

Correct as of 20/05/2012 18:05

	V40	Martin Pengilly	00:35:30	Swansea Bay	23/09/2007
	V45	Stuart Penny	00:36:15	Bristol	09/05/2010
	V50	Stuart Penny	00:36:18	Bristol	20/05/2012
	V55	Gareth Jones	00:38:56	Sundays Hill	07/07/2005
	V60	Gareth Jones	00:40:00	Magor Marsh	17/02/2008
	V65	Syd Wheeler	00:45:43	Hereford	01/01/2003
	V70	Syd Wheeler	00:47:13	Magor Marsh	20/07/2008
8 miles	JM				
	SM	Phil Matthews	00:43:57	Liswerry	27/01/2008
	V40	Stuart Penny	00:47:21	Liswerry	29/01/2006
	V45	Dick Finch	00:49:50	Liswerry	28/01/1990
	V50	Laurie Carter	00:47:51	Liswerry	31/01/2010
	V55	Neil Grant	00:53:08	Liswerry	30/01/2011
	V60	Neil Grant	00:53:27	Liswerry	19/01/2012
	V65	Syd Wheeler	00:58:43	Liswerry	22/01/2003
	V70	Bill Bewg	01:01:04	Liswerry	30/01/2011
10 miles	JM	James Blore	01:04:34	Gloucester	04/01/2009
	SM	Phil Matthews	00:54:45	Oldbury	07/10/2007
	V40	Paul Scott	01:05:58	Gloucester	04/01/2009
	V45	Pete Hutton	01:06:41	Gloucester	08/01/2006
	V50	Paul Dodd	01:03:21	Elan Valley	20/11/2010
	V55	Gareth Jones	01:04:44	Gloucester	05/01/2003
	V60	Dick Finch	01:08:57	Brecon	07/08/2005
	V65	Syd Wheeler	01:13:36	Gloucester	05/01/2003
	V70	Syd Wheeler	01:22:16	Lampeter	23/03/2008
Half Marathon	JM	James Blore	01:23:28	Taunton	05/04/2009
	SM	Phil Matthews	01:12:47	Cardiff	14/10/2007
	V40	Pete Hutton	01:20:52	Bath	17/03/2002
	V45	Dick Finch	01:19:20	Torfaen	28/06/1990
	V50	Laurie Carter	01:22:37	Bath	07/03/2010
	V55	Gareth Jones	01:26:47	Guernsey	20/06/2004
	V60	Gareth Jones	01:32:43	Forest of Dean	16/03/2008
	V65	Syd Wheeler	01:35:54	Tewkesbury	09/03/2003
	V70	Syd Wheeler	01:48:53	Torfaen	25/10/2008
20 miles	JM				
	SM	Nick Davis	02:09:32	Gloucester	02/03/2008
	V40	Nick Davis	02:11:39	Rhayader	18/03/2012
	V45	Bill Savage	02:16:27	Gloucester	22/03/1998
	V50	Syd Wheeler	02:19:15	Gloucester	25/03/1990
	V55	Laurie Carter	02:17:24	Gloucester	18/03/2012
	V60	Syd Wheeler	02:46:35	Gloucester	22/03/1998
	V65	Syd Wheeler	02:43:22	Gloucester	09/03/2003
	V70	Syd Wheeler	02:59:48	Gloucester	02/03/2008
Marathon	JM				
	SM	Pete Maggs	02:36:36	London	??/04/91

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	V40	Nick Davies	02:53:34	London	22/04/2012
	V45	Gareth Jones	02:59:09	London	13/04/1997
	V50	Syd Wheeler	02:59:02	Abingdon	20/11/1991
	V55	Laurie Carter	03:05:38	Llanelli	15/04/2012
	V60	Gareth Jones	03:15:53	Krakow	04/05/2008
	V65	Syd Wheeler	03:36:31	London	13/04/2003
	V70	Syd Wheeler	04:13:59	London	13/04/2008
30 miles	V60	Syd Wheeler	04:44:31	John Tarrant, Hereford	18/07/1999
	V65	Syd Wheeler	04:49:11	Oldbury	23/01/2005
50 km	V50	Syd Wheeler	04:14:14	Blaisdon	25/08/1990
	V65	Syd Wheeler	04:56:28	Boddington	13/08/2006
	V70	Syd Wheeler	05:55:43	Boddington	17/05/2009
32 miles	V45	Mike Smith	05:41:37	Dartmoor Discovery	02/06/2007
40 miles	JM	James Blore	06:57:00	Ridgeway 40	09/05/2009
	V55	Syd Wheeler	05:47:12	Barry Track	03/03/1996
	V60	Syd Wheeler	06:01:26	Barry Track	03/03/2002
50 miles	V55	Syd Wheeler	08:36:19	John Tarrant, Hereford	10/07/1994
100 km	V60	Syd Wheeler	10:44:01	Moreton-in-Marsh	20/05/2001
12 hour race	V50	Syd Wheeler	65m 318yd	Stevenage Spartan	04/05/1996
	V65	Syd Wheeler	63m 246yd	Tipton 12 hr Track	15/05/2005
	V70	Syd Wheeler	88.3 km	Tipton 12 hr Track	11/05/2008
24 hour race	V50	Syd Wheeler	118m 436yd	Felton Puffers 24 hr Race	27/05/1989