

Alchester Running Club Records

	Distance	Time	Name	Race
Senior Men	5 km	00:16:13	Chris Rogers/Nigel Marley	Stevenage, 2000/ White Horse, Glouc 2008
	5 Miles	00:27:15	Piers Vallance	Hanney, 2003
	10 km	00:32:08	Nigel Marley	Salford, 2009
	10 Miles	00:55:27	Nigel Marley	Maidenhead, 2012
	Half Marathon	01:15:14	Nigel Marley	White Horse, 2007
	Marathon	02:51:57	Richard Gould	London, 2010
V40 Men	5 km	00:16:54	Richard Gould	Cottisford, 2015
	5 Miles	00:28:16	Richard Gould	Didcot, 2012
	10 km	00:35:09	Richard Gould	Bourton, 2016
	10 Miles	00:57:59	Richard Gould	Great South Run, 2012
	Half Marathon	01:15:09	Paul Leverton	Wokingham, 2022
	Marathon	02:36:31	Paul Leverton	Manchester, 2022
V50 Men	5 km	00:17:42	John Nelson	Cottisford, 2015
	5 Miles	00:28:56	John Nelson	Didcot, 2012
	10 km	00:35:20	Richard Gould	Oxford Town & Gown, 2022
	10 Miles	01:02:20	John Nelson	Great South Run, 2012
	Half Marathon	01:19:01	Richard Gould	White Horse, 2022
	Marathon	02:45:30	Richard Gould	London, 2021
V60 Men	5 km	00:19:50	Jon Burgess	Cottisford, 2015
	5 Miles	00:31:03	Jon Burgess	Headington, 2014
	10 km	00:38:13	John Nelson	Oxford Town & Gown, 2018
	10 Miles	01:06:09	Jon Burgess	Cotswold Classic, 2014
	Half Marathon	01:24:33	Jon Burgess	Oxford, 2014
	Marathon	03:10:44	Jon Burgess	Venice, 2014
V70 Men	5 km	00:25:52	Dave Basham	Waddesdon, 2016
	5 Miles	00:39:46	Dave Basham	Hanney, 2015
	10 km	00:48:05	Dave Basham	Eynsham, 2016
	10 Miles	01:38:00	Dave Basham	Cotswold Classic, 2017
	Half Marathon	01:58:21	Dave Basham	White Horse, 2016
	Marathon			

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	Distance	Time	Name	Race
Senior Women	5 km	00:18:21	Michelle Pank	Cottisford, 2014
	5 Miles	00:29:47	Jenny Pyper	Hanney, 2005
	10 km	00:38:18	Jenny Pyper	Oxford Airport, 2005
	10 Miles	01:03:51	Jenny McBain	Cotswold Classic, 2010
	Half Marathon	01:21:56	Jenny McBain	New Forest, 2010
	Marathon	02:58:10	Jenny McBain	Abingdon, 2010
V35 Women	5 km	00:18:30	Sarah Rendell/Jenny McBain	Great South Run, 2014/Boscombe Winter 5k, 2014
	5 Miles	00:30:07	Jenny McBain	Headington, 2014
	10 km	00:37:26	Sarah Rendell	Eastleigh, 2016
	10 Miles	01:02:27	Jenny McBain	Daventry, 2013
	Half Marathon	01:20:59	Jenny McBain	Surrey, 2016
	Marathon	02:57:26	Sarah Rendell	London, 2016
V45 Women	5 km	00:19:56	Sam Usher	Alchester 5k, 2017
	5 Miles	00:33:48	Angela Banks	Hanney, 2008
	10 km	00:39:52	Sarah Rendell	Oxford Town & Gown, 2018
	10 Miles	01:07:36	Sam Usher	Cotswold Classic, 2017
	Half Marathon	01:31:44	Sarah Rendell	Milton Keynes, 2018
	Marathon	03:11:37	Sarah Rendell	Brighton, 2018
V55 Women	5 km	00:22:41	Caroline Kerr	Waddesdon, 2018
	5 Miles	00:36:24	Caroline Kerr	Headington, 2018
	10 km	00:46:24	Caroline Kerr	Eynsham, 2018
	10 Miles	01:18:39	Caroline Kerr	Cotswold Classic, 2018
	Half Marathon	01:43:15	Caroline Kerr	Rugby, 2018
	Marathon	03:58:08	Caroline Kerr	London, 2021