

## Biggleswade Athletic Club Road Running Records at Recognised Distances

5k, 5m, 10k, 15k, 10m, 20k, half marathon, 25k, 30k, 20m, marathon,

50k, 100k, 100m, 1 hour, 12 hour, 24 hour

Note: Veteran age-group records that better a lower age-group record are highlighted in **RED**

Records up to date to 23<sup>rd</sup> October 2017, recent records are shown in Bold

Category	Senior Women	Senior Men	Veteran Women	Veteran Men
<b>5K</b>	Isobel Everest (V35) 18 mins 37 secs Bedford 25.07.2012	Craig Brown 16mins 11secs Battersea 09.06.2014	Isobel Everest (V35) 18 mins 37secs Bedford 25.07.2012	Paul Davies (V40) 16mins 58secs Battersea 09.06.2014
			Juliet Nayler (V40) 18 mins 40 secs Bedford 25.07.2012	Paul Davies (V45) 17mins 10 secs Peterborough 10.06.2015
			Deb Bryant (V45) 22mins 57 secs Marston 19.06.2015	<b>Roger Wadeley (V50)</b> <b>17mins 55secs</b> <b>Stevenage</b> <b>19.12.1996</b>
			Lesley Novis (V50) 30 mins 29 secs Bedford 27.07.2011	Maurice Taylor (V55) 18mins 48secs Vauxhall 28.08.1998
			<b>Dorothy Elsey (V55)</b> <b>26 mins 32 secs</b> <b>Bedford</b> <b>09.06.2012</b>	John Haines (V60) 20mins 04secs Hatfield 30.09.2015
		<b>Dorothy Elsey (V60)</b> <b>26 mins 22 secs</b> <b>Bedford</b> <b>30.03.2013</b>	Philip Housden (V65) 22 mins 07 secs Peterborough 17.08.2016	
<b>5 Mile</b>	Karen Worrall (V35) 32mins 46secs Market Harborough 2003	Roger Wadeley 22mins 52secs Banbury 17.09.1977	Karen Worrall (V35) 32mins 46secs Market Harborough 2003	Paul Davies (V40) 28mins 41secs Victoria Park 06.04.2013
			Tracey Patmore (V40) 33mins 02secs Cranfield 02.07.2010	<b>Roger Wadeley (V45)</b> <b>27mins 12secs</b> <b>Wolverton</b> <b>26.11.1994</b>
			Jan Blake (V45) 42mins 18secs Tower Hamlets 28.03.2009	Charlie Hunn (V50) 30mins 44secs Vauhall 05.07.1998
			<b>Jan Forrester (V50)</b> <b>34mins 50secs</b> <b>Corby</b> <b>21.05.2003</b>	John Haines (V55) 31mins 20secs Wellingborough 01.08.2010
				John Haines (V60) 34 mins 11 secs Milton Keynes 28.11.2015
			Philip Housden (V65) 35 mins 57 secs Thorney 14.08.2016	

<b>10K</b>	Juliet Nayler (V40) 38mins 23secs Letchworth 07.10.2012	Roger Wadeley 32mins 16secs Bedford 29.06.1982	Juliet Nayler (V35) 38mins 50secs Flitwick 18.04.2010  Juliet Nayler (V40) 38mins 23secs Letchworth 07.10.2012  Deb Bryant (V45) 45mins 41secs Letchworth 02.10.2017  Jan Forrester (V50) 45mins 43secs St Albans 12.05.2002  Dorothy Elsey (V55) 54mins 27secs Flitwick 15.04.2012	Paul Davies (V40) 35mins 28secs Battersea 05.04.2014  Roger Wadeley (V45) 34mins 18secs Cranfield 24.05.1992  Roger Wadeley (V50) 36mins 08secs Stoke Ferry 24.03.1996  John Haines (V55) 39 mins 22secs Bedford 05.09.2010  Roger Wadeley (V60) 40 mins 48 secs Letchworth 07.10.2007  Philip Housden (V65) 44 mins 42 secs Great Abington 04.10.2015
<b>10 Mile</b>	Juliet Nayler (V40) 1hr 04mins 45secs Ware 14.10.2012	Roger Wadeley 52mins 30secs Henlow 1979	Juliet Nayler (V35) 1hr 06mins 15secs Ware 11.10.09  Juliet Nayler (V40) 1hr 04mins 45secs Ware 14.10.2012  Deb Bryant (V45) 1hr 17mins 32secs Swineshead 10.09.2017  Jan Forrester (V50) 1hr 20mins 45secs Hemel 09.03.2003  Dorothy Elsey (V55) 1hr 32mins 13secs Henlow 17.10.2012	Ken Prior (V40) 57mins 15secs Nene Valley 01.12.1991  Roger Wadeley (V45) 54mins 47secs Swineshead 09.09.1990  Roger Wadeley (V50) 59mins 41secs Cople 26.12.1996  Charlie Hunn (V55) 64mins 01secs Sandy 26.04.1998  John Haines (V60) 68mins 18secs Battersea 28.02.2015
				Philip Housden (V65) 76 mins 48 secs West Walton 30.10.2016
<b>Half Marathon</b>	Juliet Nayler (V40) 1hr 25mins 31secs Lode 01.11.2015	Roger Wadeley 1hr 11mins 15secs Bedford 22.09.1988	Deb Bryant (V35) 1hr 29mins 05secs Peterborough 14.10.2007  Juliet Nayler (V40) 1hr 25mins 02secs Bath 13.03.2016	Roy Kellaway (V40) 1hr 17mins 02secs Gt Barford 08.12.2002  Roger Wadeley (V45) 1hr 13mins 29secs St Neots 26.05.1991

			<p>Deb Bryant (V45) 1hr 41mins 43secs St Neots 16.11.2014</p> <p>Jan Forrester (V50) 1hr 49mins 36secs Barford 11.12.2005</p> <p>Dorothy Elsey (V55) 1hr 58mins 26secs St Neots 18.11.2012</p> <p>Dorothy Elsey (V60) 2hr 06mins 15secs Watford 03.02.2013</p>	<p>Ian Skerratt (V50) 1hr 28mins 47secs Bedford 12.12.2004</p> <p>John Haines (V55) 1hr 26mins 55 secs Bedford 12.12.2010</p> <p>John Haines (V60) 1hr 29mins 41 secs Gosport 16.11.2014</p> <p>Nigel Bush (V65) 1hr 43mins 37secs St Neots 17.11.2013</p>
<b>20 Mile</b>	<p>Isobel Everest (V40) 2hrs 23mins 24secs Wymondham 22.03.2015</p>	<p>Ken Prior 2hrs 00mins 34secs Verlea 12.03.1989</p>	<p>Isobel Everest (V35) 2hrs 26mins 20secs Wymondham 07.03.2010</p> <p>Isobel Everest (V40) 2hrs 23mins 24secs Wymondham 22.03.2015</p> <p>Jan Forrester (V45) 2hrs 46mins 00secs Gade Valley 24.03.2002</p> <p>Jan Forrester (V50) 3hrs 07mins 42secs Oakley 28.03.2004</p> <p>Cat Marriott (V55) 3hrs 43mins 44secs Oakley 23.03.2014</p>	<p>Ken Prior (V40) 2hrs 02mins 34secs Verlea 11.03.1990</p> <p>Roger Wadeley (V45) 2hrs 06mins 43secs Bury 23.02.1992</p> <p>Ian Skerratt (V50) 2hrs 21mins 14secs Oakley 28.03.2004</p> <p>Ian Skerratt (V55) 2hrs 25mins 11 secs Oakley 05.04.2009</p> <p>John Haines (V60) 2hrs 26mins 53 secs Lydd 08.03.2015</p>
				<p>Ian Skerratt (V65) 2hrs 53mins 21 secs Bury St Edmunds 28.02.2016</p>
<b>Marathon</b>	<p>Isobel Everest (V35) 3hrs 11mins 23secs London 22.04.12</p>	<p>D Michael 2hrs 24mins 46secs London 1984</p>	<p>Isobel Everest (V35) 3hrs 11mins 23secs London 22.04.2012</p> <p>Isobel Everest (V40) 3hrs 23mins 01secs London 13.04.2014</p> <p>Julia MacKay (V45) 4hrs 37mins 42secs London 22.04.2012</p> <p>Jan Forrester (V50) 3hrs 50mins 01secs London 14.04.2002</p>	<p>Ian Skerratt (V40) 2hrs 43mins 54secs Dallas, Texas 02.12.1990</p> <p>Roger Wadeley (V45) 2hrs 38mins 55secs London 1990</p> <p>Ian Skerratt (V50) 3hrs 10mins 31secs Auckland, NZ 02.11.2003</p> <p>Ian Skerratt (V55) 2hrs 59mins 43secs Amsterdam 2006</p>

			Catherine Marriott (V55) 4hr 39mins 14secs Berlin 29.09.2013	Ian Skerratt (V60) 3hrs 14mins 15secs London 17.04.2011
				Ian Skerratt (V65) 4hrs 14mins 58secs London 26.04.2016
<b>12 Hour</b>		Ken Prior (V40) 75 Miles 1333 yds Stevenage 09.05.1993		Ken Prior (V40) 75 Miles 1333 yds Stevenage 09.05.1993
<b>100 mile</b>		Ed Jones (V40) 22hrs 18mins 4secs South Downs Way 15.06.2013		Ed Jones (V40) 22hrs 18mins 4secs South Downs Way 15.06.2013