75.11%
2	Chris Limmer	02:05:02	Ashby-de-la-Zouch	20 March 2016	74.57%
3	Ben Hatherley	02:19:11	Ashby-de-la-Zouch	22 March 2015	68.02%
4	Paul Rushworth	02:20:51	Ashby-de-la-Zouch	9 March 2014	66.31%
5	Mark Wilson	02:21:56	Ashby-de-la-Zouch	20 March 2016	73.73%
6	Gav Meadows	02:22:16	Ashby-de-la-Zouche	19 March 2017	65.85%
7	Nick Rossington	02:26:12	Ashby-de-la-Zouch	20 March 2016	71.58%
8	Ben Hatherley	02:26:35	Ashby-de-la-Zouch	9 March 2014	64.19%
9	Andrew Pask	02:27:31	Bury St. Edmunds	28 February 2016	63.23%
10	Paul Rushworth	02:27:33	Ashby-de-la-Zouch	20 March 2016	65.20%
11	Dean Riggall	02:27:48	Ashby-de-la-Zouche	19 March 2017	66.70%
12	Paul Davis	02:29:06	Ashby-de-la-Zouche	19 March 2017	68.97%
13	Andrew Pask	02:31:08	Ashby-de-la-Zouch	9 March 2014	61.68%
14	Jez Page	02:32:03	Ashby-de-la-Zouch	22 March 2015	71.31%
15	Robert McArdle	02:33:29	Redcar	15 March 2015	71.30%
16	Robert McArdle	02:34:14	Redcar	13 March 2016	71.63%
17	Ben Mason	02:35:13	Ashby-de-la-Zouch	9 March 2014	60.35%
18	Scott Jones	02:37:30	Ashby-de-la-Zouch	9 March 2014	60.57%



## 20 Miles Women – Sub 3:00 Performances

Position	Name	Time	Where	When	WMA%
1	Abi Schofield	02:22:59	Ashby-de-la-Zouch	22 March 2015	71.46%
2	Catherine Payne	02:30:10	Redcar	19 March 2017	80.29%
3	Holly Durham	02:30:18	Ashby-de-la-Zouche	19 March 2017	68.85%
4	Catherine Payne	02:31:15	Redcar	13 March 2016	78.70%
5	Holly Durham	02:32:31	Ashby-de-la-Zouch	9 March 2014	67.20%
6	Catherine Payne	02:37:44	Ashby-de-la-Zouch	9 March 2014	73.58%
7	Sophie Stanley	02:40:48	Ashby-de-la-Zouch	20 March 2016	64.11%
8	Sarah High	02:56:25	Ashby-de-la-Zouch	20 March 2016	71.09%
9	Ruth Dunstan	02:59:27	Ashby-de-la-Zouch	22 March 2015	58.96%

## Marathon Men – Sub 3:30 Performances

Position	Name	Time	Where	When	WMA%
1	Matthew Kingston-Lee	02:41:42	London	23 April 2017	79.81%
2	Matthew Kingston-Lee	02:43:41	Chester	4 October 2015	78.20%
3	Matthew Kingston-Lee	02:46:38	Rotterdam, Netherlands	13 April 2014	75.65%
4	Chris Limmer	02:50:12	London	23 April 2017	73.39%
5	Chris Limmer	02:53:14	London	24 April 2016	72.11%
6	Chris Limmer	02:54:15	Chester	4 October 2015	71.69%
7	Matthew Kingston-Lee	02:54:50	London	24 April 2016	73.21%
8	Chris Limmer	03:05:55	Stoke on Trent	5 July 2015	67.19%
9	Chris Limmer	03:06:49	Bournemouth	8 October 2017	66.87%
10	Dean Riggall	03:06:54	London	23 April 2017	70.21%
11	Gav Meadows	03:07:00	Barcelona, Spain	13 March 2016	66.80%
12	Iain Brown	03:07:30	Manchester	19 April 2015	67.23%
13	Andrew Pask	03:07:34	Paris, France	9 April 2017	66.60%
14	Paul Rushworth	03:07:48	London	13 April 2014	66.52%
15	Dean Riggall	03:09:22	Manchester	10 April 2016	68.72%
16	Dean Riggall	03:09:40	London	24 April 2016	68.61%
17	Gav Meadows	03:10:21	Manchester	2 April 2017	65.69%
18	Mark Wilson	03:11:23	Chester	4 October 2015	72.87%
19	Andy Atter	03:12:13	Manchester	2 April 2017	64.99%
20	Gav Meadows	03:12:19	Stratford-upon-Avon	24 April 2016	64.95%
21	Andrew Pask	03:14:26	Manchester	6 April 2014	64.25%
22	Gav Meadows	03:14:35	Valencia, Spain	20 November 2016	64.20%
23	Iain Brown	03:14:37	Lisbon, Portugal	5 October 2014	64.44%
24	Gerry Hyde	03:14:52	Manchester	10 April 2016	72.87%
25	Matthew Williamson	03:14:58	Manchester	2 April 2017	64.07%
26	Tom Fowler	03:15:05	Leicester	26 October 2014	64.03%
27	Mark Wilson	03:16:07	London	23 April 2017	71.75%
28	Ben Hatherley	03:16:53	Edinburgh	25 May 2014	63.70%
29	Gav Meadows	03:17:39	Amsterdam, Netherlands	15 October 2017	63.26%
30	Paul Rushworth	03:17:41	London	24 April 2016	63.44%
31	Matthew Kingston-Lee	03:17:44	London	26 April 2015	64.20%
32	Andrew Pask	03:17:50	Rotterdam, Netherlands	10 April 2016	63.14%
33	Tom Fowler	03:19:51	Stratford-upon-Avon	24 April 2016	62.57%
34	Ben Hatherley	03:20:32	Milton Keynes	5 May 2014	62.54%
35	Robert Howbrook	03:20:39	Manchester	2 April 2017	74.86%
36	Nick Rossington	03:21:12	Manchester	10 April 2016	69.32%
37	Tom Fowler	03:21:13	Leicester	15 October 2017	62.64%
38	Robert Howbrook	03:21:42	Manchester	10 April 2016	73.76%
39	Ben Mason	03:21:55	Manchester	6 April 2014	61.93%
40	Nick Payne	03:22:01	Manchester	2 April 2017	62.84%
41	Scott Jones	03:22:14	London	24 April 2016	63.82%
42	Iain Brown	03:22:29	Liverpool	25 May 2014	61.94%



43	Robert McArdle	03:22:38	Manchester	10 April 2016	72.73%
44	Gavin Meadows	03:23:04	Nottingham	27 September 2015	61.52%
45	Robert McArdle	03:23:21	Manchester	19 April 2015	71.80%
46	Tom Fowler	03:25:04	Milton Keynes	5 May 2014	60.92%
47	Gav Meadows	03:25:24	Leicester	25 October 2015	60.82%
48	Scott Jones	03:26:27	Nottingham	28 September 2014	61.49%
49	Matthew Williamson	03:27:28	Amsterdam, Netherlands	15 October 2017	60.21%
50	Paul Rushworth	03:27:44	Riverton, New Zealand	19 October 2014	60.13%
51	Dean Riggall	03:29:21	London	26 April 2015	61.65%
52	Paul Davis	03:29:43	York	9 October 2016	65.33%

## Marathon Women – Sub 4:00 Performances

Position	Name	Time	Where	When	WMA%
1	Anna O'Hare	03:13:18	Manchester	19 April 2015	70.06%
2	Holly Durham	03:17:41	London	23 April 2017	69.94%
3	Catherine Payne	03:18:10	London	23 April 2017	82.22%
4	Catherine Payne	03:19:25	Manchester	10 April 2016	80.65%
5	Holly Durham	03:20:07	Manchester	10 April 2016	68.39%
6	Catherine Payne	03:20:30	London	26 April 2015	79.19%
7	Catherine Payne	03:22:46	Manchester	6 April 2014	77.31%
8	Catherine Payne	03:22:58	Leiden, Netherlands	22 May 2016	79.24%
9	Holly Durham	03:23:26	Manchester	6 April 2014	66.82%
10	Catherine Payne	03:24:53	Leiden, Netherlands	17 May 2015	77.49%
11	Abi Schofield	03:25:25	Edinburgh	25 May 2014	65.92%
12	Catherine Payne	03:29:00	Leiden, Netherlands	18 May 2014	75.01%
13	Sophie Stanley	03:33:22	London	24 April 2016	64.14%
14	Sophie Stanley	03:37:15	London	23 April 2017	63.29%
15	Penny Hodges	03:40:57	London	23 April 2017	63.97%
16	Penny Hodges	03:48:33	Chester	4 October 2015	60.88%
17	Sarah High	03:48:36	Manchester	2 April 2017	75.22%
18	Caroline Davis	03:50:51	Chester	8 October 2017	58.76%
19	Helen Brown	03:55:30	London	24 March 2016	60.02%
20	Caroline Davis	03:56:52	Milton Keynes	1 May 2017	65.36%
21	Sinead McDonnell	03:57:50	Manchester	2 April 2017	62.75%
22	SJ Willis	03:59:01	Manchester	2 April 2017	58.22%