

# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
.25 M	LOCKDN 400 Lockdown n 400 Metres	Charlene Swingland-Smith	1:05	Sun 26 Jul 2020	David Worsell	1:00	Sun 26 Jul 2020
1.00 M	1MILE-FS 1 Mile Club to Fire Station	Sue Garner	7:01	Thu 11 Oct 1990	Brian Taylor	5:36	Thu 11 Oct 1990
1.00 M	1MILE-STP 1 Mile St Piers - Haxted	Marlene Pautard	5:32	Tue 11 Aug 1992	Graeme Bennett	4:37	Tue 11 Aug 1992
1.00 M	1MILEDASH 1 Mile Dash (Racecourse)	Lucinda Graves	6:00	Thu 28 Aug 2003	Ben Garner	5:06	Tue 29 Aug 2000
1.00 M	LOCKDOWN Lockdown n 1 mile	Sophie Mills	6:16	Sat 27 Jun 2020	James Ward	4:51	Sat 27 Jun 2020
1.00 M	SACKVILLE Sackville Track Mile	Nicky Pumford	7:02	Thu 20 Jul 2017	Scott Ulatowski	5:51	Thu 20 Jul 2017
1.00 M	UPHILL_1 Uphill Mile	Marlene Pautard	8:02	Tue 16 Jun 1992	Kieran Barnes	6:40	Thu 11 Jul 2019
1.00 M	WESTMINST Westminster Mile	Lisa Compton	7:05	Sat 25 May 2019	David Worsell	7:50	Sat 28 May 2016
3.00 K	BATT PK 3K Battersea Park 3k	Maggie Statham-Berry	14:07	Sun 01 Nov 2020			
1.86 M	DINOSAUR Dinosaur Dash	Fiona Champness	13:41	Wed 21 Jun 2017			
3.00 K	SLH 3K TRA South London Harriers 3k Track	Maggie Statham-Berry	13:47	Sat 10 Oct 2020			
3.00 K	TRACK CRAWTrack Crawley 3,000 metres				Kieran Barnes	9:16	Sun 13 Sep 2020
2.00 M	ESXC_RELAY East Surrey XC relays	Judith Cartledge	16:26	Sat 01 Feb 2014	Vernon Given	14:01	Sat 01 Feb 2014
2.00 M	WIMBLC_XCRWimbledon XC Relays 13	Hannah Cartledge	16:31	Sat 02 Feb 2013	Vernon Given	13:19	Sat 31 Jan 2015
2.50 M	HCAP_2.5 Handicap 2.5 miles	Miranda 2.5m 31Jul1990	21:21	Tue 31 Jul 1990			
2.50 M	HCAP_2.5RP Handicap 2.5 Mile - 4 xRP	Lesley Maynard	24:09	Tue 22 Aug 2000			
2.50 M	PRIOR XC L Priory XC Relays Ladies	Fiona Champness	19:47	Sat 03 Nov 2018			
2.50 M	PRIOR XC M Priory XC Relays M				Daniel O ppe	15:30	Sat 03 Nov 2018
2.50 M	REIG LAD Reigate Priory XC Ladies	KAREN WELLS	19:59	Sat 04 Nov 2017			
2.50 M	REIG MEN Reigate Priory XC Men				Simon Moore	15:54	Sat 04 Nov 2017
2.50 M	REIGPR_R Reigate Priory XC Relays	Edwina Sutton	17:23	Sat 02 Nov 2013	Juhana Kirk	14:59	Sat 01 Nov 2014
2.50 M	REIGREL IA Reigate Priory XC Relay Ladies	KAREN WELLS	20:25	Sat 31 Oct 2015			
2.50 M	REIGREL M Reigate Priory XC Relays Men				Daniel O ppe	16:00	Sat 31 Oct 2015
5.00 K	ABERDARE P A berdare Park Run	Helen Davey	27:09	Sat 15 Sep 2018			
5.00 K	ABINGDON A bingdon Park Run				David Beale	36:52	Sun 03 Mar 2019
5.00 K	ALAGER FAE A lager Faelled				Connor Lindsay	22:10	Sat 16 Mar 2019
5.00 K	ALICE HOLT A lice Holt Park Run	Marie Warner	39:23	Sun 08 Mar 2020	David Nottidge	25:23	Sat 17 Aug 2019
5.00 K	AMSTER_5K A msterdam 5k				Fred Egglestone	31:31	Sun 21 Oct 2007
5.00 K	ARROW VALLA rrow Valley Park Run	Isla Greenaway	30:03	Sat 22 Jun 2019			
5.00 K	ASHDWN_5K A shdown 5k	Maxine Lower	23:00	Sun 09 Jun 2013	Richard Adams	22:07	Mon 04 Jun 2012

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		RunnersName	Time	Date	Runners Name	Time	Date
5.00 K	ASHTON CT Ashton Court Park Run	Lisa Compton	25:24	Sat 03 Aug 2019			
5.00 K	AVIEMORE Aviemore Park Run	Lucy Hall	34:43	Sat 10 Aug 2019			
5.00 K	B&H PARK R Brighton & Hove Park Run				Chris LeBeau	26:07	Sat 11 Jun 2016
5.00 K	BACKTO_5K Back to the trenches 5k	Nikki Young	55:00	Sat 09 Mar 2013			
5.00 K	BAKEWELL Bakewell Park Run	Sophie Davis	25:36	Sat 29 Sep 2018	Luke Davis	22:04	Sat 29 Sep 2018
5.00 K	BALLYMENA Ballymena Park Run				Daniel Quinn	18:02	Sat 25 Jul 2015
5.00 K	BANSTEAD Banstead Woods Park Run	Vera Simms	26:47	Sat 12 Aug 2017	David Beale	21:50	Sat 27 Jul 2019
5.00 K	BARNST PK Barnstaple Park Run	Fiona Champness	23:23	Sat 25 Aug 2018	Chris LeBeau	26:41	Sat 25 Jul 2015
5.00 K	BATH SKYLI Bath Skyline 5k				Jeremy Garner	20:29	Sat 28 Dec 2019
5.00 K	BATT CH 5 Batt Chase 5k	Joanne Given	33:40	Wed 14 Sep 2016			
5.00 K	BATT PK 5K Battersea Park 5k				Kieran Barnes	16:12	Sun 06 Sep 2020
5.00 K	BECK PALAC Beckenham Palace Park Run				George English	22:16	Sat 20 May 2017
5.00 K	BEDG PARK Bedgebury Pinetum Park Run	Theresa Donohue	29:32	Sat 11 Mar 2017	Tim Martin	22:16	Sat 06 Jul 2019
5.00 K	BEESTON PK Beeston Park Run	Mandy Regenass	21:25	Sat 26 Mar 2016	David Beale	20:10	Sat 29 Dec 2018
5.00 K	BELTON PK Belton Park	Theresa Donohue	28:04	Sat 31 Dec 2016	Ian Greenaway	21:52	Sat 31 Dec 2016
5.00 K	BEVEN Beveandean 5k	Emma Page	26:24	Sat 05 Oct 2019	Ian Greenaway	24:13	Sat 04 Mar 2017
5.00 K	BEXHIL_5K Bexhill 5k	Sue Garner	25:08	Sat 07 Nov 2015	Chris LeBeau	26:03	Wed 27 Jul 2016
5.00 K	BICESTER Bicester Park Run				David Watkins	21:37	Sat 15 Oct 2016
5.00 K	BIRKENHEAD Birkenhead	Fiona Champness	23:27	Sat 24 Aug 2019			
5.00 K	BLANDFORD Blandford Park Run				Graeme Bennett	24:04	Sat 20 Apr 2019
5.00 K	BOGNOR PAR Bognor Park Run	Helen Davey	28:17	Sat 18 Aug 2018	Vernon Given	20:40	Sat 29 Oct 2016
5.00 K	BOIS BOULO Bois de Bologne, Paris	Liz Webster	23:46	Sat 07 Mar 2020			
5.00 K	BOLTON PK Bolton Park Run				Tom Cartledge	25:46	Sat 04 Aug 2018
5.00 K	BRACKNELL Bracknell Park Run	Claire Purcell	32:48	Sat 11 Aug 2018			
5.00 K	BRICKFIELD Brickfields Park Run	Theresa Donohue	29:15	Sat 29 Dec 2018	Ian Greenaway	22:56	Sat 29 Dec 2018
5.00 K	BROCKENHU Brockenhurst Park Run				Tony Styles	25:37	Sat 26 Dec 2015
5.00 K	BROMLEY 5K Bromley 5k Park Run				George English	22:14	Sat 25 Aug 2018
5.00 K	BROOK PK Brooklands Park Run				David Beale	19:48	Sat 17 Aug 2019
5.00 K	BURNLEY Burnley Park Run	Liz Webster	22:59	Sat 25 May 2019			
5.00 K	BUSHYP_5K Bushy Park 5k	Marie Warner	36:42	Sat 02 Feb 2019	Andy Smith	23:16	Sun 01 Jan 2012

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Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
5.00 K	C2 5K Couch to 5k	Margaret Weller	31:01	Mon 16 Jul 2018	Mark Notridge	27:35	Mon 16 Jul 2018
5.00 K	CALIF California Country Park	Joanne Given	42:03	Sat 23 Mar 2019			
5.00 K	CAMB PARK Cambridge Park Run				David Beale	20:38	Sat 03 Aug 2019
5.00 K	CANN CHASE Cannock Chase Park Run	Sophie Davis	24:39	Sat 21 Jul 2018	Luke Davis	17:26	Sat 21 Jul 2018
5.00 K	CANON HILL Canon Hill Park Run	Liz McLennan	26:14	Sat 21 Dec 2019	Neil McLennan	25:49	Sat 10 Dec 2016
5.00 K	CARDIFF Cardiff Park Run				Peter Vaughan	23:56	Sat 16 Mar 2019
5.00 K	CARLISLE Carlisle Park Run	Theresa Donohue	28:36	Sat 22 Apr 2017	Ian Greenaway	21:42	Sat 22 Apr 2017
5.00 K	CHELMSFOR Chelmsford Park Run	Clare Evans	28:02	Sat 11 May 2019	James Evans	44:04	Sat 11 May 2019
5.00 K	CHELT PK Cheltenham Park Run	Marie Warner	36:30	Sat 17 Aug 2019	Steve Warner	26:47	Sat 17 Aug 2019
5.00 K	CHESTER Chester Park Run				David Nottidge	24:30	Sat 27 Jul 2019
5.00 K	CHIC PARK Chichetser Park Run	Helen Davey	27:35	Sat 20 Apr 2019	David Beale	21:18	Sat 05 Jan 2019
5.00 K	CLAPHAM PK Clapham Common Park Run	Elizabeth Jenn	29:42	Sat 15 Sep 2018			
5.00 K	CLARE PK Clare Park	Clare Evans	25:51	Sat 23 Feb 2019	David Watkins	22:42	Sat 30 Jul 2016
5.00 K	CLUMBER Clumber Park Run	Lisa Compton	25:57	Sat 01 Sep 2018	Vernon Given	20:59	Sat 01 Sep 2018
5.00 K	COLCH PK Colchester Park Run	Marie Warner	37:39	Sat 01 Jun 2019	Steve Warner	27:09	Sat 01 Jun 2019
5.00 K	COLNEY LANE Colney Lane park run				James Ward	19:42	Sat 28 Apr 2018
5.00 K	CONSTANTIA Constantia Greenbelt	Mandy Regenass	32:08	Sat 07 Dec 2019			
5.00 K	CPAL PARK Crystal Palace Park Run				George English	23:42	Sat 23 Sep 2017
5.00 K	CRAN 5K Cranleigh Park Run	Theresa Donohue	28:56	Sat 25 Mar 2017	Ian Greenaway	22:35	Sat 25 Mar 2017
5.00 K	CRANE PK Crane Park Run	Marie Warner	35:30	Sat 17 Nov 2018	Steve Warner	25:56	Sat 17 Nov 2018
5.00 K	CRIGHTON Crighton Park Run	Theresa Donohue	28:03	Sat 20 Apr 2019	Ian Greenaway	21:22	Sat 31 Mar 2018
5.00 K	CRISSY FIE Crissy Field	Lisa Compton	24:42	Sat 20 Oct 2018	David Nottidge	25:30	Sat 07 Apr 2018
5.00 K	CROWBO 5K Crowborough 5k	Madi Cahill-Smith	25:32	Sun 24 Nov 2019			
5.00 K	CRYS PAL Crystal Palace Park run	Lisa Compton	25:46	Sat 03 Sep 2016	George English	23:33	Sun 29 Oct 2017
5.00 K	CYCLOBANK Cyclobank Park Run	Lisa Compton	23:40	Sat 24 Aug 2019	Simon Cook	22:44	Sat 21 Sep 2019
5.00 K	CYNTHIA 70 Cynthia's 70th	Lynnda Willment	36:42	Wed 03 Jun 2015	Dave Wilkes	32:15	Wed 03 Jun 2015
5.00 K	DO 4DAD_5K Do it for dad 5k	Lynnda Willment	35:36	Sat 11 Aug 2012			
5.00 K	DOWNSVIEW Downsview Park (Toronto)	Lisa Compton	24:56	Sat 19 Oct 2019			
5.00 K	DUBLIN 5K Dublin 5k	Christine Egglestone	41:08	Sat 12 Aug 2017			
5.00 K	DULWICH PK Dulwich Park Run	Lisa Compton	25:45	Tue 01 Jan 2019	George English	23:12	Sat 02 Jun 2018

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			Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date	
5.00 K	E GRIN PK East Grinstead Park Run	Kelly Jarvis	21:00	Sat 14 Oct 2017	Kieran Barnes	17:34	Sat 13 Jul 2019	
5.00 K	EA VIRT 5K EA Virtual 5 K	Lisa Compton	23:08	Wed 15 Jul 2020	Kieran Barnes	15:53	Wed 15 Jul 2020	
5.00 K	EAST COAST East Coast Park Run				Graeme Bennett	25:45	Sat 12 Nov 2016	
5.00 K	EASTBN PK Eastbourne Park Run	Mandy Notridge	24:36	Sat 07 Mar 2020	Alex Watson	20:11	Sat 06 Jul 2019	
5.00 K	ELLENBROOK Ellenbrook Fields Park run	Kath Garrido	26:48	Sat 13 May 2017				
5.00 K	ESL 5K East Surrey League 5k	Fiona Champness	25:38	Sat 24 Oct 2020	Kieran Barnes	18:20	Sat 24 Oct 2020	
5.00 K	ESL 5K LAD East Surrey League 5k Ladies	Fiona Champness	25:38	Sat 24 Oct 2020				
5.00 K	ESL 5K MEN East Surrey League 5k MEN				Kieran Barnes	18:20	Sat 24 Oct 2020	
5.00 K	ETNA ETNA Park Run				Peter Vaughan	25:08	Sat 01 Jun 2019	
5.00 K	EXETER PAR Exeter Park Run	Kath Garrido	26:09	Sat 23 Sep 2017	Martin Payne	23:00	Sat 07 Jul 2018	
5.00 K	EXETER RIV Exeter Riverside				Martin Payne	22:59	Sat 17 Aug 2019	
5.00 K	EXMOUTH PA Exmouth Park Run				Martin Payne	25:38	Sat 10 Feb 2018	
5.00 K	FALKIRK PK Falkirk Park Run	Theresa Donohue	28:21	Sat 02 Sep 2017	Ian Greenaway	23:07	Sat 02 Sep 2017	
5.00 K	FELL FOOT Fell Foot Park (Newby Bridge)	Kath Garrido	26:31	Sat 06 Aug 2016				
5.00 K	FINSBURY P Finsbury Park Run	Theresa Donohue	28:51	Sat 19 Nov 2016	Ian Greenaway	21:53	Sat 19 Nov 2016	
5.00 K	FLETCH COV Fletchers Cove Washington DC				David Worsell	26:15	Sat 06 Jan 2018	
5.00 K	FLOR PARK Florence Park Run				Kieran Barnes	18:13	Sat 26 May 2018	
5.00 K	FLORIDA VERO BEACH	Joanne Given	35:27	Sat 22 Apr 2017	Vernon Given	19:34	Sat 22 Apr 2017	
5.00 K	FOLK PARK Folkestone Park Run	Kath Garrido	27:08	Sat 25 Mar 2017	David Watkins	22:02	Sat 20 Aug 2016	
5.00 K	FONT BLEAU Fontainbleau	Joanne Given	36:59	Sat 12 Aug 2017	Vernon Given	20:45	Sat 12 Aug 2017	
5.00 K	FOR OF DEA Forest of Dean Park Run	Vera Simms	27:29	Sat 21 Oct 2017				
5.00 K	FORO ITALI Foro Italico Park Run	Theresa Donohue	29:16	Sat 29 Sep 2018	Ian Greenaway	23:52	Sat 29 Sep 2018	
5.00 K	FORSTR_5K Forest Row 5k	Emma Stovell	22:55	Sun 06 Oct 2013	Vernon Given	20:29	Sun 04 Oct 2015	
5.00 K	FULPAL 5K Fulham Palace 5k				Chris Rebbeck	28:53	Sat 15 Aug 2015	
5.00 K	GATWICK 5K Gatwick 5k	Catherine Wilson	28:39	Sun 13 May 2018	Simon Pilkington	23:26	Sun 13 May 2018	
5.00 K	GLASGOW 5K Glasgow 5k Park Run	Theresa Donohue	29:03	Sat 01 Aug 2015	Ian Greenaway	21:19	Sat 01 Aug 2015	
5.00 K	GLEN RIVER Glen River Park Run Cork				Steve Brinkley	25:55	Sat 01 Dec 2018	
5.00 K	GLENGARRIF Glengarriff Park Run	Claire Ziegler	24:22	Sat 13 Apr 2019				
5.00 K	GOUDHU 5K Goudhurst 5k				Chris Bridgewater	43:31	Sun 09 Apr 2017	
5.00 K	GREENPOINT Greenpoint Park Run	Lisa Compton	27:03	Sat 09 Jan 2016				

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		Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date
5.00 K	GT CORNARD Great Cornard Park Run	Claire Ziegler	23:15	Sat 11 Aug 2018			
5.00 K	GT STH 5K Great South 5k				Daniel Oppe	17:51	Sun 20 Oct 2019
5.00 K	GUILD PK Guildford Park Run				David Beale	22:22	Sat 24 Nov 2018
5.00 K	GUNNERSBU Gunnersbury Park Run	Marie Warner	37:11	Sat 22 Feb 2020	Steve Warner	27:15	Sat 22 Feb 2020
5.00 K	HAGLEY Hagley Park Run				David Nottidge	24:36	Sat 09 Mar 2019
5.00 K	HAMPSTEAD Hampstead Heath Park Run	Jill Streater	34:35	Sat 31 Aug 2019			
5.00 K	HAROGATE Harrowgate 5k	Kath Garrido	26:36	Sat 11 Jul 2015			
5.00 K	HARTLDS Hartlands Park Run				Tim Martin	23:04	Sat 18 Aug 2018
5.00 K	HARTLEPOOLHartlepool Park Run	Joanne Given	32:35	Sat 26 Dec 2015	Vernon Given	21:48	Sat 26 Dec 2015
5.00 K	HASENHEIDE Hasenheide Park Run	Lisa Compton	26:25	Sat 15 Sep 2018	Ian Greenaway	22:42	Sat 29 Feb 2020
5.00 K	HAST 5K Hastings 5K	Vera Simms	27:38	Sat 24 Mar 2018	Ian Greenaway	20:51	Sat 06 Jun 2015
5.00 K	HAST AUSTR Hastings 5k (Australia)	Kath Garrido	26:52	Sat 22 Feb 2020			
5.00 K	HAVANT Havant Park Run				Daniel Oppe	18:51	Sat 20 Apr 2019
5.00 K	HAVERFORD Haverford West Park Run	Helen Davey	28:32	Sat 18 May 2019			
5.00 K	HCAP_5K Handicap GP 5k	Edwina Sutton	18:53	Tue 23 Apr 2013	Richard Adams	17:37	Thu 24 Apr 2003
5.00 K	HCAP_5K_RP Handicap GP 5k : RC Perimeter	Marlene Pautard	19:46	Thu 25 Jul 2002	Richard Adams	17:39	Thu 18 Apr 2002
5.00 K	HEREFORD Hereford Ghost Runners				Vernon Given	21:15	Wed 06 Apr 2016
5.00 K	HERFD PK Hereford Park Run	Viktoria Harrison	31:10	Sat 25 Aug 2018			
5.00 K	HIGGGINSON Higginson (Marlow) Park run	Marie Warner	36:30	Sat 05 Oct 2019	Steve Warner	25:41	Sat 05 Oct 2019
5.00 K	HIGHBURY Highbury Fields	Theresa Donohue	29:00	Sat 17 Jun 2017	Jonathan Roe	21:23	Sat 30 Nov 2019
5.00 K	HILLSBOR Hillsborough Park Run	Michelle Hollins	26:38	Sat 28 Sep 2019			
5.00 K	HOLKHAM PKHolkham Park Run	Sophie Davis	23:43	Sat 28 Apr 2018	Luke Davis	19:18	Sat 28 Apr 2018
5.00 K	HORSHMPK Horsham Park 5k	Kirsty Wachuku-King	23:45	Sat 14 Dec 2019	Paul Blackmore	18:14	Sat 03 Oct 2015
5.00 K	HOSPIW 5K Hospice in the Weald 5k				Tom Seller	18:34	Sun 22 Sep 2019
5.00 K	HOVE PR P Hove Promenade Park Run	Sue Garner	26:01	Sat 18 Jan 2020			
5.00 K	HOVE PK RU Hove Park Run	Sue Garner	24:13	Sat 29 Jul 2017	Daniel Oppe	17:32	Sat 08 Oct 2016
5.00 K	HOVE_5K Hove Park 5k	Sue Garner	24:02	Sat 09 Sep 2017	Tim Martin	21:32	Wed 01 Jan 2020
5.00 K	HYDE PARK Hyde Park 5k				Brandon Webb	20:06	Fri 25 Sep 2015
5.00 K	IFIELD PK Ifield Park Run	Aly Warner	24:29	Sat 02 Nov 2019	David Beale	19:28	Sat 12 Oct 2019
5.00 K	IS REIG 5K Intersport Reigate 5k	Jane Jones	42:47	Sun 16 Sep 2018			

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			Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date	
5.00 K	JERSEY FAR Jersey Farm Park Run	Lucy Hall	37:00	Sat 27 Jul 2019				
5.00 K	JERSEY PK Jersey Park Run	Miranda Chitty	25:27	Sat 07 Sep 2019	Ian Greenaway	22:38	Sat 28 Sep 2019	
5.00 K	KESGRAVE Kesgrave 5k	Angela Youngs	35:09	Sat 05 May 2018				
5.00 K	KESWICK PA Keswick Park Run	Sophie Davis	25:02	Sat 15 Sep 2018	Luke Dav is	25:03	Sat 15 Sep 2018	
5.00 K	KILL PARK Killerton Park				David Watkins	22:02	Sat 23 Jul 2016	
5.00 K	KING PARK Kingston Park Run	Marie Warner	37:37	Sat 14 Dec 2019	Steve Warner	27:12	Sat 14 Dec 2019	
5.00 K	KINGDOM Kingdom Park Run	Isla Greenaway	31:08	Sat 08 Jun 2019	Simon Moore	19:32	Sat 07 Sep 2019	
5.00 K	KINGSH_5K Kings Head Canter 5k	Maxine Lower	21:54	Mon 26 Aug 2013	Daniel O ppe	17:39	Mon 28 Aug 2017	
5.00 K	KINGSWAY Kingsway Gloucester	Marie Warner	37:16	Sat 08 Jun 2019				
5.00 K	KIRKWALL Kirkwall Park Run	Sue Garner	25:28	Sat 02 Jun 2018				
5.00 K	KRAKOW PK Krakow Park Run				David Beale	20:30	Sat 01 Dec 2018	
5.00 K	LAMBER 5K Lamberhurst 5k	Hannah Cartledge	31:09	Tue 01 Jan 2019				
5.00 K	LANC BEACH Lancing Beach 5k				David Beale	20:18	Sat 09 Mar 2019	
5.00 K	LANHYDROC Lanhyd Rock	Miranda Chitty	39:19	Sat 08 Jun 2019				
5.00 K	LAUN (AUS) Launceston (Australia)	Kath Garrido	27:45	Sat 07 Mar 2020				
5.00 K	LEAKIN PAR Leakin Park Run (Maryland USA)	Sue Garner	25:47	Sat 23 Jun 2018				
5.00 K	LEAMINGTON Leamington Park Run	Kath Garrido	31:05	Sat 17 Mar 2018				
5.00 K	LINCOLN 5K Lincoln 5 k	Marie Warner	37:36	Sat 04 May 2019	Steve Warner	26:35	Sat 04 May 2019	
5.00 K	LIND 5K Lindfield Village 5k	Lyn da Willment	37:10	Mon 25 May 2015	Chris Bridgwater	46:17	Mon 29 May 2017	
5.00 K	LITTLEPORT Littleport Park Run	Kath Garrido	28:39	Sat 19 Oct 2019				
5.00 K	LIVINGSTON Livingston Park Run	Terri Scott	28:03	Sat 01 Jun 2019				
5.00 K	LLOYD PARK Lloyd Park 5k				George English	23:25	Sat 21 Jan 2017	
5.00 K	LOCHIEL Lochiel Park Run				Martin Payne	23:11	Sat 30 Nov 2019	
5.00 K	LOCKDOWN Lockdown 5 k	Stephanie Reeve	23:01	Sat 09 May 2020	Kieran Barnes	16:13	Sat 09 May 2020	
5.00 K	LYM WOODS Ly mington Woodside	Mandy Notridge	26:09	Sat 20 Apr 2019	Mark Notridge	24:42	Sat 20 Apr 2019	
5.00 K	LYTH HALL Lytham Hall Park Run	Sophie Davis	31:11	Sat 28 Dec 2019	Luke Dav is	17:21	Sat 28 Dec 2019	
5.00 K	MAD MAR 5K Mad March Hare 5k	Joanne Given	35:53	Sun 12 Mar 2017				
5.00 K	MAID 5 K Maidstone Park Run				Tim Martin	21:59	Sat 23 Nov 2019	
5.00 K	MALAHIDE Malahide Park Run				Peter Vaughan	23:19	Sat 27 Jul 2019	
5.00 K	MARECCH Marecchia Park Run				David Beale	19:39	Sat 28 Sep 2019	

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Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
5.00 K	MARGATE Margate Park Run				Michael Manwill	21:58	Sat 31 Aug 2019
5.00 K	MARKET RAS Market Rasen Park Run	Amy Slater	39:45	Sat 27 Jul 2019			
5.00 K	MARLBOROU Marlborough Park Run				David Beale	39:45	Sat 18 May 2019
5.00 K	MBABNE Mbabne Park Run Swaziland	Karen Sparrow	34:54	Sat 15 Feb 2020			
5.00 K	MEDINA IOW Medina IO W Park Run	Lisa Compton	30:04	Sat 23 Jun 2018	Chris Rance	28:48	Sat 23 Jun 2018
5.00 K	MELBOURNE Albert Park Melbourne	Katie Owen	31:45	Sat 24 Feb 2018			
5.00 K	MERBENZ 5K Mercedes-Benz 5 k	Kaye Reeve	34:49	Sun 26 May 2019			
5.00 K	MILT K PAR Milton Key nes Park Run				David Beale	20:44	Sat 16 Feb 2019
5.00 K	MINEHEAD Minehead Park Run	Claire Ziegler	22:55	Sat 06 Oct 2018	Ian Greenaway	21:54	Sat 16 Nov 2019
5.00 K	MOLE VALLE Mole Valley Park run	Gill McLean	29:03	Sat 06 Oct 2018	Paul Blackmore	20:33	Sat 22 Dec 2018
5.00 K	MONTROSE F Montrose Foreshore	Kath Garrido	27:33	Sat 29 Feb 2020			
5.00 K	MOSMAN Mosman Park	Kaye Reeve	39:10	Sat 24 Feb 2018	Kevin Reeve	25:29	Sat 24 Feb 2018
5.00 K	MT CLARENC Mount Clarence (WA)	Kath Garrido	29:34	Sat 08 Feb 2020			
5.00 K	NON SUCH Non Such Park 5k	Lisa Compton	26:30	Sat 06 Dec 2014	Ian Greenaway	21:03	Sat 06 Dec 2014
5.00 K	NEWARK Newark Park Run	Theresa Donohue	29:30	Sat 22 Feb 2020	Ian Greenaway	23:20	Sat 22 Feb 2020
5.00 K	NEWBURY Newbury Park Run	Lisa Compton	25:27	Sun 16 Jun 2019	Ian Greenaway	22:27	Sun 16 Jun 2019
5.00 K	NEWCAST 5K Newcastle Park Run				George English	23:21	Sat 12 Mar 2016
5.00 K	NON SUCH Non Such Park 5k	Sue Garner	24:50	Sat 14 May 2016	Jeremy Garner	18:20	Sat 07 Sep 2019
5.00 K	NORTHALA Northala Park Run	Marie Warner	36:31	Sat 14 Mar 2020	Steve Warner	27:23	Sat 14 Mar 2020
5.00 K	NORTHHAMP Northampton 5k	Wendy Smith	26:53	Sat 06 Jun 2015	Chris Rebbeck	34:08	Sat 10 Jun 2017
5.00 K	NORW PK Norwich Park Run				Tim Martin	21:36	Sat 03 Aug 2019
5.00 K	NTH WOOL North Wollongong Park Run				Martin Payne	24:02	Sat 14 Dec 2019
5.00 K	ORMEAU Ormeau Park Run (QLD)	Theresa Donohue	28:19	Sat 27 Oct 2018	Ian Greenaway	21:22	Sat 27 Oct 2018
5.00 K	ORPINGTO Orpington Park Run	Lisa Compton	26:27	Sat 07 Mar 2020	David Beale	20:37	Sat 24 Aug 2019
5.00 K	OSTER 5K Osterley Park Run	Marie Warner	36:48	Sat 01 Feb 2020	Steve Warner	26:49	Sat 01 Feb 2020
5.00 K	OXFORD PK Oxford Park Run	Miranda Chitty	26:09	Sat 20 Jul 2019			
5.00 K	PAKAPAKANT Pakapakanthi 5 kilometres				Martin Payne	22:53	Sat 23 Nov 2019
5.00 K	PARKE Parke Run				Luke Davis	18:47	Sat 05 Oct 2019
5.00 K	PB WINTER PB Winter Series				Kieran Barnes	16:00	Sun 13 Dec 2020
5.00 K	PEACEHAVEN Peacehaven Park Run				David Watkins	22:53	Sat 19 May 2018

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		Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date
5.00 K	PECKHAM RY Peckham Rye Park Run	Lisa Compton	24:15	Tue 01 Jan 2019			
5.00 K	PEG BAY Pegwell Bay Park Run	Theresa Donohue	26:53	Sat 31 Aug 2019	Ian Greenaway	20:40	Sat 31 Aug 2019
5.00 K	PENRHYN 5 Penrhyn Park Run	Lucy Hall	34:48	Sat 23 Nov 2019			
5.00 K	PENROSE PK Penrose Park Run				Tim Martin	22:34	Sat 11 Aug 2018
5.00 K	PETERBOR Peterborough Park Run	Kath Garrido	27:15	Sat 20 Oct 2018			
5.00 K	PK RUN HAY Park Run Haywards Heath				Daniel O ppe	19:43	Sat 14 Feb 2015
5.00 K	PONTEF 5K Pontefract 5k				Chris Rance	27:00	Sat 20 Jul 2019
5.00 K	POOLE PARK Poole Park run	Joanne Given	32:41	Sat 30 Jul 2016	Paul Blackmore	19:06	Sat 27 Apr 2019
5.00 K	POPPY 5K Poppy 5k	Rhiannon Clarke	35:23	Sat 10 Nov 2018			
5.00 K	P ORTHCAWL Porthcawl Park Run	Jane Jones	36:36	Sat 04 Aug 2018			
5.00 K	PORTIS 5K Portishead 5k	Karen Sparrow	34:03	Sun 25 Aug 2019			
5.00 K	PP Penrose Park run	Judith Cartledge	25:24	Sat 16 Jul 2016			
5.00 K	PRESTON PK Preston Park Park run	Lisa Compton	26:20	Sat 24 Jan 2015	Tim Martin	22:27	Sat 27 Oct 2018
5.00 K	PRINCES PA Princes Park Liverpool	Clare Evans	25:06	Sat 23 Jun 2018			
5.00 K	QUEEN ELIZ Queen Elizabeth 5 k	Karen Sparrow	36:36	Sat 23 Nov 2019			
5.00 K	REIG PK RU Reigaate Priory Park Run	Hannah Foulger	25:27	Sat 03 Sep 2016	Luke Dav is	17:41	Sat 09 Jul 2016
5.00 K	RICHMD 5K Richmond Park Run	Lisa Compton	26:57	Sat 08 Feb 2020	Stev e Warner	26:54	Sat 16 Nov 2019
5.00 K	RIDDLE_5K Riddlesdown 5k	Lisa Compton	24:07	Sat 24 Jun 2017	Daniel O ppe	18:16	Sat 30 May 2015
5.00 K	RONDEBOSC Rondebosch Common 5k	Mandy Regenass	21:22	Sat 05 Dec 2015			
5.00 K	ROTH 5 K Rotherham 5 k				Brandon Webb	21:26	Sat 23 Nov 2019
5.00 K	ROUEN Rouen Park Run	Joanne Given	36:27	Sat 18 Aug 2018	Vernon Given	20:11	Sat 18 Aug 2018
5.00 K	ROUNDSHAW Roundshaw Park Run	Theresa Donohue	28:19	Sat 18 Mar 2017	Ian Greenaway	22:33	Sat 18 Mar 2017
5.00 K	RUN THE RI Run the River	Madi Cahill-Smith	25:52	Tue 17 Sep 2019			
5.00 K	RUSHMOOR Rushmoor Park run	Vera Simms	26:53	Sat 10 Jun 2017	Aaron Perrott	30:00	Sat 19 Nov 2016
5.00 K	SALIS PARK Salisbury Park Run	Stephanie Reeve	23:53	Sat 03 Aug 2019	Harry Sterling	19:40	Sat 03 Aug 2019
5.00 K	SCUN 5K Scunthorpe 5k				Chris Rance	23:59	Sat 11 Aug 2018
5.00 K	SEAF BEAC Seaford Beach Park Run	Debbie Wilkes	25:21	Sat 14 Sep 2019	Mark Clayton	25:01	Sat 14 Sep 2019
5.00 K	SEATON Seaton Park Run	Helen Davey	30:35	Sat 09 Dec 2017	William Brinkley	25:16	Sat 06 Oct 2018
5.00 K	SHER PARK Sheringham Park Run	Jennifer Henderson	32:27	Sat 25 Aug 2018			
5.00 K	SHREWS Shrewsbury Park Run				Luke Dav is	17:16	Sat 30 Mar 2019



# Lingfield Running Club Course Records

		Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date
5.00 K	SKIPTON PK Skipton Park 5k	Kath Garrido	27:16	Sat 06 Jun 2015			
5.00 K	SOUTH MAN South Manchester 5k				Chris Rebbeck	29:26	Sat 11 Apr 2015
5.00 K	SOUTHSEA Southsea Park Run	Marie Warner	38:21	Sat 21 Dec 2019	Tom Seller	17:52	Sat 16 Nov 2019
5.00 K	SOUTHW PK Southwick Park Run	Sophie Davis	26:14	Sat 29 Dec 2018	Luke Dav is	18:16	Sat 29 Dec 2018
5.00 K	SPLIT CROA Split Croatia 5 kilometres				Kieran Barnes	17:15	Sun 16 Jun 2019
5.00 K	SQU WINERY Squerryes Winery Park Run				Luke Dav is	17:32	Sat 21 Sep 2019
5.00 K	SRI CHINMO Sri Chinmoy 5k Battersea Park				Kieran Barnes	16:47	Mon 05 Aug 2019
5.00 K	STAN LG IA Sussex XC Lge Stanmer - Ladies	Theresa Donohue	32:28	Sun 01 Dec 2019			
5.00 K	STAND CHAR Standard Chartered Cit Bank 5k	Madi Cahill-Smith	24:41	Tue 16 Jul 2019			
5.00 K	STEVENAGE Stevenge Park Run	Lucy Hall	34:41	Sat 09 Nov 2019	Nick Hall	23:49	Sat 09 Nov 2019
5.00 K	STH NOR South Norwood Park Run	Lisa Compton	25:01	Sat 06 Jul 2019	George English	23:24	Sat 11 Aug 2018
5.00 K	STRATH CLY Strathclyde Park Run	Theresa Donohue	28:05	Sat 10 Dec 2016	Ian Greenaway	22:01	Sat 10 Dec 2016
5.00 K	STRATH PK Strathclyde Park Run	Theresa Donohue	27:18	Sat 20 Jun 2015	Ian Greenaway	20:25	Sat 20 Jun 2015
5.00 K	STRETFORD Stretford Park Run	Theresa Donohue	27:04	Sat 24 Nov 2018	Ian Greenaway	21:19	Sat 24 Nov 2018
5.00 K	SUTT PK Sutton Park	Sophie Davis	25:35	Sat 25 Aug 2018	Luke Dav is	17:38	Sat 25 Aug 2018
5.00 K	SWAN BAY Swansea Bay Park Run	Samantha Earle	31:11	Sat 02 Jun 2018			
5.00 K	SYDNEY Sydney - St Peter's Park Run				Chris Rebbeck	37:51	Sat 31 Mar 2018
5.00 K	TILGPK_5K Tilgate Park 5k	Mandy Regenass	20:41	Sat 12 Sep 2015	Luke Dav is	17:09	Sat 18 Jan 2020
5.00 K	TONBRPK Tonbridge Park run	Clare Evans	25:42	Sat 13 Apr 2019	Kieran Barnes	18:35	Sat 26 Jan 2019
5.00 K	TOOT COMM Tooting Common	Lisa Compton	25:05	Sat 09 Nov 2019	Ian Greenaway	21:56	Sat 09 Nov 2019
5.00 K	TORBAY Torbay Velopark 5k	Sophie Davis	24:02	Sat 05 May 2018	Luke Dav is	17:32	Sat 23 Feb 2019
5.00 K	TORRENS PK Torrens Park South Australia	Kath Garrido	26:44	Sat 15 Feb 2020			
5.00 K	TUNWEL5 Tunbridge Wells 5k	Sophie Davis	28:25	Sat 19 Jan 2019	Kieran Barnes	18:09	Sat 27 Apr 2019
5.00 K	UCKFIELD 5 Uckfield 5k	Claire Ziegler	24:33	Sat 27 Jul 2019	David Beale	20:13	Sat 07 Sep 2019
5.00 K	UPTON HOU5 Upton House				David Worsell	29:49	Sat 06 Jul 2019
5.00 K	VALENT 5K Valentines 5k				David Beale	21:35	Sat 20 Jul 2019
5.00 K	VICT PK GL Victoria Park Glasgow				Ian Greenaway	21:39	Sat 29 Jun 2019
5.00 K	VICTORHAR Victor Harbor Park Run				Martin Payne	23:01	Sat 07 Dec 2019
5.00 K	WALSALL Walsall Arboretum Park Run	Sophie Davis	22:25	Sat 31 Mar 2018			
5.00 K	WARRING Warrington Park Run				Peter Hamilton	25:20	Sat 11 Nov 2017

# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
5.00 K	WEST PARK West Park Long Eaton				Alex Watson	23:16	Sat 19 Jan 2019
5.00 K	WHITSTAB Whitstable 5k	Theresa Donohue	29:18	Sat 12 Sep 2015	Ian Greenaway	21:24	Sat 12 Sep 2015
5.00 K	WIMBLE_5K Winbledon 5k	Claire Ziegler	23:09	Sun 11 Aug 2019	Jeremy Garner	18:49	Sun 11 Aug 2019
5.00 K	WIMPOLE ES Wimpole Estate 5k	Clare Evans	28:30	Sat 10 Mar 2018			
5.00 K	WINCH PK Winchester Park Run	Zoe Greenfield	27:58	Sat 04 Aug 2018	Steve Warner	24:55	Sat 25 May 2019
5.00 K	WINDSR_5K Windsor 5k				Peter Hargreaves	22:18	Sun 21 Oct 2012
5.00 K	WITNEY Witney Park Run	Nevenka Worsell	31:12	Sat 09 Feb 2019	David Worsell	29:21	Sat 09 Feb 2019
5.00 K	WOK PARK Woking Park Run	Vera Simms	27:07	Sat 13 May 2017			
5.00 K	WOODHOUS Woodhouse Moor				Ian Greenaway	26:01	Sat 23 Feb 2019
5.00 K	WORM Wormwood Scrubs Park Run				Simon Moore	19:15	Sat 21 Jul 2018
5.00 K	WORTH Worthing Park Run	Mandy Regenass	21:27	Sat 24 Dec 2016	Luke Davis	16:27	Sat 14 Apr 2018
5.00 K	WYCOMBE Wycombe Rye Park Run	Claire Purcell	35:06	Sat 04 Jan 2020	Ian Purcell	35:05	Sat 04 Jan 2020
5.00 K	YEOVIL MON Yeovil Montacute	Emma Page	22:54	Sat 01 Feb 2020			
5.00 K	YORK PARK York Park Run	Kath Garrido	27:18	Sat 07 Oct 2017	David Beale	19:08	Sat 19 Oct 2019
5.00 K	ZANDVLEI Zandvlei Park Run	Karen Sparrow	30:28	Sat 29 Feb 2020			
5.60 K	HART 5.6K Hartfield 5.6 k	Katie Cahill-Smith	34:27	Sun 08 Apr 2018	Neil McLennan	33:55	Sun 10 Apr 2016
3.50 M	HOLLYL_3 Holly Run Ladies	Theresa Donohue	28:32	Sun 16 Dec 2012			
3.60 M	HGH DN 3.6 Highdown 3.6				Dave Razzell	31:17	Wed 03 Aug 2016
6.00 K	SY LDS XC Surrey Ladies xc	Mandy Regenass	27:24	Sat 06 Dec 2014			
6.20 K	SURREY LAD Surrey Ladies XC	Kelly Jarvis	27:34	Sat 19 Oct 2013			
4.00 M	CLAREN 4 Clarendon 4 Mile	Theresa Donohue	42:01	Sun 04 Oct 2020			
4.00 M	EWELL_4 West Ewell 4 (ESRL)	Rebecca Chapman	29:29	Thu 06 Apr 2017	Daniel Quinn	24:53	Thu 06 Apr 2017
4.00 M	HOLLY L4 Holly Run Ladies 4 mile	Michelle Hollins	36:13	Sun 11 Dec 2016			
4.00 M	HOLLYM 4 Holly run 4 miles Men				Guy Huntington	31:33	Sun 15 Dec 2019
4.00 M	LIDO_4 Lido 4	Hannah Cartledge	35:29	Sun 26 Jan 2014	Ian Greenaway	26:36	Sun 26 Jan 2014
4.00 M	SEVENST_4 Seven Stiles	Theresa Donohue	39:20	Sun 29 Jul 2018	Ian Greenaway	29:00	Sun 28 Jul 2019
4.00 M	WINDLESHA Windlesham Whip 4M	Theresa Donohue	42:25	Sun 25 Aug 2019	Ian Greenaway	31:38	Sun 25 Aug 2019
4.00 M	XCL_ESHER XC Ladies - Esher	Carolyn Swan	31:58	Sat 13 Oct 2007			
4.20 M	ESL_EPSOM East Surrey League Epsom	Kirsty Wachuku-King	32:04	Thu 03 Apr 2014	Daniel Ope	25:01	Thu 07 Apr 2016
7.00 K	LXC FEB 14 Ladies xc	Maxine Lower	39:13	Sat 11 Jan 2014			

# Lingfield Running Club Course Records

		Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date
7.00 K	XCL_REIGAT Ladies xc Reigate Priory	KAREN WELLS	37:05	Sat 16 Jan 2016			
7.00 K	XCL_RICHP Ladies xc Richmond Park	Michelle Hollins	43:31	Sat 13 Feb 2016			
4.36 M	LOCKDN 4.3 Lockdown n 4.36 Miles	KAREN WELLS	32:48	Mon 28 Sep 2020	Paul Blackmore	26:20	Mon 28 Sep 2020
7.10 K	BALC BULL Balcombe Bull 7.1k	Wendy Smith	41:11	Sun 19 Mar 2017	Kieran Barnes	28:29	Sun 17 Mar 2019
4.50 M	GUNPOWDER Gunpowder Trot	Theresa Donohue	44:51	Sun 06 Nov 2016	Ian Greenaway	32:56	Sun 06 Nov 2016
4.50 M	HCAP_4 Handicap Grand Prix 4.5 miles	Marlene Pautard	28:05	Tue 05 Jun 1990	Roger Spencer	26:07	Tue 02 Jun 1987
4.50 M	HIGHDN_4 Highdown n Hike	Theresa Donohue	39:49	Wed 02 Aug 2017	Ian Greenaway	29:07	Wed 07 Aug 2013
4.50 M	MAYRACE_1 May Race 1	Marlene Pautard	26:03	Thu 06 May 1999	Peter Dunn	21:53	Thu 09 May 1996
4.50 M	MAYRACE_2 May Race 2	Jane Butterworth	28:03	Tue 15 May 2001	Abilio Ribeiro	24:37	Tue 15 May 2001
4.50 M	MAYRACE_3 May Race 3	Edwina Sutton	29:12	Thu 23 May 2013	Peter Dunn	25:41	Thu 23 May 1996
4.50 M	TURNER_5 Turners Hill	Kelly Jarvis	29:13	Wed 26 Dec 2012	Kieran Barnes	23:32	Thu 26 Dec 2019
4.60 M	XMAS HANDI Xmas Handicap 4.6 mile	Marlene Pautard	27:52	Sat 19 Dec 1992	Peter Dunn	23:10	Sat 19 Dec 1992
4.60 M	XMAS_HCAP Post Xmas Handicap	Edwina Sutton	28:28	Sat 16 Feb 2013	Daniel Oppe	28:16	Sat 16 Feb 2013
8.00 K	AMSTER_8K Amsterdam 8k				Kio Vejdari	1:03:43	Sun 20 Oct 2013
8.00 K	HICKST_8K Hickstead Gallop	Theresa Donohue	48:18	Sun 13 Oct 2013	Ian Greenaway	34:45	Sun 13 Oct 2013
8.00 K	NAT XC LAD National XC Ladies	Liz McLennan	43:48	Sat 24 Feb 2018			
8.00 K	REDWOOD Redwood 8K	Michelle Hollins	44:51	Wed 03 Jul 2019	Michael Manwill	37:49	Wed 03 Jul 2019
8.00 K	RISE UNDER Rise Unercliff Saltdean	Gill McLean	47:20	Sun 14 Oct 2018			
8.00 K	SEAA-LADIE Sth of England xc - Ladies	Meghan Bowen	40:02	Sat 26 Jan 2019			
5.00 M	ALFSHR_5 A Shrub 5	Theresa Donohue	47:03	Sun 26 Oct 2014	Ian Greenaway	35:40	Sun 26 Oct 2014
5.00 M	ARDING 5 Ardingly 5 mile	Aly Warner	42:42	Sat 07 Sep 2019	Michael Manwill	39:53	Sat 07 Sep 2019
5.00 M	BALLY Ballymoney Milk Run				Daniel Quinn	28:41	Fri 29 Jul 2016
5.00 M	BEACH_5 Beach Run	Judith Cartledge	43:28	Wed 12 Jul 2017	Ian Greenaway	33:39	Wed 20 May 2015
5.00 M	BEDG 5 M Bedgebury 5 mile	Emma Dolman	55:11	Sun 03 Mar 2019	Lewis Reeve	35:07	Sun 02 Feb 2020
5.00 M	CLAREN 5 Clarendon 5 Mile	Theresa Donohue	42:01	Sun 04 Oct 2020			
5.00 M	DHCAP_5 Dennis Crowhurst Handicap 5	Marlene Pautard	31:57	Sun 20 Oct 2002	Peter Dunn	26:46	Sun 11 Oct 1998
5.00 M	DOWNLANDS Downlands School Hassocks 5	Theresa Donohue	48:54	Sat 24 Jun 2017	Ian Greenaway	36:27	Sat 22 Jun 2019
5.00 M	DOWNLS_5 Downlands School 5 M	Theresa Donohue	49:41	Sat 23 Jun 2018	Ian Greenaway	35:59	Sat 23 Jun 2018
5.00 M	ENDURE 24 Endure 24	Liz Webster	42:50	Sun 16 Jun 2019	Ian Greenaway	38:01	Sun 16 Jun 2019
5.00 M	ESL WIMBLE East Surrey League - Wimbledon	Meghan Bowen	42:30	Sat 10 Dec 2016	David Watkins	36:23	Sat 10 Dec 2016

# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
5.00 M	ESL_LLOYD East Surrey League 5 mile Lloy	Claire Ziegler	39:53	Sun 06 Oct 2019	Kieran Barnes	30:47	Sat 07 Mar 2020
5.00 M	FITTLE_5 Fittleworth 5 (WSFRL)	Theresa Donohue	52:03	Sun 06 Sep 2015	Ian Greenaway	36:43	Sun 06 Sep 2015
5.00 M	FOXES_5 Foxes 5Mile (WSFRL)	Kirsty Wachuku-King	38:08	Sun 17 Mar 2013	Ian Greenaway	32:59	Sun 16 Mar 2014
5.00 M	GREAT WAL5 Great Walstead 5	Theresa Donohue	53:34	Sun 14 Oct 2018	Ian Greenaway	38:08	Sun 14 Oct 2018
5.00 M	HANGO5_5 Hangover 5	Theresa Donohue	51:50	Thu 01 Jan 2015	Ian Greenaway	39:21	Mon 01 Jan 2018
5.00 M	HARVEL_5 Harvel 5	Jacquie Russell	45:08	Sat 02 Jun 2012	Bob Russell	50:30	Sat 02 Jun 2012
5.00 M	HASTNG_5 Hastings 5	Sue Garner	39:57	Sun 12 May 2013	Chris LeBeau	42:41	Sun 12 May 2013
5.00 M	HCAP_5 Handicap Grand Prix 5 mile	Marlene Pautard	31:40	Thu 22 Jul 1993	Ian Wilson	4:10:68	Tue 14 Jul 2009
5.00 M	HCAP_5M_RP Handicap 5 Mile - 4 x RC Perim	Jackie Barker	35:49	Thu 20 Dec 2001	Jeremy Garner	29:53	Thu 20 Dec 2001
5.00 M	HEDGEH_5 Hedgehoppers 5	Theresa Donohue	50:09	Sun 11 May 2014	Ian Greenaway	36:01	Sun 12 May 2013
5.00 M	HICKST_5 Hickstead Gallop 5 (WSFRL)	Theresa Donohue	45:00	Sun 12 Oct 2014	Ian Greenaway	35:38	Sun 08 Oct 2017
5.00 M	HOLTYE_5 Holtye 5 Mile	Carolyn Swan	37:11	Thu 18 Aug 2011	Paul Blackmore	33:56	Thu 16 Aug 2012
5.00 M	LEWESD_5 Lewes Downland 5	Theresa Donohue	44:37	Sun 05 Oct 2014	Ian Greenaway	36:05	Sun 01 Oct 2017
5.00 M	LLOY PK XC Lloyd Park xc	Nicky Pumford	42:09	Sat 30 Sep 2017	Daniel Oppe	30:39	Sat 30 Sep 2017
5.00 M	LOCK 5MILE Lockdown 5 mile	Fiona Champness	38:12	Mon 25 May 2020	Luke Davis	29:10	Mon 25 May 2020
5.00 M	MAYRACE_4 May Race 4	Marlene Pautard	25:43	Tue 29 May 2001	Abilio Ribeiro	24:33	Tue 29 May 2001
5.00 M	MENSXC ROU Mens XC Roundshaw Downs				Daniel Oppe	32:35	Sat 09 Nov 2013
5.00 M	MXC 213 Mens xc Feb 2013				John Colletti	38:21	Sat 09 Feb 2013
5.00 M	MXC FEB14 Mens xc				Paul Blackmore	36:18	Sat 08 Feb 2014
5.00 M	MXC JAN14 Mens XC				Daniel Oppe	36:12	Sat 11 Jan 2014
5.00 M	OLYMPP_5 Olympic Park 5				Eric Shoubridge	41:55	Sat 31 Mar 2012
5.00 M	RYE 5 MILE Rye 5 Mile				David Nottidge	43:16	Fri 07 Aug 2020
5.00 M	RYE SUMM 5 Rye Summer 5 mile				David Nottidge	43:12	Sun 23 Aug 2020
5.00 M	ST LAWRENC St Lawrence Fair 5	Theresa Donohue	57:19	Sat 01 Jul 2017	Ian Greenaway	42:09	Sat 01 Jul 2017
5.00 M	STEEP5_5 Steepdown Challenge 5 (WSFRL)	Ann Bucket	45:48	Sun 30 Oct 2016	Ian Greenaway	33:59	Sun 20 Oct 2013
5.00 M	SURREY XC Surrey XC Men				Daniel Oppe	29:39	Sat 13 Oct 2018
5.00 M	SWATER VAL Southwater Valentines 5	Theresa Donohue	59:46	Sun 15 Feb 2015	Ian Greenaway	40:56	Sun 15 Feb 2015
5.00 M	SY XC MEN Men's XC				Daniel Oppe	30:29	Sat 14 Oct 2017
5.00 M	SY XC MEN2 Surrey xc Men Match 2				Daniel Oppe	30:18	Sat 11 Nov 2017
5.00 M	TENTER 5 Tenterden 5 mile	Sue Garner	41:24	Sun 18 Feb 2018			

# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
5.00 M	TILGATE_5 Tilgate 5	Lisa Compton	49:31	Sun 11 Sep 2016	Vernon Given	38:08	Sun 11 Sep 2016
5.00 M	TILGFO_5 tilgate 5 mile	Theresa Donohue	44:15	Sun 17 Aug 2014	Andy Smith	24:03	Sat 15 Sep 2012
5.00 M	VICTORY_5 Victory 5 mile				Daniel O ppe	29:04	Sun 03 Dec 2017
5.00 M	WAKE WILLO Wakehurst Willow 8k	Mandy Regenass	37:06	Wed 20 Jul 2016	Luke Dav is	28:28	Wed 19 Jul 2017
5.00 M	WHITEHEAD Whitehead Nth Ire				Daniel Quinn	29:18	Mon 28 Mar 2016
5.00 M	WIMBLE 5 M Wimbledon 5 Mile	Judith Cartledge	46:26	Sat 05 Dec 2015	Ian Greenaway	36:51	Sat 05 Dec 2015
5.00 M	WOODCHUR Woodchurch 5				David Nottidge	41:10	Sun 18 Oct 2020
5.00 M	XCM_EPSOM Mens xc Epsom				Daniel O ppe	34:39	Sat 07 Nov 2015
5.00 M	XCM_LLOYD Mens xc Lloyd Pk				Daniel O ppe	33:03	Sat 13 Feb 2016
5.00 M	XCM_OXSHO Mens xc Oxshott				Daniel O ppe	33:28	Sat 16 Jan 2016
5.00 M	XC_CRANFRD Mens xc Jan 2013				Scott Ulatowski	34:55	Sat 12 Jan 2013
8.40 K	ESL_MITCH Ladies xc Jan 13	Jackie Barker	41:11	Sat 12 Jan 2013			
8.40 K	XC_DENBIES Ladies xc Feb 2013	Jackie Barker	42:19	Sat 09 Feb 2013			
8.60 K	MAIDST_8K Maidstone River Run	Debbie Wilkes	46:34	Sun 28 May 2017	Dave Wilkes	48:43	Sun 09 Jun 2013
9.00 K	HEATHF_9K Heathfield Rotary Club 9k	Lynda Willment	1:01:00	Sat 23 Mar 2013	Chris Bridgewater	1:05:00	Sat 23 Mar 2013
9.00 K	STAN LG M Sussex XC Lge Stanmer - Men				Ian Greenaway	39:37	Sun 01 Dec 2019
9.50 K	BRIG RFC Brighton RFC	Theresa Donohue	1:04:27	Sun 23 Aug 2015	Ian Greenaway	44:20	Sun 23 Aug 2015
9.50 K	DORK 9.5K Dorking 9.5 kilometres	Debbie Wilkes	50:20	Sun 04 Jun 2017	David Worsell	1:01:25	Sun 04 Jun 2017
5.90 M	HORNETS ST Hove Hornets Stinger	Theresa Donohue	1:06:43	Sun 20 Aug 2017	Ian Greenaway	49:00	Sun 20 Aug 2017
5.90 M	HOVE Hove	Theresa Donohue	59:26	Sun 24 Aug 2014	Ian Greenaway	43:30	Sun 24 Aug 2014
6.00 M	HCAP_6 Handicap 6 Miles	Marlene Pautard	41:40	Tue 17 May 1988	Chris Ryan	34:37	Tue 17 May 1988
6.00 M	HOLLYM_6 Holly Run Men	Michelle Hollins	36:13	Sun 11 Dec 2016	Ian Greenaway	41:54	Sun 14 Dec 2014
6.00 M	ROUNDH_6 Roundhill Romp 6 ( WSFRL)	Kirsty Wachuku-King	47:33	Wed 03 Jul 2013	Ian Greenaway	40:53	Wed 03 Jul 2013
10.00 K	AMBERLEY Amberley 10k				Peter Hamilton	48:44	Mon 08 Jun 2015
10.00 K	ANGMER_10 Angmering 10k	Judith Cartledge	1:00:01	Sun 23 Apr 2017	Paul Blackmore	39:33	Sun 23 Apr 2017
10.00 K	ARUN CASTL Arundel Castle 10k	Helen Davey	1:00:15	Sun 26 Aug 2018			
10.00 K	ARUNDL_10K Arundel 10k	Helen Davey	1:01:19	Sun 25 Aug 2019			
10.00 K	ASHFRD_10K Ashford 10k				Kio Vejdani	1:14:40	Sun 14 Oct 2012
10.00 K	ASHSTEAD Ashstead Eco Friendly 10k	Miranda Chitty	53:18	Sun 13 Sep 2020			
10.00 K	BACKTO_10K Back to the trenches 10k	Michala Blackburn	1:44:07	Sat 09 Mar 2013			

# Lingfield Running Club Course Records

		Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date
10.00 K	BARCA_10K Barcelona 10k				Kio V ejdari	1:13:05	Mon 31 Dec 2012
10.00 K	BATT CHASE Battersea Chase the Sun				Vernon Given	44:19	Wed 14 Sep 2016
10.00 K	BATTERSEA Battersa 10k	Michelle Hollins	53:35	Sun 09 Aug 2015	Chris Rebbeck	59:40	Sun 04 Oct 2015
10.00 K	BBC 10K BBC 10K Regent's Park				Daniel Quinn	37:45	Tue 31 Jul 2018
10.00 K	BBC REG PK BBC Regents Park 10k				Daniel Quinn	38:48	Thu 20 Aug 2015
10.00 K	BEACHY_10K Beachy Head 10k	Sophie Davis	54:56	Sun 25 Oct 2020			
10.00 K	BEAT TIDE Beat the Tide 10k	Kath Garrido	54:04	Tue 11 Jul 2017	Dave Chase	49:28	Tue 11 Jul 2017
10.00 K	BECKLEY Beckley 10k				David Nottidge	53:17	Sun 01 Nov 2020
10.00 K	BECKNM_10K Beckenham 10k	Lisa Compton	53:59	Sun 22 Jun 2014	Nick A vere	52:44	Sun 11 Nov 2018
10.00 K	BEDGEB_10K Bedgebury 10k	Meghan Bowen	50:31	Sun 18 Nov 2018	Guy Wates	53:41	Sat 07 Jun 2014
10.00 K	BERLIN AIR Berlin Airport				Chris Rebbeck	1:03:17	Sat 18 Apr 2015
10.00 K	BERLIN_10K Berlin 10k				Chris Rebbeck	1:04:00	Sun 10 May 2015
10.00 K	BERLNA_10K Berlin Airport 10k				Chris Rebbeck	1:14:48	Sat 27 Apr 2013
10.00 K	BEX/HAST Bexhill/Hastings 10k	Lisa Compton	56:02	Sun 20 Sep 2015	Andrew Hindmarch	46:39	Sun 20 Sep 2015
10.00 K	BEXHIL_10K Bexhill 10k	Christine Egglestone	46:36	Sun 30 Sep 2007	Gareth Evans	44:48	Sun 30 Sep 2007
10.00 K	BIRM 10K Birmingham Simply Health 10k	Sue Garner	52:13	Sun 06 May 2018			
10.00 K	BM 10K Brighton Marathon 10k	Fiona Champness	49:02	Sun 15 Apr 2018	Juhana Kirk	34:35	Sun 15 Apr 2018
10.00 K	BOGNOR_10 Bognor Prom 10k	Lois Jerrey	56:11	Sun 19 May 2013	Michael Manw ill	44:59	Sun 19 May 2019
10.00 K	BOOKHAM 10 Bookham 10k				Vernon Given	53:01	Sun 05 Feb 2017
10.00 K	BRIGHT_10K Brighton 10k	Lucinda Graves	40:09	Sun 13 Nov 2005	Juhana Kirk	34:09	Sun 17 Nov 2019
10.00 K	BROMLEY Bromley 10k				Daniel Quinn	36:52	Sun 14 Jan 2018
10.00 K	BUPA BUPA 10k	Lisa Compton	51:47	Mon 30 May 2016	Trev or Webb	48:27	Mon 30 May 2016
10.00 K	BURGHH_10K Burgess Hill 10k 2013	Katy Fisher	47:22	Mon 04 May 2015	Scott Ulatowski	41:51	Mon 05 May 2014
10.00 K	BUSHYP_10K Bushy Park 10k	Sue Garner	53:36	Sun 13 Jan 2019	Mark Clayton	44:25	Sun 10 Mar 2013
10.00 K	CAERPH_10K Caerphilly 10k	Rosie Bellisio	1:23:28	Sun 22 Jun 2014			
10.00 K	CANTE 10K Canterbury 10k				Richard Adams	47:47	Sun 20 May 2018
10.00 K	CATERM 10K Caterham Rotary 10k	Michelle Hollins	54:09	Sun 26 Jul 2015	James Ward	39:44	Sun 22 Jul 2018
10.00 K	CHASE Chase the Moon	Isla Greenaway	1:01:22	Wed 09 Oct 2019	Richard Adams	43:35	Wed 06 Dec 2017
10.00 K	CHASE THE Chase the sun - Clapham	Lisa Compton	55:13	Wed 27 Jul 2016	Vernon Given	44:33	Wed 27 Jul 2016
10.00 K	CHESSINGTO Chessington V Valentines 10k	Kath Garrido	50:48	Sun 15 Feb 2015	Jeremy Garner	39:49	Sun 11 Feb 2018

# Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date	
10.00 K	CHESTN_10K Chestnut Tree House Coastal 10	Jacqueline Mayer	1:02:02	Sun 11 Sep 2016	Robin Mayer	1:08:20	Sun 11 Sep 2016	
10.00 K	CHICHR_10K Chichester 10k	Carolyn Swan	43:14	Sun 04 Feb 2007	Gordon Hyde	1:14	Sun 04 Feb 2007	
10.00 K	CHILDER C hilderley Estate 10k	Clare Evans	1:01:25	Sun 29 Apr 2018				
10.00 K	CLAP COMM Clapham CommOn 10k	Lisa Compton	51:12	Sun 30 Apr 2017				
10.00 K	CLAPHAM Clapham - Chase the Sun	Lisa Compton	51:36	Wed 07 Jun 2017				
10.00 K	CLAPSH_10K Clapham Super Heroes				Andrew Taylor	41:41	Sun 01 Apr 2012	
10.00 K	COLOGN_10K Cologne 10 k				Chris Rebbeck	1:01:38	Sun 21 Jun 2015	
10.00 K	CPAL 10K Crystal Palace 10k	Lisa Compton	51:07	Sun 02 Jul 2017				
10.00 K	CRA NLG_10K Cranleigh 10k	Diane Clayton	1:01:18	Sun 07 Jul 2013	Mark Clayton	48:34	Sun 07 Jul 2013	
10.00 K	CRAWLY_10K C rawley 10k	Victoria (Tor) Rutter	50:45	Sun 15 Sep 2013	Marek Siw idki	42:30	Sun 29 Oct 2017	
10.00 K	CROWBO_10 C row borough 10k	Kelly Jarvis	41:48	Sun 02 Dec 2012	Daniel O ppe	40:43	Sun 30 Nov 2014	
10.00 K	CROYDH_10K C roy don Haris XC				George English	50:22	Sat 02 Mar 2013	
10.00 K	CROYDN_10K Lexus C roy don 10k	Vera Simms	54:57	Sun 08 Oct 2017	Adrian Row botham	47:52	Sun 21 Oct 2012	
10.00 K	DORK 10K Dorking 10k	Katie Cahill-Smith	58:34	Sun 03 Jun 2018	David Watkins	48:08	Sun 03 Jun 2018	
10.00 K	DORNEY 10K Dorney Lake 10 K				Richard A dams	43:45	Sun 25 Oct 2020	
10.00 K	DRAY WATER Dray cote Water 10k				Richard A dams	41:56	Sun 14 Jan 2018	
10.00 K	DUNSHAUG Dunshaughin 10k				Daniel O ppe	35:45	Sat 24 Jun 2017	
10.00 K	DYSART_10K Dy sart Dash 10k	Sue Garner	44:56	Sun 26 Jun 2005	Richard A dams	38:59	Sun 26 Jun 2005	
10.00 K	EAST PECKH East Peckham 10 k	Lynda Willment	1:05:23	Sun 04 Aug 2019				
10.00 K	EASTGR_10K Andy Ripley Memorial 10k	Miranda Johnson	41:44	Sun 30 Sep 2018	Daniel O ppe	36:47	Sun 25 Sep 2016	
10.00 K	EDINBG 10K Edinburgh 10 k	Rhiannon Clarke	1:14:32	Sun 26 May 2019	Robin Mayer	1:18:12	Sun 26 May 2019	
10.00 K	ELMBRG_10K Elmbridge 10k	Sally Smoker	44:11	Sun 15 Jul 2007	Trev or Crow hurst	1:02	Sun 15 Jul 2007	
10.00 K	EPSOM_10K Epsom 10k	Kelly Jarvis	46:40	Sun 17 Jun 2007	Jeremy Garner	41:25	Sun 17 Jun 2012	
10.00 K	FIRLE_10K Firle 10k	Theresa Donohue	1:07:18	Sun 15 Sep 2013	Ian Greenaway	48:12	Sun 15 Sep 2013	
10.00 K	FOLK 10K Folkestone 10k				Vernon Given	43:52	Sun 27 May 2018	
10.00 K	FOLK COAST Folkestone Coastal 10k				David Watkins	46:54	Sun 06 Sep 2020	
10.00 K	FORSTR_10K Forest Row 10k	Mandy Regenass	43:13	Sun 06 Oct 2013	Juhana Kirk	36:22	Sun 05 Oct 2014	
10.00 K	GALWAY 10K Galway Bay 10k	Lynda Willment	1:06:11	Sat 04 Oct 2014				
10.00 K	GATTON_10K Gatton 10k	Kirsty Wachuku-King	54:58	Wed 25 Jul 2012	Richard A dams	46:38	Wed 25 Jul 2012	
10.00 K	GODALM Godalming 10k				Robin Mayer	1:12:09	Sun 15 May 2016	

# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
10.00 K	GOODWD Goodwood 10k				Richard A dams	43:15	Sun 06 Dec 2020
10.00 K	GOUDHU_10 Goudhurst 10k	Maxine Lower	44:48	Sun 28 Apr 2013	Vernon Given	44:42	Sun 29 Apr 2018
10.00 K	GREENICH P Greenwich Park 10k	Lisa Compton	53:22	Sun 21 Aug 2016	Aaron Perrott	1:02:45	Sun 15 May 2016
10.00 K	HARTFD_10K Hartfield Fun Run	Rebecca Chapman	46:53	Sun 02 Apr 2017	Juhana Kirk	38:45	Sun 02 Apr 2017
10.00 K	HASTING 10 Hastings Seafront 10k				Vernon Given	45:30	Sun 07 Oct 2018
10.00 K	HCAP_10 Handicap 10K	Marlene Pautard	38:24	Tue 17 Aug 1993	Peter Dunn	32:37	Tue 27 Aug 1991
10.00 K	HCHESH_10K Heatherly Cheshire 10k	Lucinda Graves	40:49	Sun 15 May 2005	David Proud	38:36	Sun 14 May 2006
10.00 K	HEATHF_10K Heathfield 10k	Claire Ziegler	52:06	Sun 23 Jun 2019	Michael Manwill	47:22	Sun 23 Jun 2019
10.00 K	HELLIN_10K Hellingly 10k	Sue Garner	51:05	Sun 13 Sep 2015	Mark Piper	52:27	Sun 13 Sep 2015
10.00 K	HERON WAY Heron Way Trail 10k				James Ward	39:20	Sun 07 Oct 2018
10.00 K	HORNSY_10K Hornsey ymca 10k				Chris Rebbeck	1:14:15	Sun 20 May 2012
10.00 K	HORSHM_10 Horsham 10k	Maxine Lower	47:05	Sun 19 May 2013	Richard A dams	39:39	Sun 20 May 2007
10.00 K	HOSPIW_10K Hospice in the Weald 10k				Tim Martin	47:41	Sun 22 Sep 2019
10.00 K	HOVE_10K Hove Promenade 10k	Sue Garner	25:11	Sat 22 Dec 2018	Daniel Oppe	44:39	Sun 16 Sep 2012
10.00 K	ISREI 10K Intersport Reigate 10k				Daniel Quinn	37:17	Sun 16 Sep 2018
10.00 K	JEAN BOUIN Jean Bouin Barcelona				Simon Moore	37:03	Sun 26 Nov 2017
10.00 K	JIG SAW Jig Saw 10 k (Dunsfold)	Kirsty Wachuku-King	47:37	Sun 24 Nov 2019	Paul Blackmore	47:37	Sun 24 Nov 2019
10.00 K	K2 CRAWLEY K2 Crawley 10k	Katie Cahill-Smith	55:56	Sun 28 Oct 2018	Daniel Quinn	39:18	Sun 28 Oct 2018
10.00 K	KENLEY Kenley Airfield 10k				Neil Burchett	50:49	Sun 22 Feb 2015
10.00 K	KEW Kew Gardens 10k	Lisa Compton	48:59	Sun 13 Sep 2020			
10.00 K	KNACKER CR Knacker Cracker 10 k	Lynda O'Sullivan	1:21:17	Wed 01 Jan 2020			
10.00 K	LAMBER_10K Lamberhurst 10k	Maxine Lower	49:13	Wed 01 Jan 2014	Mark Piper	52:21	Wed 01 Jan 2020
10.00 K	LANC COIL Lancing College 10k				David Nottidge	56:17	Sun 25 Mar 2018
10.00 K	LANCING CO Lancing College				David Nottidge	56:17	Sun 25 Mar 2018
10.00 K	LANZ 10K IANZAROTE 10K	Diane Clayton	1:09:48	Sat 09 Dec 2017	David Watkins	57:48	Sat 08 Dec 2018
10.00 K	LEATHR_10K Leatherhead Fire Stn 10k	Sue Garner	53:25	Sun 11 Nov 2012	Jeremy Garner	41:07	Sun 11 Nov 2012
10.00 K	LEEDS ABBE Leeds Abbey Dash				Luke Davis	33:22	Sun 05 Nov 2017
10.00 K	LEWES_10K Lewes 10k (WSFRL)	Kirsty Wachuku-King	49:58	Mon 01 Apr 2013	Ian Greenaway	44:11	Mon 21 Apr 2014
10.00 K	LINDF_10K Lindfield Village Run	Vivian Gibson	50:11	Mon 26 May 2014	Daniel Oppe	43:48	Mon 26 May 2014
10.00 K	LINGFD_6 LINGFIELD 10K	Sophie Mills	54:04	Sun 06 May 2012	Luke Davis	36:40	Sun 30 Jun 2019



# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
10.00 K	LITTLE HAM Littlehampton 10k	Aly Warner	47:57	Sun 08 Sep 2019	Robin Mayer	1:07:18	Sun 10 Sep 2017
10.00 K	LITTLE HOR Little Horsted 10k	Laura Ireland	1:03:12	Sun 14 May 2017	Robin Mayer	1:15:01	Sun 14 May 2017
10.00 K	LOND SUMM London Summertime 10k	Lisa Compton	47:53	Sun 13 Aug 2017	Richard Adams	49:01	Sun 12 Aug 2018
10.00 K	LOND WINTE London Winter Run	Michelle Hollins	50:46	Sun 31 Jan 2016	Simon Cook	46:40	Sun 04 Feb 2018
10.00 K	LONDON_10 London 10k	Lisa Compton	50:07	Mon 29 May 2017	Daniel O ppe	36:29	Mon 29 May 2017
10.00 K	MAD MARCH Mad March Hare Caterham				Vernon Given	45:11	Sun 12 Mar 2017
10.00 K	MALTA_10K Malta 10k				Eric Shoubridge	54:07	Sun 17 Jun 2012
10.00 K	MAPLEDURH Mapledurham 10k				Mark Piper	56:49	Sun 03 Dec 2017
10.00 K	MAPLTH_10K Maplethorpe 10k	Melanie Kirk	55:50	Sun 08 Sep 2013			
10.00 K	MCC REIGAT MCC Reigate 10k	Theresa Donohue	1:01:38	Sun 25 Mar 2018	Daniel Quinn	38:36	Sun 25 Mar 2018
10.00 K	MELSM_L_10K Mels Milers	Edwina Sutton	38:48	Sun 07 Apr 2013	Kieran Barnes	35:32	Sun 31 Mar 2019
10.00 K	MERBENZ_10 Mercedes-Benz 10k	Fiona Champness	46:41	Sun 26 May 2019	Kieran Barnes	36:15	Sun 26 May 2019
10.00 K	MET POLICE Metropolitan Police 10k				Vernon Given	41:36	Wed 17 Oct 2018
10.00 K	MONTEPIO Montepio (Lisbon)				David Nottidge	50:40	Sun 23 Oct 2016
10.00 K	MPAA MPAA 10k				Vernon Given	42:23	Tue 13 Oct 2015
10.00 K	MUNICH_10K Munich 10 kilometres				Chris Rebbeck	1:15:28	Sun 06 May 2012
10.00 K	NEWHAM_10 Newham Classic 10k				Kio V ejdari	1:06:58	Sun 15 Apr 2012
10.00 K	NEWICK_10K Newick Will Page 10k				Chris LeBeau	56:29	Sun 30 Aug 2015
10.00 K	NICE WK RP Nice Work Richmond Park 10k	Lynda Willment	1:02:33	Sun 10 Jan 2016	Trev or Webb	49:57	Sun 10 Jan 2016
10.00 K	NICE_10K Nice Promenade 10k				Kio V ejdari	1:18:57	Sun 05 Jan 2014
10.00 K	NORWICH_10 Norwich 10k				James Ward	39:22	Sun 05 Aug 2018
10.00 K	OLYMP PARK Olympic Park 10k				Richard Adams	42:04	Sun 27 Jan 2019
10.00 K	OSTERLEY Osterley 10k	Jayne Webb	1:00:17	Sun 11 Dec 2016	Trev or Webb	51:12	Sat 17 Jun 2017
10.00 K	OTTERR_10K Otterton Reindeer 10k				Michael Lothian	54:47	Sat 07 Dec 2013
10.00 K	OXSHTOT_10K Oshott 10k	Lynda Willment	1:05:02	Sun 30 Jun 2013	Mark Piper	52:16	Sun 29 Oct 2017
10.00 K	PATHOS_10K Pathos 10k				Kio V ejdari	1:28:00	Sun 10 Mar 2013
10.00 K	PERCH_10K Perch	Kelly Jarvis	43:05	Sun 29 Jan 2012	Chris Welch	45:59	Sun 29 Jan 2012
10.00 K	PETTS Petts Wood 10k	Chantel Pepperrill	1:02:47	Sun 07 Oct 2018			
10.00 K	PETWTH_10K Petworth Trail 10k				Mark Piper	53:55	Wed 30 May 2012
10.00 K	PHOENX_10K Phoenix 10k	Sue Garner	50:00	Wed 15 Jul 2015	Richard Adams	41:48	Wed 10 Jul 2019

# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	RunnersName	Time	Date
10.00 K	POLESD_10K Polesden Lacey 10k				Jeremy Garner	44:43	Sun 12 Jun 2016
10.00 K	POPPY 10K Poppy 10k	Laura Ireland	57:50	Sat 10 Nov 2018			
10.00 K	PORTIS 10K Portishead 10k	Karen Sparrow	1:05:12	Sun 25 Aug 2019			
10.00 K	PUTNEY 10K Putney 10k				Richard Adams	43:57	Sun 02 Dec 2018
10.00 K	RANELG_10K Richmond 10k	Lisa Compton	54:34	Sun 21 Jun 2015	Daniel Ope	39:53	Sun 22 Jun 2014
10.00 K	REGNTP_10K Regents Pk	Katie Styles	49:14	Sun 08 Apr 2012	Chris Rebbeck	1:10:57	Sun 07 Apr 2013
10.00 K	REIG 10K Reigate 10k	Wendy Smith	52:37	Sun 15 Sep 2019	Harry Sterling	42:24	Sun 15 Sep 2019
10.00 K	REIGATE 10 Reigate 10k	Amanda Hibbett	51:52	Sun 17 Sep 2017	Vernon Given	44:10	Sun 26 Mar 2017
10.00 K	REIGTE_10K Reigate evening 10k	Kelly Jarvis	46:12	Wed 11 Jul 2007	Daniel Quinn	37:32	Wed 04 Jul 2018
10.00 K	REYKJA_10K Reykjavik 10k				Chris Rebbeck	1:17:13	Sat 18 Aug 2012
10.00 K	RICH 10K Richmond 10k SRL	Claire Ziegler	47:10	Sun 16 Jun 2019	Jeremy Garner	39:31	Sun 16 Jun 2019
10.00 K	RICH PARK Richmond Park 10k	Jayne Webb	1:02:33	Sat 28 Jan 2017	Trevor Webb	49:32	Sat 28 Jan 2017
10.00 K	RICH RIVER Richmond River 10k	Sarah Davey	45:29	Sun 07 Sep 2014	Trevor Webb	49:49	Sat 21 Oct 2017
10.00 K	ROTHER VAL Rother Valley 10k				Mark Piper	58:37	Sun 15 Sep 2019
10.00 K	ROYALBERK Royal Berkshire 10k				Vernon Given	42:43	Sun 20 May 2018
10.00 K	RUN THR CC Run Through Clapham Common				Richard Adams	43:24	Wed 04 Sep 2019
10.00 K	RUN THR GP Run Through Greenwich Park	Samantha Earle	1:13:28	Sun 22 Oct 2017	Richard Adams	43:24	Wed 04 Sep 2019
10.00 K	RUN THR VI Run Through Victoria Park				Richard Adams	44:40	Fri 19 Apr 2019
10.00 K	SELS 10K Selsdon 10k	Madi Cahill-Smith	54:41	Sun 23 Jun 2019			
10.00 K	SERPNY_10K Serpentine New Years Day 10k				Richard Adams	42:18	Tue 01 Jan 2019
10.00 K	SEVENO_10K Sevenoaks Rotary 10k	Laura Jackson	57:15	Sun 11 Mar 2012			
10.00 K	STAPLE_10K Staplehurst 10k	Maxine Lower	46:26	Sun 16 Jun 2013	Ian Greenaway	41:52	Sun 16 Jun 2013
10.00 K	STAR 4 Star 4 Young Epilepsy	Wendy Smith	55:52	Sun 27 Oct 2019	Mark Notridge	54:22	Sun 27 Oct 2019
10.00 K	SUN - HYDE Chase the sun - Hyde Park	Lisa Compton	54:00	Wed 03 Aug 2016	Vernon Given	44:34	Wed 03 Aug 2016
10.00 K	SUTTON_10K Sutton 10k (SRL)	Claire Ziegler	48:47	Sun 19 May 2019	Jeremy Garner	39:52	Sun 19 May 2019
10.00 K	SWAN BAY 1 Swansea Bay 10k	Samantha Earle	1:10:42	Sun 25 Mar 2018			
10.00 K	THET FOR Thetford Forest 10k	Clare Evans	56:20	Sun 11 Mar 2018			
10.00 K	TITSEY_10K Titsey Trail 10k	Rebecca Chapman	44:11	Sun 01 Oct 2017	Harry Sterling	44:01	Sun 06 Oct 2019
10.00 K	TONBRG_10K Tonbridge 10k	Alison Slater	58:26	Sun 22 Oct 2017	Richard Adams	43:09	Sun 22 Oct 2017
10.00 K	TRUNDL_10K Trundle Hill 10k	Theresa Donohue	1:05:17	Wed 17 May 2017	Paul Blackmore	46:06	Wed 23 May 2018

# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
10.00 K	TUNBRW_10 Tunbridge Wells 10k				Charlie Marr	46:31	Sun 16 Sep 2012
10.00 K	UCKFLD_10K Uckfield Lions 10k				Mark Piper	1:00:23	Sun 09 Jul 2017
10.00 K	VALHOOK Valentines Hook 10k	Sue Garner	49:58	Sun 14 Feb 2016	Jeremy Garner	39:30	Sun 16 Feb 2020
10.00 K	VALEGP_10K Vale Gallop	Liz McLennan	51:12	Sun 25 Jan 2015	Juhana Kirk	39:41	Sun 29 Jan 2017
10.00 K	VALENC_10K Valencia 10k				Kio Vejdari	1:21:31	Sun 18 Nov 2012
10.00 K	VIRTBRIG Virtual Brighton 10 K				Charlie Marr	50:34	Sun 18 Oct 2020
10.00 K	VIT10K Vitality London 10k	Lisa Compton	49:28	Sun 26 May 2019	Daniel Oppe	35:48	Sun 26 May 2019
10.00 K	WELLS10K Wells 10k				Jim Parker	59:28	Sun 29 May 2016
10.00 K	WEST West Worthing 10k	Sue Garner	55:21	Sun 10 Mar 2019	Richard Adams	42:47	Sun 10 Mar 2019
10.00 K	WILLPG_10K Will Page 10k				Chris LeBeau	53:51	Sun 24 Aug 2014
10.00 K	WINDSOR Windsor Women 10 k	Nicky Salazar	1:01:00	Sun 29 Sep 2019			
10.00 K	WISBOR10K Wisborough 10k				Mark Piper	52:40	Sun 13 May 2018
10.00 K	WORTHG_10 Worthing 10k	Sue Garner	49:50	Thu 06 Jun 2013	Kieran Barnes	38:28	Sun 03 Jun 2018
10.00 K	YATLEY_10K Yateley 10k				Kio Vejdari	1:13:54	Wed 06 Jun 2012
10.50 K	HURT10.5K Hurt 10.5 K				Paul Carter	1:03:59	Sat 03 Jun 2017
6.60 M	TIMELORD Time Lord of the Thames	Samantha Earle	1:24:36	Thu 23 Nov 2017			
7.00 M	DEWPND_7 Dewpond 7	Theresa Donohue	1:22:53	Sun 22 Jul 2012	Ian Greenaway	58:31	Sun 22 Jul 2012
7.00 M	ELMORE_7 Elmore 7 (SRL)	Liz Webster	57:59	Sat 20 Jul 2019	Jeremy Garner	47:48	Sat 14 Jul 2018
7.00 M	SEVENOAK7 Sevenoaks 7				Michael Manwill	54:34	Sun 14 Jul 2019
11.70 K	HOGSBK_11 Hogs Back	Aly Warner	57:37	Sun 08 Dec 2019	Nick Avere	59:17	Sun 08 Dec 2019
12.00 K	NATXC MEN National Cross Country - Men				Tom Seller	57:40	Sat 22 Feb 2020
7.50 M	SOTSENIOR South of Thames Senior	Rebecca Chapman	53:02	Sat 17 Dec 2016			
7.60 M	BOXHILLF Box Hill Fell				Simon Moore	1:08:27	Sat 19 Jan 2019
8.00 M	GRIM_8 Grim Challenge	Alex Saunders	1:13:10	Sun 02 Dec 2012	Peter Phillips	1:27:47	Sat 01 Dec 2012
13.80 K	STAPLE_14 Staplehurst 13.8 k	Mandy Regenass	1:02:21	Sun 30 Dec 2012	Scott Ulatowski	1:03:52	Sun 30 Dec 2012
14.00 K	DRITTL_14K Drittel 14 kilometres				Chris Rebbeck	1:55:00	Sun 29 Apr 2012
14.00 K	VENTNORH Ventnor Horseshoe				David Nottidge	1:32:11	Sat 14 Sep 2019
14.10 K	CZECHR_14K Czech Republic				Peter Hargreaves	1:10:00	Sun 07 Oct 2012
9.00 M	DEVIL9 Devil 9				Ian Greenaway	1:14:13	Sun 04 Dec 2016
9.00 M	DOWNDEVILDow nland Devil 9	Claudette Sims	1:29:11	Sun 01 Dec 2019	Ian Greenaway	1:13:44	Sun 07 Dec 2014

# Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date	
9.00 M	GRIZZL CUB	Grizzl Cub 9	Mandy Regenass	1:24:53	Sun 10 Mar 2019			
9.00 M	HENFD_9	Henfield 9 Mile	Wendy Smith	1:26:02	Sun 07 Feb 2016			
15.00 K	HAMBURG	Hamburg 15k			Chris Rebbeck	1:38:04	Fri 19 Jun 2015	
15.00 K	MAVER SILV	Maverick Silver Dark Star	Michelle Hollins	1:35:50	Sat 25 Nov 2017			
15.00 K	RYE TRAILS	Rye Ancient Trails			Mark Piper	1:32:14	Sun 08 Sep 2019	
15.00 K	SEAA MEN	Sth of England xc - men			James Ward	59:35	Sat 26 Jan 2019	
10.00 M	ADDER 10	Adder (Friston Forest) 10			Juhana Kirk	1:06:05	Sat 04 Apr 2015	
10.00 M	ANGMER_10	Angmering 10 mile	Debbie Wilkes	1:21:13	Sun 21 Apr 2013			
10.00 M	BEDG 10M	Bedgebury 10 M	Victoria (Tor) Rutter	1:19:37	Sun 02 Feb 2020	Lewis Reeve	1:12:21 Sun 03 Mar 2019	
10.00 M	BRIGHT 10M	Brighton 10 Mile	Sophie Mills	1:17:25	Sun 18 Oct 2015	Simon Moore	1:02:44 Sun 15 Oct 2017	
10.00 M	DENBIES 10	Denbies 10	Jacqueline Mayer	1:49:53	Sun 22 Jan 2017	Robin Mayer	2:06:38 Sun 22 Jan 2017	
10.00 M	DORKNG_10	Dorking 10	Edwina Sutton	1:05:38	Sun 02 Jun 2013	David Proud	1:05:32 Sun 03 Jun 2007	
10.00 M	EASTGR_10	East Grinstead 10 miles 2013	Kelly Jarvis	1:11:33	Sat 04 May 2013	Kieran Barnes	1:01:41 Sat 04 May 2019	
10.00 M	ERIDGE_10	Eridge 10	Mandy Regenass	1:22:10	Mon 09 Sep 2013	Scott Ulatowski	1:16:04 Mon 09 Sep 2013	
10.00 M	FOLKST_10	Folkestone 10 mile			Kio Vejdani	1:58:26	Fri 06 Apr 2012	
10.00 M	GREATS_10	Great South run	Victoria (Tor) Rutter	1:17:50	Sun 22 Oct 2017	Juhana Kirk	57:31 Sun 20 Oct 2019	
10.00 M	GRIZZL 10	Grizzly 10 mile	Mandy Regenass	1:17:31	Sun 18 Mar 2018	Dave Chase	1:45:33 Sun 18 Mar 2018	
10.00 M	GUT BUSTER	Gut Buster - Reading	Aly Warner	1:36:31	Sun 29 Dec 2019			
10.00 M	HARRYH_10	Harry Hawkes 10 mile	Sue Garner	1:23:58	Sun 16 Jul 2017	Simon Moore	1:05:12 Sun 16 Jul 2017	
10.00 M	HAYWRD_10	Haywards Heath 10 miles	Mandy Regenass	1:14:57	Sun 05 May 2013	Scott Ulatowski	1:06:29 Sun 04 May 2014	
10.00 M	HCAP_10M	Handicap 10 mile	Marlene Pautard	1:03:32	Tue 31 Jul 1990	Peter Dunn	53:17 Tue 30 Jul 1991	
10.00 M	HCAP_10_L	Handicap 10m - Lingfield Park	J Laws	1:07:30	Tue 01 Sep 1987	Steve Pautard	58:10 Tue 02 Aug 1988	
10.00 M	HCHESH_10	Heatherly Cheshire 10 Miles	Lucinda Graves	1:06:34	Sun 14 May 2006	Richard Adams	1:04:23 Sun 15 May 2005	
10.00 M	HELLRN_10	Hell Runner	Michala Blackburn	1:57:43	Sun 11 Nov 2012			
10.00 M	LEWESD_10	Lewes Downland 10			Ian Greenaway	1:18:56	Sun 04 Oct 2015	
10.00 M	LINGFD_10	LINGFIELD 10 MILE	Alex Saunders	1:21:04	Sun 05 May 2013	Tim Garner	1:10:04 Sun 03 May 2015	
10.00 M	MINCEP_10	Mince Pie 10m	Mandy Regenass	1:15:19	Sun 08 Dec 2013	James Ward	1:03:13 Sun 09 Dec 2018	
10.00 M	RYE_10	Rye 10 mile			Ian Greenaway	1:19:54	Sun 26 May 2019	
10.00 M	SIDCUP_10	Sidcup 10	Sue Garner	1:22:04	Sun 13 Mar 2016	Tim Garner	1:10:08 Sun 08 Mar 2015	
10.00 M	SQ10	Squash Club 10			Stephan Hill	1:05:00	Sat 23 Mar 1985	

# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
10.00 M	TADWTH_10 Tadworth 10	Mandy Regenass	1:13:21	Sun 05 Jan 2014	James Ward	1:04:17	Sun 06 Jan 2019
10.00 M	THANET_10 Thanet 10 mile	Lisa Compton	1:20:15	Sun 03 Dec 2017			
10.00 M	TIPTRE_10 Tiptree 10				Kio Vejdani	2:13:34	Sun 28 Oct 2012
10.00 M	VIGOVA_10 Vigo Valentines 10M	Mandy Regenass	1:24:00	Sun 15 Feb 2015	Scott Ulatowski	1:15:00	Sun 15 Feb 2015
10.00 M	WETHERAL Wetheral 3 Village 10 mile				David Nottidge	1:32:02	Sun 13 Sep 2020
16.90 K	DOWN TRAIL Downland Trail	Michelle Hollins	1:47:19	Sat 05 Dec 2020	Chris Rance	1:42:45	Sat 05 Dec 2020
11.25 M	SAMP 11.25 Samp Hoe Saxon Viking	Joanne Given	2:37:54	Fri 24 Nov 2017			
12.70 M	HAMPTC_12 Hampton Court Shot HM	Diane Clayton	1:52:59	Sun 23 Feb 2014	Mark Clayton	1:42:28	Sun 23 Feb 2014
13.10 M	AMSTER_H Amsterdam Half Marathon	Carolyn Swan	1:36:06	Sun 21 Oct 2007	David Proud	1:24:11	Sun 21 Oct 2007
13.10 M	BARCA_H Barcelona Half Marathon	Alex Saunders	1:44:23	Sun 16 Feb 2014	Ian Watkins	1:57:13	Sun 16 Feb 2020
13.10 M	BARNSGN_H Barns Green Half	Carolyn Swan	1:40:43	Sun 29 Oct 2006	David Proud	1:26:58	Sun 29 Oct 2006
13.10 M	BEDGEB_H Bedgebury Half Marathon	Sarah Muir-Timmins	2:14:06	Sun 19 Nov 2017			
13.10 M	BELFAST HA Belfast Half marathon				Daniel Quinn	1:21:06	Sun 17 Sep 2017
13.10 M	BERLIN_H Berlin Half Marathon				Kio Vejdani	2:28:35	Sun 29 Mar 2015
13.10 M	BEWLHALF Bewl Half Marathon	Mandy Regenass	1:39:14	Sat 09 May 2015			
13.10 M	BEXHIL_H Bexhill Half Marathon	Wendy Smith	2:12:19	Sun 10 Nov 2013			
13.10 M	BIG LONDON Big Mondon Half Marathon	Eliska Kelly	1:57:57	Sun 04 Mar 2018			
13.10 M	BLEN PAL Blenheim Palace Half Marathon	Michelle Hollins	2:04:20	Sun 02 Oct 2016			
13.10 M	BOURNE BAY Bournemouth Bay Half Marathon				Barry Stone	1:32:35	Sun 07 Apr 2019
13.10 M	BOXHILLH Box Hill Half Marathon				Jeremy Garner	2:10:55	Sun 25 Jun 2017
13.10 M	BREC HALF Brecon Beacons Half Marathon	Diane Clayton	3:22:10	Sun 14 May 2017			
13.10 M	BRIGHT_H Brighton Half Marathon	Sarah Davey	1:37:38	Sun 22 Feb 2015	Juhana Kirk	1:18:16	Sun 28 Feb 2016
13.10 M	BRISTOLHA Bristol Half marathon	Lisa Compton	1:48:42	Sun 17 Sep 2017			
13.10 M	BROOKL_H Brooklands Half Marathon	Sarah Blake	2:32:51	Sun 30 Mar 2014			
13.10 M	BUDAPS_H Budapest Half Marathon				Richard Adams	1:47:12	Sun 10 Sep 2017
13.10 M	BURNHM_H Burnham Beeches Half Marathon				Kio Vejdani	3:03:18	Sun 18 Aug 2013
13.10 M	CANTBR_H Canterbury Half Marathon				Kio Vejdani	3:40:34	Mon 27 Aug 2012
13.10 M	CATERM_H Caterham Rotary Half Marathon	Sophie Mills	1:45:34	Sun 26 Jul 2015	Richard Adams	1:38:28	Sun 03 Jul 2016
13.10 M	CHAPPI_H Chappies Challenge Capetown	Mandy Regenass	1:50:42	Mon 08 Oct 2012			
13.10 M	CHICHR_H Chichester Half Marathon	Helen Davey	2:19:34	Sun 06 Oct 2019	Luke Carpenter	1:51:30	Sun 09 Oct 2016

# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
13.10 M	CHISLEHURS C hislehurst Half Marathon				David Nottidge	2:03:34	Sun 21 May 2017
13.10 M	CLAREN HAL Clarendon Half Marathon				Stev en Osborne	1:46:15	Sun 01 Oct 2017
13.10 M	CROYDN_H Croydon Half Marathon				Vernon Given	1:50:06	Sun 29 Mar 2015
13.10 M	DARTFD_H Dartford Half Marathon				Trev or Webb	1:48:59	Sun 13 Mar 2016
13.10 M	DARTMR_H Dartmoor Vale Half Marathon				Paul McManus	1:47:38	Sun 21 Oct 2012
13.10 M	DORNEY HAL Dorney Lake Half Marathon	Lisa Compton	1:45:46	Sun 11 Aug 2019	Richard Adams	1:36:21	Sun 11 Aug 2019
13.10 M	DOWN TOW Down Tow up Flow	Lisa Compton	1:50:09	Sun 28 Jul 2019			
13.10 M	DUBLIN HAL Dublin Half Marathon	Christine Egglestone	2:01:02	Sun 13 Aug 2017			
13.10 M	EALING_H Ealing Half Marathon	Connie Samuel	1:41:47	Sun 24 Sep 2017	Trev or Webb	1:46:14	Sun 29 Sep 2013
13.10 M	EASTBN_H Eastbourne Half Marathon	Nicky Pumford	1:48:56	Sun 04 Mar 2018	Jonathan Roe	1:41:49	Sun 01 Mar 2020
13.10 M	EDINBG_H Edinburgh Half Marathon	Debbie Allen	1:52:23	Sun 25 May 2014	Bob Park	1:43:24	Sun 25 May 2014
13.10 M	ENNISC_H Enniscorthy Half Marathon				Richard Adams	1:39:19	Sun 08 Jun 2014
13.10 M	FARNBOR HA Farnborough Half Marathon	Aly Warner	1:48:14	Sun 26 Jan 2020	Michael Manw ill	1:41:34	Sun 27 Jan 2019
13.10 M	FIRLE_H Firle Half Marathon	Maxine Lower	1:48:14	Sun 15 Sep 2013	Richard Adams	1:40:45	Sun 09 Sep 2012
13.10 M	GATWICK HA Gatwick half Marathon	Victoria (Tor) Rutter	1:39:07	Sun 13 May 2018	Kieran Barnes	1:22:07	Sun 12 May 2019
13.10 M	GREAT WEST Great West Half				Martin Payne	1:50:10	Sun 13 Oct 2019
13.10 M	GREATN_H Great North Run	Claire Barnes	2:32:50	Sun 30 Sep 2007	Richard Adams	1:34:34	Sun 30 Sep 2007
13.10 M	GREATSCOT Great Scottish Half Marathon	Sarah Goad	2:01:53	Sun 04 Oct 2015			
13.10 M	GROOMB PLA Groombridge Place Half Maratho	Michelle Hollins	2:14:42	Sat 15 Sep 2018	Brandon Webb	2:05:34	Sat 15 Sep 2018
13.10 M	GRUNTY_H Grunty Fen Half Marathon	Diane Clayton	1:59:46	Sun 08 Sep 2013	Mark Clayton	1:37:15	Sun 08 Sep 2013
13.10 M	GT WELSH H Great Welsh Half Marathon	Samantha Earle	2:41:01	Sun 15 Apr 2018			
13.10 M	HAM CT HAL Hampton Court Half Marathon				Trev or Webb	1:47:33	Sun 22 Feb 2015
13.10 M	HAMP CT PA Hampton Court Palace Half Mara	Sue Garner	2:02:13	Sun 19 Mar 2017	Daniel Quinn	1:21:56	Sun 19 Mar 2017
13.10 M	HAMPT CT H Hampton Court Half Marathon	Aly Warner	1:48:22	Sun 23 Feb 2020	Jeremy Garner	1:29:14	Sun 23 Feb 2020
13.10 M	HARDWAY Hardway Half				Kieran Barnes	1:39:38	Sat 10 Aug 2019
13.10 M	HASTNG_H Hastings Half Marathon 2013	Sue Garner	1:50:31	Sun 25 Mar 2012	Vernon Given	1:39:37	Sun 24 Mar 2019
13.10 M	HEADCORN Headcorn Half Marathon	Debbie Wilkes	1:45:51	Sun 15 Feb 2015	Richard Adams	1:35:08	Sun 25 Feb 2018
13.10 M	HELSNK H Helsinki Half Marathon				Chris Rebbeck	2:43:53	Sun 15 May 2016
13.10 M	HENFLD_H Henfield Half Marathon	Mandy Regenass	1:36:43	Sun 18 Aug 2013	Scott Ulatow ski	1:27:29	Sun 21 Aug 2016
13.10 M	HGH WLD HA High Weald Half Marathon	Mandy Regenass	1:47:46	Sun 25 Sep 2016	Scott Ulatow ski	1:35:37	Sun 25 Sep 2016

# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
13.10 M	KENTCT_H Kent Coastal Half Marathon				Kio Vejdani	3:05:13	Sun 02 Sep 2012
13.10 M	KING HALF Kingston Half Marathon	Sarah Muir-Timmins	2:03:32	Sun 01 Apr 2018	Jeremy Garner	1:29:22	Sun 01 Apr 2018
13.10 M	LANZ HALF Lanzarote Half Marathon	Lisa Compton	1:48:38	Sat 09 Dec 2017	David Watkins	1:47:28	Sat 09 Dec 2017
13.10 M	IAS VEGAS Las Vegas Half Marthon	Eliska Kelly	2:07:34	Sun 12 Nov 2017			
13.10 M	LEITHH_H Leith Hill Half marathon	Kelly Jarvis	1:46:51	Sun 24 Mar 2013	Andrew Taylor	2:00:16	Sun 16 Mar 2014
13.10 M	LIMMAS_H LIMASSOL				Kio Vejdani	2:55:18	Sun 18 Mar 2012
13.10 M	LLANELLI Llanelli Half Marathon	Samantha Earle	2:52:16	Sun 18 Feb 2018			
13.10 M	LONDON LAND London Landmarks Half Marathon	Sophie Mills	1:42:14	Sun 25 Mar 2018			
13.10 M	LONDON_H London Half Marathon	Catherine Prout	2:06:39	Sun 28 Oct 2012	Mike Preston	2:03:42	Sun 28 Oct 2012
13.10 M	LOSANG_H Los Angeles Half Marathon	Mandy Regenass	1:39:53	Sun 13 Jan 2013			
13.10 M	LYDD HALF Lydd Half Marathon	Mandy Regenass	1:34:02	Sun 08 Mar 2015	Mark Piper	1:57:10	Sun 11 Mar 2018
13.10 M	MAIDENHEA Maidenhead Half Marathon	Lisa Compton	1:44:10	Sun 01 Sep 2019			
13.10 M	MAIDST_H Maidstone Half Marathon				Dave Wilkes	2:12:03	Sun 13 Oct 2013
13.10 M	MIDSUN_H Midnight sun half marathon (Tr				Richard Adams	1:26:46	Sat 30 Jun 2012
13.10 M	NDN HALF North Downs Half Marathon	Mandy Regenass	1:45:37	Sun 19 Jul 2015	James Ward	1:38:55	Sun 07 Jul 2019
13.10 M	NEWFOR_H New Forest Half Marathon	Alex Saunders	1:52:44	Sun 22 Sep 2013			
13.10 M	OLYMP HALF Olympic Park Half Marathon				Alan Quinn	1:35:14	Sun 10 Feb 2019
13.10 M	PADDCK_H Paddock Wood Half	Sally Smoker	1:36:32	Sun 01 Apr 2007	Luke Davis	1:12:58	Sun 02 Apr 2017
13.10 M	PAVOS_H PAVOS HALF MARATHON				Kio Vejdani	2:58:13	Sun 11 Mar 2012
13.10 M	PHOENIXRU Phoenix Running	Lisa Compton	1:59:32	Sun 14 May 2017			
13.10 M	PILGRIM HA Pilgrim Half Marathon	Sophie Mills	1:54:08	Sun 11 Sep 2016	Neil McLennan	1:57:21	Sun 11 Sep 2016
13.10 M	PLYMOUTH Plymouth Half Marathon				Sam Lauenders	2:02:54	Sat 18 Apr 2015
13.10 M	POPPY HALF Poppy Half	Sophie Mills	1:41:34	Sat 12 Nov 2016	Daniel Quinn	1:20:36	Sat 12 Nov 2016
13.10 M	PRAGUE HAL Prague Half Marathon				Robin Mayer	2:45:11	Sat 01 Apr 2017
13.10 M	RANELG_H Ranelagh Richmond Half Mar				Mark Clayton	1:41:44	Sun 03 May 2015
13.10 M	READNG_H Reading Half Marathon	Lisa Compton	1:55:10	Sun 17 Mar 2019	Michael Manw ill	1:43:53	Sun 06 Sep 2020
13.10 M	READNH_H Reading Half Mar 13				Kio Vejdani	3:30:12	Sun 17 Mar 2013
13.10 M	REDKITE_M Red Kite Half Marathon	Kirsty Wachuku-King	2:09:44	Sat 04 May 2013			
13.10 M	REIGTE_H Reigate Half Marathon	Victoria (Tor) Rutter	1:42:50	Sun 20 Sep 2015	Daniel Quinn	1:22:20	Sun 18 Sep 2016
13.10 M	REYKJA HAL Rejkjavik Half Marathon	Jacqueline Mayer	2:09:05	Sun 13 Aug 2017	Robin Mayer	2:41:17	Sun 13 Aug 2017

# Lingfield Running Club Course Records

		Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date
13.10 M	RICHMD_H Richmond Half Mar 13	Nicky Pumford	1:49:57	Sun 06 May 2018	Michael Manw ill	1:37:26	Sun 05 May 2019
13.10 M	RIGA_H Riga Half Marathon				Richard Adams	1:40:27	Sun 19 May 2019
13.10 M	RIVER THAM River Thames Half Marathon	Maxine Lower	1:45:32	Sun 05 Oct 2014	Vernon Given	1:35:49	Sun 30 Oct 2016
13.10 M	ROYALP_H Royal Parks 1/2 Marathon	Ang Oxley -Evans	1:51:51	Sun 07 Oct 2012	Daniel Quinn	1:21:53	Sun 11 Oct 2015
13.10 M	RUNTOB_H Run to the Beat Half Marathon				Andrew Taylor	1:43:10	Sun 08 Sep 2013
13.10 M	SAN DIEGO San Diego Half Marathon	Lisa Compton	1:56:07	Sun 05 Jun 2016			
13.10 M	SAXON PEG Saxon, Vikings Pegwell Bay	Lisa Compton	1:56:04	Mon 27 Nov 2017			
13.10 M	SEAFRD_H Seaford Half Marathon	Mandy Regenass	1:43:32	Sun 09 Jun 2013	Scott Ulatowski	1:36:09	Sun 08 Jun 2014
13.10 M	SHARM ELS Sharm El Sheikh	Wendy Smith	2:55:00	Sun 25 Mar 2018			
13.10 M	SILVER_H Silverstone Half Marathon	Catherine Bartlett	2:28:32	Sun 11 Mar 2012			
13.10 M	SOUTHCO_H South Coast Half Marathon	Sally Holford	2:05:52	Sun 06 Jul 2014			
13.10 M	SOUTHDO_H South Downs Half Marathon				Scott Ulatowski	1:40:05	Sun 09 Jun 2013
13.10 M	STEYNG_H Steyning Stinger Half	Debbie Wilkes	2:06:46	Sun 03 Mar 2013	Simon Moore	1:42:50	Sun 01 Mar 2020
13.10 M	STURMN_H Sturminster Newton 1/2M				Richard Adams	1:31:44	Sun 29 Jul 2012
13.10 M	SUMMER BRE Summer Breeze Half M	Michelle Hollins	2:03:25	Sat 13 Jun 2015			
13.10 M	SUMMERB_H Summer Breezw Half Marathon	Sarah Davey	1:46:10	Sat 14 Jun 2014			
13.10 M	SURR HALF Surrey Half Marathon	Christine Egglestone	2:05:53	Sun 11 Mar 2018	Paul Carter	1:36:12	Sun 12 Mar 2017
13.10 M	SURRYB_H Surrey Badger Half Marathon	Alison Slater	2:38:51	Sun 19 Mar 2017	Jeremy Garner	1:45:20	Sun 19 Mar 2017
13.10 M	SWANSEA HA Swansea Half Marathon	Samantha Earle	2:49:13	Sun 25 Jun 2017			
13.10 M	THORPE & E Thorpe and Egham Half Marathon				James Ward	1:22:17	Sun 24 Feb 2019
13.10 M	THORPE PK Torpe Park Half Marathon	Michelle Hollins	1:58:59	Sun 26 Feb 2017	Alan Quinn	1:49:53	Sun 26 Feb 2017
13.10 M	TONBRG_H Tonbridge Half Marathon	Marlene Pautard	1:55:37	Sun 23 Sep 2012	Bob Park	1:43:00	Sun 23 Sep 2012
13.10 M	TUNBRW_H Tunbridge Wells Half Marathon	Kelly Jarvis	1:29:13	Sun 24 Feb 2013	Kieran Barnes	1:23:47	Sun 17 Feb 2019
13.10 M	VAN WAY Vanguard Way Half Marathon	Lisa Compton	2:18:56	Sun 02 Aug 2020	Ian Greenaway	2:18:57	Sun 02 Aug 2020
13.10 M	VIT HALF Vitality London Half	Lisa Compton	1:50:38	Sun 01 Mar 2020	Alan Quinn	1:43:12	Sun 01 Mar 2020
13.10 M	WALTON HALWalton on Thames Half Marathon				Michael Manw ill	1:43:19	Sun 27 Oct 2019
13.10 M	WATFRD_H Watford Half Marathon				Mark Clayton	1:47:38	Sun 07 Feb 2016
13.10 M	WEALD_H Weald Trail Challenge	Mandy Regenass	1:46:43	Sun 28 May 2017	Luke Davis	1:29:36	Sun 29 May 2016
13.10 M	WELG C Welwyn Garden City Half Mar				Richard Adams	1:43:49	Sun 09 Sep 2018
13.10 M	WIMB HALF Wimbledon Half	Michelle Hollins	1:53:08	Sun 11 Oct 2015			



# Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date	
13.10 M	WIND HALF Windsor Half marathon	Michelle Hollins	1:52:21	Sun 25 Sep 2016				
13.10 M	WINDSOR HA Windsor Half Marathon				Jeremy Garner	1:30:58	Sun 30 Sep 2018	
13.10 M	WINDSR_H Royal Windsor Half Marathon	Maxine Lower	1:46:01	Sun 26 May 2013				
13.10 M	WORTH HALF Worthing Half Marathon	Sophie Mills	1:39:53	Sun 12 Feb 2017	Richard Adams	1:33:14	Sun 11 Feb 2018	
13.10 M	WYEVAL_H Half Marathon				Dave Wilkes	2:19:33	Sat 07 Sep 2013	
13.20 M	HALSTEAD_H Halstead Half	Carolyn Swan	3:55:38	Sun 11 May 2008	Bob Park	3:40:28	Sun 11 May 2008	
23.00 K	FALMER MAV Falmer Maverick	Aly Warner	2:17:07	Sat 12 Dec 2020				
24.00 K	HURT_24K Hurt 24k	Edwina Sutton	2:11:51	Sat 15 Jun 2013	Scott Ulatowski	2:19:34	Sat 27 Jul 2013	
15.00 M	BEWL_15 Bewl 15	Edwina Sutton	1:48:15	Sun 07 Jul 2013	Mark Aldred	2:01:29	Sun 06 Jul 2014	
15.00 M	CRANIG_15 Cranleigh 15 M	KAREN WELLS	1:59:57	Sun 26 Mar 2017	Paul Allen	2:15:42	Sun 24 Mar 2013	
15.00 M	RACHEL Rachels Summer Ramble	Lisa Compton	2:56:25	Sat 08 Jul 2017				
15.00 M	RACHEL SPR Rachel Spring Ramble	Jacqueline Mayer	3:23:45	Sun 29 Apr 2018				
15.00 M	SAMP 15 Saxon Viking Samp Hoe	Lisa Compton	2:18:07	Fri 24 Nov 2017				
15.00 M	SOUTH_15 South Downs 15				Bob Park	2:23:08	Sat 21 Jun 2014	
16.20 M	KING 16.2 Kingston Breakfast 16.2 miles				Jeremy Garner	1:54:37	Sun 31 Mar 2019	
26.20 K	CHES METRI Chester Metric Marathon	KAREN WELLS	2:15:33	Sun 07 Oct 2018				
17.50 M	SAXON ROCH Saxons Rochester	Lisa Compton	3:03:45	Mon 28 Aug 2017				
30.00 K	NORTH_30 North Down 30k	Mandy Regenass	2:30:27	Sun 23 Jun 2013	Scott Ulatowski	3:04:44	Sun 23 Jun 2013	
30.00 K	RAINBW_30K Rainbow Chicken 30k	Mandy Regenass	2:29:25	Sat 09 Mar 2013				
19.70 M	JESKYNS CP Jeskyns Country Park Cakeathon				Richard Adams	3:03:19	Sun 07 Oct 2018	
19.70 M	PHOENIX DO Phoenix Donut Dash	Lisa Compton	3:05:05	Sun 10 Feb 2019				
20.00 M	AW 20 Sussex Trail AW 20 mile	Clare Evans	3:18:47	Sun 31 Mar 2019				
20.00 M	BRAMLY_20 Bramley 20				Andy Wells	2:42:04	Sun 19 Feb 2017	
20.00 M	DORNEY 20 Dorney Lake 20				Daniel Quinn	2:12:16	Sun 02 Apr 2017	
20.00 M	DRAY 20 Draycote Water 20				Richard Adams	2:51:27	Sun 23 Sep 2018	
20.00 M	ETON DORNE Eton Dorney 20				Vernon Given	2:50:07	Sat 04 Apr 2015	
20.00 M	FINCHL_20 Finchley 20	Sophie Mills	2:43:15	Sun 13 Mar 2016	Andrew Taylor	2:39:37	Sun 17 Mar 2013	
20.00 M	GRIZZL_20 Grizzly 20	Mandy Regenass	3:09:14	Sun 12 Mar 2017	Mark Clayton	3:37:53	Sun 13 Mar 2016	
20.00 M	JOGSHP_20 Jog Shop Jog	Kelly Jarvis	2:46:09	Sat 25 Mar 2017	Scott Ulatowski	2:37:36	Sun 11 Oct 2015	
20.00 M	KING BREAK Kingston Breakfast 20	Sarah Davey	2:44:00	Sun 15 Mar 2015	Joe Davey	2:31:54	Sun 15 Mar 2015	

# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
20.00 M	LYDD 20 Ly dd 20	Victoria (Tor)Rutter	2:43:46	Sun 12 Mar 2017	Peter Vaughan	2:53:29	Sun 08 Mar 2020
20.00 M	MILTNK 20 Milton Key nes 20				Vernon Given	2:34:04	Sun 11 Mar 2018
20.00 M	RHA YDR_20 Rhay ader 20				Richard Adams	2:28:44	Sun 17 Mar 2013
20.00 M	SPITFR_20 Spitfire 20	Michelle Hollins	3:17:05	Sun 13 Mar 2016	Daniel Quinn	2:15:41	Sun 13 Mar 2016
20.00 M	WORTHG_20 Worthing 20	Carolyn Swan	2:32:08	Sun 18 Mar 2012	Bob Park	2:42:32	Sun 18 Mar 2012
21.00 M	CRANLG_21 Cranleigh 21 Miles	Mandy Regenass	2:52:49	Sun 24 Mar 2013	Scott Ulatowski	2:39:08	Sun 24 Mar 2013
21.00 M	SAXON 21M Saxon 21 mile Ashdown Forest	Lisa Compton	3:52:06	Sun 15 Oct 2017			
35.00 K	UTCT Ultra Trail Cape Town	Mandy Regenass	5:17:25	Fri 01 Dec 2017			
22.00 M	MAN V HORS Man versus Horse	Mandy Regenass	3:26:34	Sat 08 Jun 2019			
23.00 M	BRECON 23 Brecon Beacons 23 mile				Mark Clayton	5:29:04	Fri 18 Nov 2016
42.00 K	SHERE 42K Shere 42 kilometres				Dave Chase	6:32:12	Sun 10 Jul 2016
26.20 M	AMSTER_M Amsterdam Marathon				Richard Adams	3:23:13	Sun 21 Oct 2007
26.20 M	ANDOVER Andover Trail Marathon				James Ward	3:31:35	Sun 02 Sep 2018
26.20 M	ARUNRVR_M Arun River Marathon	Mandy Regenass	4:22:37	Sat 14 May 2016	Neil McLennan	4:22:34	Sat 14 May 2016
26.20 M	BARC IRON Barcelona Iron Man				Juhana Kirk	3:23:01	Sat 30 Sep 2017
26.20 M	BARCA_M Barcelona Marathon	Sophie Mills	3:52:04	Sun 10 Mar 2019	Richard Adams	3:19:31	Sun 16 Mar 2014
26.20 M	BEACHY_M Beachy Head Marathon	Kelly Jarvis	3:33:33	Sat 28 Oct 2017	Luke Davis	3:21:49	Sat 24 Oct 2020
26.20 M	BERLIN_M Berlin Marathon	Lisa Compton	4:06:46	Sun 16 Sep 2018	Richard Adams	3:59:11	Sun 29 Sep 2019
26.20 M	BEWLMAR Bewl Marathon	Michelle Hollins	5:00:30	Sat 11 May 2019	Scott Ulatowski	3:15:11	Sat 09 May 2015
26.20 M	BOSTON Boston Marathon	Lisa Compton	4:25:34	Mon 17 Apr 2017			
26.20 M	BOURN MAR Bournemouth Marathon	Natalie Blagrove	5:17:30	Sun 08 Oct 2017	Peter Hamilton	4:41:57	Sun 04 Oct 2015
26.20 M	BRIGHT_M Brighton Marathon	Sarah Davey	3:40:37	Sun 12 Apr 2015	Juhana Kirk	2:58:31	Sun 12 Apr 2015
26.20 M	BROADM_M Broadmeadow mar				Vernon Given	4:41:00	Sun 08 Dec 2013
26.20 M	CAPETW_M Cape Town Marathon	Mandy Regenass	3:25:46	Sun 22 Sep 2013			
26.20 M	CHESTER MA Chester Marathon				Andy Wells	3:33:47	Sun 06 Oct 2019
26.20 M	CHICAGO_M Chicago Marathon	Lisa Compton	3:55:12	Sun 07 Oct 2018	Paul Blackmore	4:18:45	Sun 13 Oct 2019
26.20 M	CLAREN_M Clarendon Way Marathon				Ian Greenaway	4:33:13	Sun 04 Oct 2020
26.20 M	COLEFAX MA Colefax Marthon Denver USA				Richard Adams	4:16:18	Sun 21 May 2017
26.20 M	DARK STAR Dark Star River Marathon	Mandy Regenass	4:23:31	Sun 25 Jan 2015	Simon Mills	4:28:11	Sun 28 Jan 2018
26.20 M	DORNEY Dorney Lake Marathon	Lisa Compton	3:58:04	Sun 04 Oct 2020			

# Lingfield Running Club Course Records

Distanc	Course	Ladies Records			Mens Records		
		RunnersName	Time	Date	Runners Name	Time	Date
26.20 M	EDINBG_M Edinburgh Marathon	Alex Saunders	4:09:06	Sun 26 May 2013	Ian Watkins	4:18:36	Sun 26 May 2019
26.20 M	FARNHM_M Farnham Marathon	Edwina Sutton	3:19:55	Sun 15 Sep 2013			
26.20 M	FIRENZE_MA Firenze Marathon				James Garner	3:41:43	Sun 29 Nov 2015
26.20 M	FRANKF_H Frankfurt Marathon				Vernon Given	4:06:19	Sun 26 Oct 2014
26.20 M	GREAT WELS Great Welsh Marathon	Sophie Mills	3:49:47	Sun 17 Apr 2016			
26.20 M	HANTS HOPP Hampshire Hoppit Marathon				Simon Mills	4:38:20	Sun 18 Jun 2017
26.20 M	HULL MAR Hull Marathon				Paul McManus	4:13:39	Sun 24 Sep 2017
26.20 M	IO W_M Isle of Wight Marathon				Jim Parker	4:08:39	Sun 07 Oct 2012
26.20 M	KENTCT_M Kent Coastal Marathon				Vernon Given	3:57:45	Sun 01 Sep 2013
26.20 M	LANZ MAR Lanzarote Marathon				Vernon Given	3:50:00	Sat 09 Dec 2017
26.20 M	LEE VALLEY Lee Valley Marathon	Michelle Hollins	4:26:00	Sun 08 Oct 2017			
26.20 M	LIVERPL_MA Liverpool Marathon	Michelle Hollins	4:23:36	Sun 28 May 2017			
26.20 M	LONDON_M London Marathon	Marlene Pautard	3:01:33	Sun 26 Apr 1998	Luke Davis	2:33:38	Sun 23 Apr 2017
26.20 M	LONGMAN Longman Marathon				Juhana Kirk	4:03:23	Sun 08 Feb 2015
26.20 M	LUNARTIC Lunatic Marathon				Ian Greenaway	3:54:51	Sat 23 Jul 2016
26.20 M	MANCHS_M Manchester marathon	Diane Clayton	4:37:50	Sun 06 Apr 2014	James Ward	3:09:07	Sun 07 Apr 2019
26.20 M	MARRIOTTS Marriott's Way Marathon				Brandon Webb	3:41:22	Sun 08 Mar 2020
26.20 M	MID SX MAR Mid Sussex Marathon				Nick Hall	3:44:25	Mon 06 May 2019
26.20 M	MILAN_M Milan Marathon				Richard Adams	3:12:49	Sun 07 Apr 2013
26.20 M	MILTNK_M Milton Keynes Marathon				John Colletti	3:45:52	Sun 29 Apr 2012
26.20 M	MOYLE Moy leman Marathon	Kelly Jarvis	3:45:27	Sun 12 Mar 2017	Juhana Kirk	3:15:01	Sun 15 Mar 2020
26.20 M	NEWFOR_M New Forest Marathon				Simon Mills	3:57:59	Sun 10 Sep 2017
26.20 M	NEWYRK_M New York Marathon	Maxine Lower	3:42:42	Sun 02 Nov 2014	Trevor Webb	3:59:52	Sun 03 Nov 2013
26.20 M	NORTHDV_M North Dorset Villages Marathon	Debbie Wilkes	4:02:07	Sun 04 May 2014			
26.20 M	OSTEND_M Ostend Marathon				Vernon Given	3:49:20	Sun 29 Sep 2013
26.20 M	PARIS MARA Paris Marathon	Connie Samuel	4:15:55	Sun 03 Apr 2016			
26.20 M	PHOENIX_MA Phoenix Running Marathon				Simon Mills	3:43:02	Sat 09 Feb 2019
26.20 M	PILGRIM Pilgrim Marathon	Mandy Regenass	3:45:48	Sun 11 Sep 2016			
26.20 M	PORTO De Porto Marathon				Paul Carter	3:47:54	Sat 03 Nov 2018
26.20 M	PORTS MAR Portsmouth Marathon				Nick Gay	3:50:12	Sun 21 Dec 2014

# Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	RunnersName	Time	Date	
26.20 M	PRAGUE_M Prague Marathon	Michelle Hollins	4:21:28	Sat 05 May 2018				
26.20 M	RICH MAR Richmond Marathon				Jeremy Garner	3:31:00	Sun 16 Sep 2018	
26.20 M	ROTTER_M Rotterdam Marathon				Vernon Given	4:01:04	Sun 13 Apr 2014	
26.20 M	SAMP MAR Saxon , Vikings Marathon Samph				Vernon Given	3:52:44	Fri 24 Nov 2017	
26.20 M	SAXON MAR Saxon, Vikings A shdow n Forest	Michelle Hollins	5:26:23	Sat 15 Oct 2107				
26.20 M	SAXONS_M Saxon Shore Marathon				Peter Hamilton	3:53:11	Sun 30 Nov 2014	
26.20 M	SOUTH MAR Southampton Marathon				Vernon Given	3:37:06	Sun 05 May 2019	
26.20 M	SOUTH PIER Southend Pier Marathon				Scott Ulatowski	3:14:11	Sun 11 Mar 2018	
26.20 M	SOUTH M South Downs Marathon	Jackie Barker	4:28:25	Sun 09 Jun 2013	Scott Ulatowski	3:38:00	Sat 21 Jun 2014	
26.20 M	STEYNG_M Steyning Stinger	Edwina Sutton	3:35:24	Sun 03 Mar 2013	Scott Ulatowski	3:34:55	Sun 06 Mar 2016	
26.20 M	SUSS LIVIN Sussex Living Marathon	Clare Evans	4:34:56	Mon 07 May 2018	Daniel Quinn	2:56:42	Mon 07 May 2018	
26.20 M	THAMES MEA Thames Meander Marathon	Miranda Johnson	3:21:44	Sat 03 Nov 2018	James Ward	3:20:17	Sat 03 Nov 2018	
26.20 M	THREEF_M Three Forts Marathon	Edwina Sutton	3:38:13	Sun 05 May 2013	Scott Ulatowski	3:27:20	Sun 01 May 2016	
26.20 M	TOKYO MAR Tokyo Marathon	Lisa Compton	4:38:47	Sun 03 Mar 2019				
26.20 M	TORONTO Toronto Marathon	Lisa Compton	3:52:20	Sun 20 Oct 2019				
26.20 M	VALEN MAR Valencia Marathon	Lisa Compton	4:21:50	Sat 14 Nov 2015				
26.20 M	VIRT LOND Virtual London Marathon	Mandy Regenass	3:26:37	Sun 04 Oct 2020	Barry Stone	3:51:42	Sun 04 Oct 2020	
26.20 M	WEALD MAR Weald Marathon	Jill Streater	6:33:05	Sun 24 May 2015				
26.20 M	WEYMOUTH Weymouth Ironman				Juhana Kirk	3:37:08	Sun 11 Sep 2016	
26.20 M	WYVAL_M Wye Valley Marathon	Debbie Wilkes	4:21:43	Sat 07 Sep 2013				
26.20 M	YORKS MARA Yorkshire Marathon	Connie Samuel	3:37:42	Sun 08 Oct 2017	Peter Barlow	3:27:40	Sun 09 Oct 2016	
26.95 M	DUNKIRK 75 Dunkirk 75 challenge				Peter Hamilton	4:15:08	Wed 27 May 2015	
27.50 M	MOUTH TO MMouth to Mouth Ultra	Sophie Mills	4:36:31	Sun 02 Dec 2018	James Ward	3:37:50	Sun 02 Dec 2018	
30.00 M	DOWNLN_30 Downland 30	Jackie Barker	5:21:00	Sun 22 Jul 2012				
30.00 M	THREE CAST Three Castles 30	Sophie Mills	5:18:20	Sun 23 Jun 2019	Barry Stone	4:27:06	Sun 23 Jun 2019	
30.00 M	WINTER TAN Winter Tanners	Jackie Barker	7:02:00	Sun 11 Jan 2015	Peter Hamilton	7:53:00	Sun 11 Jan 2015	
50.00 K	BRECON50K Brecon Beacons 50k				Mark Clayton	8:19:00	Sun 14 May 2017	
50.00 K	HIGH WEALD High Weald 50 k				Juhana Kirk	5:03:00	Sun 25 Sep 2016	
50.00 K	SAI KUNG Sai Kung 50 k				Brandon Webb	8:46:00	Sat 23 Feb 2019	
50.00 K	SALISB_50K Salisbury 54321	Edwina Sutton	3:53:52	Sun 11 Aug 2013	Scott Ulatowski	4:11:34	Sun 09 Aug 2015	

# Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date	
50.00 K	WEALD_50K Weald 50 kilometre	Edwina Sutton	4:37:40	Sun 25 May 2014	Juhana Kirk	4:04:26	Sun 10 Jun 2018	
31.95 M	SNOWDON Snow don Ultra				Juhana Kirk	8:04:34	Sat 28 Sep 2019	
52.00 K	TISBURY Tisbury Ultra				Graeme Bennett	7:35:21	Sat 10 Oct 2020	
33.00 M	PILGRIMS Pilgrims Challenge	Debbie Wilkes	6:21:01	Sat 31 Jan 2015	Brandon Webb	5:35:38	Sun 03 Feb 2019	
33.70 M	CTSBIR_33 Coastal Trail Series (Sussex)	Jackie Barker	6:38:00	Sat 23 Mar 2013				
34.00 M	CTS BIRLIN Coastal Trail - Birling Gap				Juhana Kirk	5:15:56	Sat 19 Mar 2016	
56.00 K	TWO TWO OCEANS	Mandy Regenass	4:55:56	Sat 04 Apr 2015				
35.40 M	GATLIF_U Gatliffe	Edwina Sutton	6:13:22	Wed 27 Nov 2013	Brandon Webb	6:49:57	Wed 27 Nov 2013	
37.60 M	DOWNSL_U Downslink Ultra	Edwina Sutton	4:47:00	Sun 06 Oct 2013	Paul Blackmore	6:27:20	Sat 30 Sep 2017	
45.00 M	CTOCAP_45 Country to Capital	Edwina Sutton	6:40:48	Sat 12 Jan 2013				
46.00 M	BRECON 46 Brecon Beacons 46 mile				Simon Mills	9:49:45	Sat 19 Nov 2016	
50.00 M	ARC 50 Arc of att 50				Brandon Webb	12:24:21	Sat 01 Feb 2020	
50.00 M	CHILT 50 Chiltern Wonderland 50	Edwina Sutton	7:58:03	Sat 17 Sep 2016	Brandon Webb	9:28:03	Sat 14 Sep 2019	
50.00 M	COP CAN 50 Copthorne Canary 50 Mile				Scott Ulatowski	10:13:04	Sun 01 Dec 2019	
50.00 M	LAKLND_50 Lakeland 50	Mandy Regenass	10:57:42	Sat 28 Jul 2018	Scott Ulatowski	9:28:05	Sat 28 Jul 2018	
50.00 M	NORTHD_50 North Downs Way 50	Jackie Barker	10:52:55	Sun 18 May 2014	Juhana Kirk	7:56:07	Sat 18 May 2019	
50.00 M	SOUTHDW_5 South Downs Way 50	Edwina Sutton	7:09:21	Sat 05 Apr 2014	Juhana Kirk	7:42:28	Sat 08 Apr 2017	
50.00 M	WENDOVER Wendover 50				Juhana Kirk	8:44:48	Sat 25 Nov 2017	
85.00 K	MIUT 85 K Madeira Island Ultra 85 k				Brandon Webb	15:48:15	Sat 27 Apr 2019	
53.50 M	RTTK Race to the King	Eliska Kelly	15:15:16	Sat 24 Jun 2017	Ian Barrow	10:07:44	Sat 22 Jun 2019	
90.00 K	COMRADES Comrades Marathon				James Garner	10:05:30	Sun 31 May 2015	
100.00 K	ANGLO/CELT Anglo/Celtic 100k	Edwina Sutton	8:24:05	Sun 27 Mar 2016				
66.00 M	PILGRM_66 Pilgrim Challenge	Jackie Barker	12:43:21	Sat 09 Feb 2013				
110.00 K	LAKE TRAIL lakeland Trail 110k				Brandon Webb	19:02:00	Sat 01 Jul 2017	
70.00 M	IOW_70 Iow (Round the Island)	Jackie Barker	14:05:40	Sat 01 Jun 2013				
115.00 K	MIUT 115 K Madeira Island 115 k				Scott Ulatowski	26:14:00	Sat 27 Apr 2019	
123.40 K	UTMB PDS Ultra Trail Mont Blanc PDS rac				Brandon Webb	27:11:29	Thu 30 Aug 2018	
80.00 M	HARDWOLDS Hardwolds 80				Juhana Kirk	15:25:32	Sat 23 Nov 2019	
84.00 M	DRUIDS Druids Challenge	Edwina Sutton	13:06:38	Sat 11 Nov 2017				
100.00 M	ARC ATTRIT Arc of Attrition				Juhana Kirk	28:38:08	Sat 02 Feb 2019	

# Lingfield Running Club Course Records

## Ladies Records

## Mens Records

Distanc	Course	RunnersName	Time	Date	Runners Name	Time	Date
100.00 M	LAKLND_100 Lakeland 100				Scott Ulatowski	28:01:07	Fri 26 Jul 2019
100.00 M	NDW 100 North Downs Way 100				Juhana Kirk	19:33:27	Sat 08 Aug 2020
100.00 M	SDW 100 South Downs Way 100				Juhana Kirk	20:16:41	Sat 10 Jun 2017
100.00 M	THAMES 100 Thames 100				Brandon Webb	23:03:17	Sat 05 May 2018
103.00 M	UTMB Ultra Trail Mont Blanc				Brandon Webb	39:40:52	Sat 02 Sep 2017