

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 2nd March 2020, records added in latest update are shown in **Bold**

| Category | Senior Women | Senior Men | Veteran Women | Veteran Men |
|---------------|---|---|---|---|
| 5K | Hannah Broom (V35) 18 mins 15 secs Peterborough 03.07.2019 | Craig Brown 16mins 11secs Battersea 09.06.2014 | Hannah Broom (V35) 18 mins 15 secs Peterborough 03.07.2019 | 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 | Roger Wadeley (V50) 17mins 55secs Stevenage 19.12.1996 |
| | | | Deb Bryant (V50) 22 mins 41s Bedford 31.07.2019 | Maurice Taylor (V55) 18mins 48secs Vauxhall 28.08.1998 |
| | | | Dorothy Eley (V55) 26 mins 32 secs Bedford 09.06.2012 | Charlie Arnold (V60) 18mins 42 secs Milton Keynes 05.05.2019 |
| | | | Dorothy Eley (V60) 26 mins 22 secs Bedford 30.03.2013 | Charles Arnold (V65) 19 mins 23 secs Bedford 21.07.2021 |
| | | | Nigel Bush (V70) 25 mins 19 secs Bedford 31.07.2019 | |
| 5 Mile | 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 | Roger Wadeley (V45) 27mins 12secs Wolverton 26.11.1994 |
| | | | Jan Blake (V45) 42mins 18secs Tower Hamlets 28.03.2009 | Charlie Hunn (V50) 30mins 44secs Vauhall 05.07.1998 |
| | | | Jan Forrester (V50) 34mins 50secs Corby 21.05.2003 | John Haines (V55) 31mins 20secs Wellingborough 01.08.2010 |
| | | | John Haines (V60) 34 mins 11 secs Milton Keynes 28.11.2015 | |
| | | | Charles Arnold (V65) | |

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|----------------|--|---|--|---|
| | | | | 32 mins 30 secs Bovingdon 09.05.2021 |
| 10K | 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 Charlie Arnold (V60) 39 mins 37 secs London 27.05.2019 Charles Arnold (V65) 40 mins 59 secs Milton Keynes 25.06.2021 Nigel Bush (V70) 52 mins 04 secs Letchworth 06.10.2019 |
| 10 Mile | 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 | Ken Prior (V40) 57mins 15secs Nene Valley 01.12.1991 Roger Wadeley (V45) 54mins 47secs Swinshead 09.09.1990 Roger Wadeley (V50) 59mins 41secs Cople 26.12.1996 Charlie Hunn (V55) 64mins 01secs Sandy 26.04.1998 |

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|----------------------|---|---|--|--|
| | | | Dorothy Elsey (V55) 1hr 32mins 13secs Henlow 17.10.2012 | John Haines (V60) 68mins 18secs Battersea 28.02.2015 Charles Arnold (V65) 71 mins 46 secs Wisbech 31.10.2021 Philip Housden (V70) 83 mins 12 secs Wisbech 31.10.2021 |
| Half Marathon | Juliet Nayler (V40) 1hr 25mins 31secs Lode 01.11.2015 | Roger Wadeley 1hr 11mins 15secs Bedford 22.09.1988 | Hannah Broom (V35) 1hr 26mins 33secs Peterborough 14.10.2018 Juliet Nayler (V40) 1hr 25mins 02secs Bath 13.03.2016 Deb Bryant (V45) 1hr 41mins 43secs St Neots 16.11.2014 Jan Forrester (V50) 1hr 49mins 36secs Barford 11.12.2005 Dorothy Elsey (V55) 1hr 58mins 26secs St Neots 18.11.2012 Dorothy Elsey (V60) 2hr 06mins 15secs Watford 03.02.2013 | Roy Kellaway (V40) 1hr 17mins 02secs Gt Barford 08.12.2002 Roger Wadeley (V45) 1hr 13mins 29secs St Neots 26.05.1991 Marcus Davey (V50) 1hr 22mins 32secs Stevenage 21.11.2021 John Haines (V55) 1hr 26mins 55 secs Bedford 12.12.2010 John Haines (V60) 1hr 29mins 41 secs Gosport 16.11.2014 Charles Arnold (V65) 1hr 28mins 22secs Saffron Walden 18.04.2021 |
| 20 Mile | Isobel Everest (V40) 2hrs 23mins 24secs Wymondham 22.03.2015 | Ken Prior 2hrs 00mins 34secs Verlea 12.03.1989 | Isobel Everest (V35) 2hrs 26mins 20secs Wymondham 07.03.2010 Isobel Everest (V40) 2hrs 23mins 24secs Wymondham 22.03.2015 Jan Forrester (V45) 2hrs 46mins 00secs Gade Valley 24.03.2002 Jan Forrester (V50) | Ken Prior (V40) 2hrs 02mins 34secs Verlea 11.03.1990 Roger Wadeley (V45) 2hrs 06mins 43secs Bury 23.02.1992 Ian Skerratt (V50) 2hrs 21mins 14secs Oakley 28.03.2004 Ian Skerratt (V55) |

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|-----------------|--|---|---|--|
| | | | 3hrs 07mins 42secs Oakley 28.03.2004 | 2hrs 25mins 11 secs Oakley 05.04.2009 |
| | | | Cat Marriott (V55) 3hrs 43mins 44secs Oakley 23.03.2014 | John Haines (V60) 2hrs 26mins 53 secs Lydd 08.03.2015 |
| | | | | Ian Skerratt (V65) 2hrs 53mins 21 secs Bury St Edmunds 28.02.2016 |
| Marathon | Isobel Everest (V35) 3hrs 11mins 23secs London 22.04.12 | D Michael 2hrs 24mins 46secs London 1984 | Isobel Everest (V35) 3hrs 11mins 23secs London 22.04.2012 | Ian Skerratt (V40) 2hrs 43mins 54secs Dallas, Texas 02.12.1990 |
| | | | Isobel Everest (V40) 3hrs 23mins 01secs London 13.04.2014 | Roger Wadeley (V45) 2hrs 38mins 55secs London 1990 |
| | | | Julia MacKay (V45) 4hrs 37mins 42secs London 22.04.2012 | Ian Skerratt (V50) 3hrs 10mins 31secs Auckland, NZ 02.11.2003 |
| | | | Jan Forrester (V50) 3hrs 50mins 01secs London 14.04.2002 | Ian Skerratt (V55) 2hrs 59mins 43secs Amsterdam 2006 |
| | | | Catherine Marriott (V55) 4hr 39mins 14secs Berlin 29.09.2013 | Ian Skerratt (V60) 3hrs 14mins 15secs London 17.04.2011 |
| | | | | Charles Arnold (V65) 3hrs 18mins 46secs Peterborough 23.05.2021 |
| | | | | Ian Skerratt (V65) 3hrs 52mins 46secs Oporto, Portugal 05.11.2017 |
| 12 Hour | | Ken Prior (V40) 75 Miles 1333 yds Stevenage 09.05.1993 | | Ken Prior (V40) 75 Miles 1333 yds Stevenage 09.05.1993 |
| 100 mile | | Ed Jones (V40) 22hrs 18mins 4secs South Downs Way 15.06.2013 | | Ed Jones (V40) 22hrs 18mins 4secs South Downs Way 15.06.2013 |