

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
.25 M	LOCKDN 400	Lockdown 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	BMAF VIRT	BMAF Virtual 1 Mile	Lisa Compton	7:19	Sun 07 Mar 2021	Dan Celani	5:11	Sun 07 Mar 2021
1.00 M	HOLL	Holland Sports Relays	Sally Alexander	6:01	Thu 10 Jul 2025	Dan Celani	5:14	Thu 10 Jul 2025
1.00 M	LOCKDOWN	Lockdown 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	STAN A	Stan Allen track mile	Maggie Statham-Berry	7:26	Wed 04 Sep 2024			
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	WESTMINSTE	Westminster Mile	Lisa Compton	7:05	Sat 25 May 2019	David Worsell	7:50	Sat 28 May 2016
2.00 K	PODIUM 2K	Podium 5K				Dan Celani	7:04	Fri 15 Sep 2023
3.00 K	BATT PK 3K	Battersea Park 3k	Maggie Statham-Berry	14:07	Sun 01 Nov 2020			
3.00 K	BRIGHT OPE	Brighton Open				Kieran Barnes	8:59	Wed 03 May 2023
1.86 M	DINOSAUR	Dinosaur Dash	Fiona Champness	13:41	Wed 21 Jun 2017			
3.00 K	HERC W 3K	Hercules Wimbledon 3000				Kieran Barnes	8:53	Wed 07 Jun 2023
3.00 K	K2 3 K	K2 Summer Open Track Meeting				Kieran Barnes	8:54	Sat 31 Jul 2021
3.00 K	SLH 3K TRA	South London Harriers 3k Track	Maggie Statham-Berry	13:47	Sat 10 Oct 2020			
3.00 K	T3 3000M	T3 3000M Watford				Kieran Barnes	8:42	Wed 01 Jun 2022
3.00 K	TRACK CRAW	Track 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_XCR	Wimbledon 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 x RP	Lesley Maynard	24:09	Tue 22 Aug 2000			
2.50 M	PRIOR XC L	Priory XC Relays Ladies	Meghan Upton	19:37	Sat 06 Nov 2021			
2.50 M	PRIOR XC M	Priory XC Relays M				Luke Davis	14:59	Sat 06 Nov 2021
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 LA	Reigate Priory XC Relay Ladies	Natalie Mitchell	18:57	Sat 04 Nov 2023			

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
2.50 M	REIGREL M	Reigate Priory XC Relays Men				Tom Seller	13:22	Sat 04 Nov 2023
5.00 K	01012022	ANTRIM 5K	Lucy Wilkes	25:57	Sat 14 Sep 2024	Tom Seller	22:00	Sat 14 Sep 2024
5.00 K	ABERDARE P	Aberdare Park Run	Helen Davey	27:09	Sat 15 Sep 2018			
5.00 K	ABERY	Aberystwyth Park Run	Wendy Smith	26:13	Sat 30 Jul 2022	Michael Manwill	20:50	Sat 30 Jul 2022
5.00 K	ABINGDON	Abingdon Park Run	Aly Warner	26:27	Sat 29 Jan 2022	David Beale	36:52	Sun 03 Mar 2019
5.00 K	ALAGER FAE	Alager Faelled				Connor Lindsay	22:10	Sat 16 Mar 2019
5.00 K	ALDEN	Aldenham parkrun	Fiona Champness	23:57	Sat 18 Feb 2023	Nick Champness	31:38	Sat 18 Feb 2023
5.00 K	ALEX	Alexandra parkrun				Dan Celani	16:52	Sat 30 Sep 2023
5.00 K	ALICE HOLT	Alice Holt Park Run	Helen Davey	31:08	Sat 02 Sep 2023	Joe Robinson	20:10	Sat 17 Sep 2022
5.00 K	ALLY	Ally Pally parkrun	Theresa Donohue	34:13	Sat 16 Dec 2023	Ian Greenaway	24:26	Sat 16 Dec 2023
5.00 K	ALN	Alness				David Nottidge	26:38	Sat 29 Mar 2025
5.00 K	ALT	Alton water	Zoe Greenfield	31:28	Sat 06 Jul 2024			
5.00 K	ALVA	Alvaston parkrun	Miranda Chitty	30:48	Sat 14 Dec 2024			
5.00 K	AMB VAN	Ambleside Vancouver				Tom Seller	17:14	Sat 19 Aug 2023
5.00 K	AMBLESIDE	Ambleside Park Run	Diane Clayton	33:27	Sat 24 Jul 2021	Mark Clayton	25:35	Sat 24 Jul 2021
5.00 K	AMSTER_5K	Amsterdam 5k	Helen Davey	29:15	Sat 15 Oct 2022	Vernon Given	24:44	Sat 15 Oct 2022
5.00 K	ANDOVER PA	Andover Park Run	Tracy Roberts	40:40	Sat 16 Nov 2024	Simon Petitt	18:45	Sat 01 Oct 2022
5.00 K	ANTRIM 5K	Antrim 5k				Daniel Quinn	18:01	Sat 03 Aug 2024
5.00 K	APLIN	Aplins Weir	Theresa Donohue	34:04	Sat 20 Jan 2024	Ian Greenaway	24:52	Sat 20 Jan 2024
5.00 K	ARROW VALL	Arrow Valley Park Run	Isla Greenaway	26:12	Sat 12 Apr 2025			
5.00 K	ASHB	Ashbourne Rec				Dave Chase	26:11	Sat 21 Sep 2024
5.00 K	ASHDWN_5K	Ashdown 5k	Maxine Lower	23:00	Sun 09 Jun 2013	Richard Adams	22:07	Mon 04 Jun 2012
5.00 K	ASHFRD 5K	Ashford 5k	Lisa Compton	25:22	Sat 07 Dec 2024	David Beale	19:10	Sat 27 Aug 2022
5.00 K	ASHTON CT	Ashton Court Park Run	Lisa Compton	25:24	Sat 03 Aug 2019	Peter Holmes	21:45	Sat 24 Dec 2022
5.00 K	AVIEMORE	Aviemore Park Run	Emma Forbes	29:22	Sat 02 Aug 2025	Harold Burr	28:33	Sat 02 Aug 2025
5.00 K	B&H PARK R	Brighton & Hove Park Run				Steve Ackroyd	20:31	Sat 13 May 2023
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	Emma Page-Moore	21:27	Sat 27 Aug 2022	David Beale	19:27	Sat 03 Sep 2022

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	BARK	Barking parkrun	Lisa Compton	24:25	Sat 08 Mar 2025			
5.00 K	BARNSLEY	Barnsley Park Run				Chris Rance	27:41	Sat 20 Aug 2022
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	BART	Bartley Woods	Sarah Ferguson	30:29	Sat 15 Mar 2025			
5.00 K	BASING	Basingstoke parkrun	Sarah Ferguson	30:00	Sat 27 Sep 2025	Chris Rance	25:08	Sat 26 Aug 2023
5.00 K	BATH SKYLI	Bath Skyline 5k	Sophie Davis	24:40	Sat 20 Nov 2021	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 5 k	Lisa Compton	24:44	Tue 08 Jun 2021	Kieran Barnes	15:07	Sat 02 Aug 2025
5.00 K	BECK PALAC	Beckenham Palace Park Run	Marie Warner	43:50	Sat 13 Sep 2025	George English	22:16	Sat 20 May 2017
5.00 K	BECT	Becton park run	Lisa Compton	24:55	Sat 18 May 2024			
5.00 K	BEDFONT LA	Bedfont Lakes	Lisa Compton	26:52	Sat 05 Nov 2022	Steve Warner	29:17	Sat 03 Sep 2022
5.00 K	BEDG PARK	Bedgebury Pinetum Park Run	Emma Page-Moore	21:38	Sat 22 Oct 2022	Simon Pettitt	19:26	Sat 21 Jan 2023
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	BELF VIC	Belfast Victoria parkrun	Lisa Compton	25:10	Sat 28 Oct 2023			
5.00 K	BELTON PK	Belton Park	Theresa Donohue	28:04	Sat 31 Dec 2016	Steve Ackroyd	20:48	Sat 22 Feb 2025
5.00 K	BETHLEM HO	Bethlem Hospital	Aly Warner	25:29	Sat 29 Mar 2025	Steve Ackroyd	20:32	Sat 15 Jun 2024
5.00 K	BEVEN	Bevendean 5k	Emma Page-Moore	26:24	Sat 05 Oct 2019	Steve Ackroyd	22:26	Sat 19 Aug 2023
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	BEXL	Bexley	Lisa Compton	25:41	Sat 23 Nov 2024	David Beale	20:45	Sat 14 Sep 2024
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	Nick Champness	25:05	Sat 19 Aug 2023
5.00 K	BLACK PARK	Black Park Park Run	Claire Purcell	35:50	Sat 29 Oct 2022	Steve Warner	33:18	Sat 12 Apr 2025
5.00 K	BLANDFORD	Blandford Park Run				Graeme Bennett	24:04	Sat 20 Apr 2019
5.00 K	BMC 5K BAT	BMC 5k Battersea				Kieran Barnes	15:06	Thu 15 Sep 2022
5.00 K	BMC 5K TOO	BMC 5K TOOTING BEC				Kieran Barnes	15:25	Wed 24 Aug 2022
5.00 K	BOGNOR PAR	Bognor Park Run	Emma Page-Moore	23:37	Sat 28 May 2022	Daniel Oppe	19:03	Sat 25 Dec 2021
5.00 K	BOIS BOULO	Bois de Bologne, Paris	Liz Webster	23:46	Sat 07 Mar 2020			
5.00 K	BOLB	Bolberry Down	Emma Forbes	29:41	Sat 19 Jul 2025	Harold Burr	24:34	Sat 12 Jul 2025
5.00 K	BOLTON PK	Bolton Park Run				Peter Holmes	22:45	Sat 28 Dec 2024
5.00 K	BOS	Boston parkrun	Catherine Wilson	25:44	Sat 12 Aug 2023	Steve Ackroyd	20:32	Sat 15 Apr 2023

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	BOUR	Bournemouth parkrun	Judith Cartledge	26:55	Sat 07 Sep 2024			
5.00 K	BRACKNELL	Bracknell Park Run	Claire Purcell	32:48	Sat 11 Aug 2018			
5.00 K	BRES	Bressay	Lucy Wilkes	24:17	Sat 10 May 2025	Steve Warner	30:21	Sat 21 Jun 2025
5.00 K	BRI/HOVE	Brighton and Hove Park Run	Isla Greenaway	25:26	Sat 02 Mar 2024	Dan Celani	17:10	Sat 15 Jan 2022
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	BRIGH PARK	Brighto and Hove Park Run	Lisa Compton	24:10	Sat 12 Apr 2025	Dan Celani	17:31	Sat 05 Mar 2022
5.00 K	BRIT MAST	British Masters 5k	Maggie Statham-Berry	23:43	Sun 24 Aug 2025	Jeremy Garner	17:44	Sun 03 Dec 2023
5.00 K	BROAD WAT	Broadwater Park Run	Aly Warner	29:58	Sat 31 May 2025	Harry Raffaitin	20:59	Sat 05 Oct 2024
5.00 K	BROCK	Brockwell	Marie Warner	42:55	Sat 01 Mar 2025	Steve Warner	32:08	Sat 01 Mar 2025
5.00 K	BROCKENHU	Brockenhurst Park Run	Jennifer Willis	26:38	Sat 22 Mar 2025	David Worsell	23:04	Sat 17 Aug 2024
5.00 K	BROMLEY 5K	Bromley 5k Park Run	Sophie Davis	22:52	Sat 30 Sep 2023	Dan Celani	17:10	Sat 18 Jan 2025
5.00 K	BROOK PK	Brooklands Park Run	Aly Warner	23:41	Sat 08 Feb 2025	Jeremy Garner	18:45	Sat 09 Dec 2023
5.00 K	BRUE	Brueton parkrun	Isla Greenaway	26:36	Sat 21 Oct 2023			
5.00 K	BRUN	Brundall parkrun	Sarah Ferguson	30:54	Sat 26 Oct 2024			
5.00 K	BURG 5K	Burgess Hill 5k	Marie Warner	45:06	Sat 30 Nov 2024	David Nottidge	25:35	Sat 01 Jan 2022
5.00 K	BURN	Burnham & Highbridge	Marie Warner	41:48	Sat 16 Aug 2025	Peter Holmes	21:36	Sat 13 Jul 2024
5.00 K	BURNLEY	Burnley Park Run	Liz Webster	22:59	Sat 25 May 2019			
5.00 K	BURY	Bury Field				Simon Cook	25:03	Sat 06 Sep 2025
5.00 K	BUSHYP_5K	Bushy Park 5k	Emma Page-Moore	21:08	Sat 06 Jan 2024	Dan Celani	17:00	Sat 11 Feb 2023
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	Judy Hayler	28:36	Mon 01 Jan 2024			
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	CANT	Canterbury parkrun	Theresa Donohue	36:56	Sat 21 Sep 2024	Ian Greenaway	25:11	Sat 21 Sep 2024
5.00 K	CARDIFF	Cardiff Park Run				Harry Raffaitin	20:55	Sat 01 Feb 2025
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	CASS	Cassiobury	Judy Hayler	27:48	Sat 14 Dec 2024			
5.00 K	CASTLE	Castle Park				Dan Celani	17:59	Sat 27 May 2023
5.00 K	CHALK	Chalkwell Hill parkrun	Marie Warner	40:12	Sat 06 May 2023	Steve Warner	27:38	Sat 06 May 2023

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	CHARL	Charlton parkrun	Lisa Compton	24:49	Sat 05 Oct 2024			
5.00 K	CHEA	Cheadle Hlme	Laura Stockwood	27:53	Sat 12 Jul 2025	Matthew Stockwood	27:54	Sat 12 Jul 2025
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 5K	Chichester Park Run	Aly Warner	23:46	Sat 26 Aug 2023	Paul Blackmore	18:18	Sat 05 Feb 2022
5.00 K	CHIC PARK	Chichester Park Run	Judy Hayler	27:24	Sat 08 Mar 2025	David Beale	21:18	Sat 05 Jan 2019
5.00 K	CHIP	Chippenham	Helen Davey	28:04	Sat 07 Jun 2025			
5.00 K	CHUR	Church Mead	Judy Hayler	35:16	Sat 28 Jun 2025			
5.00 K	CLAIR	Clair parkrun	Liz McLennan	25:49	Sat 20 Jan 2024	Steve Warner	28:19	Sat 04 Mar 2023
5.00 K	CLAPHAM PK	Clapham Common Park Run	Lisa Compton	26:34	Sat 01 Apr 2023	Joe Robinson	19:17	Sat 10 Sep 2022
5.00 K	CLARE PK	Clare Park	Clare Evans	25:51	Sat 23 Feb 2019	Dan Celani	18:03	Sat 06 Nov 2021
5.00 K	CLER	Clermont Waterfront	Laura Stockwood	31:45	Sat 23 Aug 2025	Nick Hall	26:59	Sat 16 Dec 2023
5.00 K	CLEV	Clevedon Salthouse Fields				Peter Holmes	22:08	Sat 26 Oct 2024
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	Judy Hayler	32:05	Sat 17 Aug 2024	David Beale	20:03	Sat 04 Sep 2021
5.00 K	COLNEY LAN	Colney Lane park run				James Ward	19:42	Sat 28 Apr 2018
5.00 K	COMEBACK	Comeback 5k Battersea Park				Kieran Barnes	15:22	Fri 15 Apr 2022
5.00 K	CONSTANTIA	Constantia Greenbelt	Mandy Regenass	32:08	Sat 07 Dec 2019			
5.00 K	CONWY	Conwy	Fiona Champness	23:55	Sat 28 Aug 2021	Tom Cartledge	24:09	Sat 27 Aug 2022
5.00 K	CORB	Corby				Dave Waddington	22:56	Sat 16 Aug 2025
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	Aly Warner	24:25	Sat 10 Aug 2024	Steven Price	20:14	Sat 09 Oct 2021
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	CROSBY	Crosby Park Run				Jeremy Garner	19:43	Sat 21 Oct 2023
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	Emma Page-Moore	21:49	Sat 03 Sep 2022	Steve Ackroyd	20:09	Sat 02 Mar 2024

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	CYNTHIA 70	Cynthia's 70th	Lynda Willment	36:42	Wed 03 Jun 2015	Dave Wilkes	32:15	Wed 03 Jun 2015
5.00 K	DALBY	DALBY FOREST PARKRUN				Peter Holmes	21:01	Sat 05 Aug 2023
5.00 K	DART PARK	Dartford Park Run	Liz McLennan	25:20	Sat 05 Aug 2023	Steve Ackroyd	20:50	Sat 05 Apr 2025
5.00 K	DAV	Daventry parkrun				Simon Petitt	18:28	Sat 25 May 2024
5.00 K	DELAMERE	Delamere Park Run	Marie Warner	39:24	Sat 19 Mar 2022	Steve Warner	29:07	Sat 19 Mar 2022
5.00 K	DEN 5K	Den Haag 5K	Sandra Ankers	35:33	Sun 10 Mar 2024			
5.00 K	DIDCOT	Didcot parkrun	Aly Warner	24:44	Sat 28 Oct 2023			
5.00 K	DIETEN	Dietenbach				Dan Celani	17:53	Sat 16 Aug 2025
5.00 K	DINT	Dinton Pastures	Aly Warner	25:06	Sat 25 Jan 2025			
5.00 K	DO4DAD_5K	Do it for dad 5k	Lynda Willment	35:36	Sat 11 Aug 2012			
5.00 K	DOD H	Doddington Hall				Steve Ackroyd	19:16	Sat 23 Aug 2025
5.00 K	DODD PK 5	Dodd PK 5				Joe Robinson	20:14	Sat 14 May 2022
5.00 K	DONAUPA	Donaupark	Theresa Donohue	31:16	Sat 10 Sep 2022	Ian Greenaway	23:22	Sat 10 Sep 2022
5.00 K	DOV	Dover Waterfront	Theresa Donohue	34:45	Sat 28 Jun 2025	Ian Greenaway	25:48	Sat 28 Jun 2025
5.00 K	DOWNSVIEW	Downsview Park (Toronto)	Lisa Compton	24:56	Sat 19 Oct 2019			
5.00 K	DRUR	Druridge Bay	Wendy Smith	23:58	Sat 02 Nov 2024	Michael Manwill	24:00	Sat 02 Nov 2024
5.00 K	DUBLIN 5K	Dublin 5k	Christine Egglestone	41:08	Sat 12 Aug 2017			
5.00 K	DUDLEY PK	Dudley Park Run	Clare Evans	29:24	Sat 31 Jul 2021			
5.00 K	DULWICH PK	Dulwich Park Run	Lisa Compton	25:45	Tue 01 Jan 2019	Luke Davis	16:29	Sat 26 Mar 2022
5.00 K	DURLSTON	Durlston Park	Emma Forbes	40:06	Sat 10 May 2025	David Worsell	29:41	Sat 17 Sep 2022
5.00 K	E GRIN PK	East Grinstead Park Run	Sandra Ankers	12:00	Sat 04 May 2024	Kieran Barnes	16:48	Sat 18 Jun 2022
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	EAG	Eagan				David Worsell	22:15	Sat 19 Jul 2025
5.00 K	EAST BRIG	East Brighton	Aly Warner	24:33	Sat 15 Feb 2025	Steve Ackroyd	21:30	Sat 20 Jul 2024
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	Emma Page-Moore	23:38	Sat 10 Sep 2022	Dan Celani	17:57	Sat 09 Aug 2025
5.00 K	EASTVILLE	Eastville	Lisa Compton	28:15	Sat 07 Jan 2023			
5.00 K	EDEN	Edenbrook Country	Lisa Compton	24:47	Sat 15 Mar 2025	Steve Ackroyd	20:31	Sat 24 May 2025
5.00 K	EDEN PROJ	Eden Project	Marie Warner	37:48	Sat 23 Sep 2023	James Caffrey	17:44	Sat 12 Apr 2025
5.00 K	EDG	Edgbaston Reservoir	Miranda Chitty	30:55	Sat 23 Aug 2025	David Worsell	22:14	Sat 27 Jul 2024

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	EDINBG 5K	Edinburgh Park Run	Nevenka Worsell	26:38	Sat 18 Dec 2021	David Worsell	22:10	Sat 18 Dec 2021
5.00 K	EG AQUA	East Grinstead Aquathon	Emma Page-Moore	32:31	Sun 15 Oct 2023	James Willis	31:49	Sun 15 Oct 2023
5.00 K	EGHAM	Egham Orbit	Lisa Compton	27:08	Sat 27 Sep 2025	Harry Raffaitin	19:27	Sat 29 Mar 2025
5.00 K	EGT A TR	East Grinstead Tri-a-Tri	Wendy Smith	50:51	Sun 12 May 2024			
5.00 K	EGTRI	East Grinstead Triathlon				James Willis	1:25:52	Sun 11 May 2025
5.00 K	ELLENBROOK	Ellenbrook Fields Park run	Kath Garrido	26:48	Sat 13 May 2017			
5.00 K	ENDCL	Endcliffe				James Kilfiger	21:01	Sat 13 Apr 2024
5.00 K	ERDDIG	Erddig				Ian Greenaway	24:54	Sat 25 Feb 2023
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				Steve Ackroyd	22:36	Sat 02 Aug 2025
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	Sarah Ferguson	29:10	Sat 22 Apr 2023	Martin Payne	25:38	Sat 10 Feb 2018
5.00 K	FAELL	Faelledparken Copenhagen	Judy Hayler	27:46	Sat 24 Aug 2024	David Worsell	23:54	Sat 12 Aug 2023
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	FARE PR	Fareham parkrun	Marie Warner	40:07	Sat 08 Jun 2024	Dan Celani	18:24	Sat 09 Mar 2024
5.00 K	FARF	Farfalle	Lisa Compton	25:14	Sat 13 Apr 2024			
5.00 K	FEL	Felixstowe				David Beale	23:02	Sat 14 Jun 2025
5.00 K	FELL FOOT	Fell Foot Park (Newby Bridge)	Kath Garrido	26:31	Sat 06 Aug 2016	Steve Brinkley	27:11	Sat 05 Nov 2022
5.00 K	FERRYM	Ferry Meadows				David Nottidge	25:52	Sat 26 Apr 2025
5.00 K	FINSBURY P	Finsbury Park Run	Lisa Compton	26:04	Sat 21 Dec 2024	Ian Greenaway	21:53	Sat 19 Nov 2016
5.00 K	FISH	The Fishermans Walk				Daniel Quinn	18:26	Sat 01 Jun 2024
5.00 K	FIVE	Five Arches	Lisa Compton	24:06	Sat 03 May 2025			
5.00 K	FLATTS	Flatts Lane parkrun				James Kilfiger	25:24	Sat 26 Aug 2023
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	Lisa Compton	24:57	Sat 04 Jan 2025	Steve Ackroyd	19:38	Sat 22 Jun 2024
5.00 K	FONT BLEAU	Fontainbleau	Joanne Given	36:59	Sat 12 Aug 2017	Vernon Given	20:45	Sat 12 Aug 2017

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	FOOT	Foots Cray Meadows parkrun	Aly Warner	25:43	Sat 22 Jun 2024	Steve Ackroyd	20:52	Sat 26 Aug 2023
5.00 K	FOR OF DEA	Forest of Dean Park Run	Vera Simms	27:29	Sat 21 Oct 2017			
5.00 K	FORF	Forfar Loch	Lucy Wilkes	24:42	Sat 17 May 2025			
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	FORT W	Fort William parkrun				David Nottidge	27:40	Sat 15 Mar 2025
5.00 K	FORTW	Fort Ward	Lucy Wilkes	24:38	Sat 23 Dec 2023			
5.00 K	FOUNT ABBE	Fountain's Abbey Park Run	Helen Davey	27:35	Sat 25 Jun 2022	Ian Greenaway	24:36	Sat 30 Mar 2024
5.00 K	FRI 5K	Friday night, under the lights				Kieran Barnes	14:51	Sun 14 Sep 2025
5.00 K	FRIM LODGE	Frimley Lodge Park Run				Vernon Given	21:30	Sat 23 Sep 2023
5.00 K	FROG	Frogmary Green Farm	Liz McLennan	26:13	Sat 06 Apr 2024			
5.00 K	FUL PAL 5K	Fulham Palace 5k	Lisa Compton	25:41	Sat 12 Nov 2022	Harry Raffaitin	20:40	Sat 14 Jun 2025
5.00 K	GADE	Gadebridge	Judy Hayler	29:11	Sat 09 Nov 2024			
5.00 K	GANAVAN SA	Ganavan Sands	Theresa Donohue	33:42	Sat 16 Apr 2022	Ian Greenaway	24:09	Sat 16 Apr 2022
5.00 K	GATES 5K	Gateshead parkrun	Isla Greenaway	28:05	Sat 08 Apr 2023	Ian Greenaway	23:59	Sat 08 Apr 2023
5.00 K	GATWICK 5K	Gatwick 5k	Catherine Wilson	28:39	Sun 13 May 2018	Harry Sterling	17:06	Sun 08 May 2022
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	GLOU PARK	Gloucester parkrun	Kath Garrido	34:28	Sat 25 Mar 2023			
5.00 K	GOUDHU 5K	Goudhurst 5k				Chris Bridgwater	43:31	Sun 09 Apr 2017
5.00 K	GRE LIN	Great Lines	Isla Greenaway	26:06	Sat 08 Mar 2025	Ian Greenaway	26:30	Sat 08 Mar 2025
5.00 K	GREAT FIEL	Great Field Park				Tim Martin	23:10	Sat 29 Oct 2022
5.00 K	GREAT NOTL	Great Notley	Marie Warner	44:32	Sat 10 Dec 2022	Steve Warner	28:01	Sat 10 Dec 2022
5.00 K	GREATS 5K	Great South 5 Kilometre				Daniel Oppe	17:24	Sat 16 Oct 2021
5.00 K	GREEN	Greenway	Theresa Donohue	34:50	Sat 13 Jan 2024	Ian Greenaway	24:37	Sat 13 Jan 2024
5.00 K	GREENPOINT	Greenpoint Park Run	Lisa Compton	27:03	Sat 09 Jan 2016			
5.00 K	GROVE FDS	Grove Fields	Aly Warner	25:48	Sat 23 Dec 2023	David Worsell	24:20	Sat 09 Jul 2022
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

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	GUERN	Guernsey				Jeremy Garner	18:52	Sat 12 Apr 2025
5.00 K	GUILD PK	Guildford Park Run	Sue Garner	27:01	Sat 23 Aug 2025	Luke Davis	17:41	Sat 14 Aug 2021
5.00 K	GUNNERSBU	Gunnersbury Park Run	Lisa Compton	25:44	Sat 13 Jan 2024	Ian Greenaway	23:17	Sat 10 Dec 2022
5.00 K	GY	Great Yarmouth North Beach	Theresa Donohue	45:31	Sat 29 Jun 2024	Ian Greenaway	32:01	Sat 29 Jun 2024
5.00 K	HAGA	Haga parkrun (Sweden)	Aly Warner	23:24	Sat 30 Sep 2023			
5.00 K	HAGLEY	Hagley Park Run				David Nottidge	24:36	Sat 09 Mar 2019
5.00 K	HAIG WOOD	Haig Woodland Park Run				Joe Robinson	19:35	Sat 21 May 2022
5.00 K	HALDON FOR	Haldon Forest Park Run	Sophie Davis	25:54	Sat 09 Sep 2023	Luke Davis	18:43	Sat 22 Oct 2022
5.00 K	HAMPSTEAD	Hampstead Heath Park Run	Jill Streater	34:35	Sat 31 Aug 2019	Ian Greenaway	23:38	Sat 20 Nov 2021
5.00 K	HAND 5K	Handicap 5km Club Run	Sally Alexander	20:11	Tue 08 Apr 2025	Dan Celani	18:17	Tue 08 Apr 2025
5.00 K	HANWORTH_	Hanworth Park Run	Lisa Compton	25:44	Sat 11 Feb 2023	Steve Warner	37:34	Sat 21 Dec 2024
5.00 K	HARC	Harcourt Hill				James Kilfiger	19:54	Sat 31 Aug 2024
5.00 K	HARL	Harlston Magpies	Emma Forbes	31:53	Sat 17 May 2025			
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	HARTLEPOOL	Hartlepool 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 5 K	Emma Page-Moore	20:29	Sat 23 Jul 2022	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	Kath Garrido	32:10	Sat 05 Feb 2022	Daniel Oppe	18:51	Sat 20 Apr 2019
5.00 K	HAVERFORD	Haverford West Park Run	Helen Davey	28:32	Sat 18 May 2019	Jonathan Roe	20:24	Sat 20 Aug 2022
5.00 K	HAY LODGE	Hay Lodge Park Run	Theresa Donohue	31:55	Sat 21 Aug 2021	Ian Greenaway	23:29	Sat 21 Aug 2021
5.00 K	HAZEL	Hazelwood	Marie Warner	43:12	Sat 06 Apr 2024	Steve Warner	34:01	Sat 06 Apr 2024
5.00 K	HCAP 5	HCAP GP 5 K	Michelle Hollins	24:06	Tue 25 Apr 2023	Dan Celani	17:57	Tue 25 Apr 2023
5.00 K	HCAP_5K	Handicap GP 5k	Edwina Sutton	18:53	Tue 23 Apr 2013	Dan Celani	17:18	Wed 27 Apr 2022
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	HEART	Heartlands	Sarah Ferguson	30:49	Sat 16 Aug 2025	Tim Martin	22:29	Sat 19 Aug 2023
5.00 K	HEN AIR FD	Henstridge Air field	Helen Davey	26:15	Sat 05 Feb 2022			
5.00 K	HEN W	Henley Wood	Jennifer Willis	28:15	Sat 03 May 2025	James Willis	21:32	Sat 03 May 2025
5.00 K	HERC WIMB	Hercules Wimbledon 5k				Kieran Barnes	14:48	Sat 09 Aug 2025

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
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	Lisa Compton	24:59	Sat 13 Jul 2024	Jonathan Roe	21:23	Sat 30 Nov 2019
5.00 K	HIGHWOODS	Highwoods Park Run	Marie Warner	40:24	Sat 11 Jun 2022	Steve Warner	30:20	Sat 11 Jun 2022
5.00 K	HILL	Hilly Fields	Marie Warner	42:06	Sat 20 Sep 2025	Steve Warner	32:41	Sat 20 Sep 2025
5.00 K	HILLSBOR	Hillsborough Park Run	Michelle Hollins	26:38	Sat 28 Sep 2019			
5.00 K	HOB	Hoblingwell	Aly Warner	25:54	Sat 24 May 2025	Steve Ackroyd	21:17	Sat 28 Sep 2024
5.00 K	HOLKHAM PK	Holkham Park Run	Sophie Davis	23:43	Sat 28 Apr 2018	Dan Celani	18:26	Sat 30 Oct 2021
5.00 K	HOLLYROOD	Hollyrood	Emma Forbes	30:13	Sat 26 Jul 2025			
5.00 K	HOMEWOOD	Homewood Park	Aly Warner	27:29	Sat 23 Nov 2024	Harry Raffaitin	21:56	Sat 21 Sep 2024
5.00 K	HORSHAM PK	Horsham Park run	Emma Page-Moore	21:03	Sat 12 Aug 2023	Simon Pettitt	18:55	Sat 20 Apr 2024
5.00 K	HORSHMPK	Horsham Park run	Kirsty Wachuku-King	23:45	Sat 14 Dec 2019	Dan Celani	17:49	Sat 21 Aug 2021
5.00 K	HOSPIW 5K	Hospice in the Weald 5k	Aysha Degia	37:08	Sun 21 Sep 2025	Tom Seller	18:34	Sun 22 Sep 2019
5.00 K	HOVE PR P	Hove Promenade Park Run	Sally Alexander	19:13	Sat 29 Jun 2024	Dan Celani	16:47	Sat 17 Jun 2023
5.00 K	HOVE PK RU	Hove Promenade Park Run	Sue Garner	24:13	Sat 29 Jul 2017	Kieran Barnes	15:34	Sat 01 Jul 2023
5.00 K	HOVE_5K	Hove Park 5k	Sue Garner	24:02	Sat 09 Sep 2017	Kieran Barnes	16:35	Sat 13 Aug 2022
5.00 K	HUD	Huddersfield	Jennifer Willis	27:46	Sat 19 Jul 2025	James Willis	19:49	Sat 19 Jul 2025
5.00 K	HUNS	Hunstanton Promenade				Dan Celani	18:25	Sat 01 Mar 2025
5.00 K	HUNTINGDO	Huntingdon Park Run				Harold Burr	26:39	Sat 05 Nov 2022
5.00 K	HYDE PARK	Hyde Park 5k	Maggie Statham-Berry	24:40	Fri 26 Jul 2024	Brandon Webb	20:06	Fri 25 Sep 2015
5.00 K	IFIELD PK	Ifield Park Run	Sophie Davis	24:15	Sat 16 Oct 2021	Luke Davis	17:28	Sat 05 Feb 2022
5.00 K	IPSWICH	Ipswich parkrun	Marie Warner	40:52	Sat 15 Jul 2023	Steve Warner	28:16	Sat 15 Jul 2023
5.00 K	IS REIG 5K	Intersport Reigate 5k	Jane Jones	42:47	Sun 16 Sep 2018			
5.00 K	ISABEL TRA	Isabel Trail				Jonathan Roe	19:45	Sat 06 Nov 2021
5.00 K	ITCH	Itchen Valley Country	Helen Davey	28:12	Sat 11 May 2024			
5.00 K	JAM	Jamaica Pond				Simon Cook	25:00	Sat 17 Aug 2024
5.00 K	JERSEY FAR	Jersey Farm Park Run	Liz McLennan	24:43	Sat 29 Jul 2023	David Beale	19:51	Sat 07 May 2022
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	JESMOND DE	Jesmond Dene	Clare Berryman	28:29	Sat 07 Aug 2021	Simon Pettitt	19:12	Sat 26 Jul 2025

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	KAGER	Kagerzoom	Nevenka Worsell	28:01	Sat 01 Jun 2024	David Worsell	22:15	Sat 01 Jun 2024
5.00 K	KANGA	Kangaroo Hop				Simon Moore	20:23	Fri 11 Aug 2023
5.00 K	KARP	Karpendonkse Plas	Aly Warner	24:56	Sat 12 Oct 2024			
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	Brandon Webb	21:15	Sat 21 Aug 2021
5.00 K	KEW WOODS	Kew Woods				Aaron Perrott	27:26	Sat 20 Nov 2021
5.00 K	KILL PARK	Killerton Park				David Watkins	22:02	Sat 23 Jul 2016
5.00 K	KING PARK	Kingston Park Run	Lisa Compton	24:50	Sat 16 Dec 2023	Jeremy Garner	17:54	Sat 26 Aug 2023
5.00 K	KING PK GL	Kingston Park Run				Steven Price	19:32	Sat 17 Sep 2022
5.00 K	KINGDOM	Kingdom Park Run	Emma Page-Moore	21:55	Sat 29 Oct 2022	Tom Seller	18:58	Sat 27 Jan 2024
5.00 K	KINGSH_5K	Kings Head Canter 5k	Carolyn Swan	21:11	Mon 30 Aug 2010	Kieran Barnes	16:03	Mon 30 Aug 2021
5.00 K	KINGSWAY	Kingsway Gloucester	Marie Warner	37:16	Sat 08 Jun 2019	Steven Price	20:17	Sat 26 Nov 2022
5.00 K	KIRKWALL	Kirkwall Park Run	Sue Garner	25:28	Sat 02 Jun 2018			
5.00 K	KNOCK	Knocknacarra parkrun	Theresa Donohue	34:02	Sat 09 Sep 2023	Ian Greenaway	24:38	Sat 09 Sep 2023
5.00 K	KRAKOW PK	Krakow Park Run	Aly Warner	24:26	Sat 29 Jun 2024	David Beale	20:30	Sat 01 Dec 2018
5.00 K	LAMBER 5K	Lamberhurst 5k	Hannah Cartledge	30:33	Sat 01 Jan 2022			
5.00 K	LAN	Lancaster				Daniel Pike	23:05	Sat 28 Jun 2025
5.00 K	LANC BEACH	Lancing Beach 5k	Aly Warner	23:55	Sat 12 Aug 2023	Dan Celani	17:54	Sat 14 May 2022
5.00 K	LAND'S END	Land's End Park Run	Judy Hayler	35:00	Sat 17 May 2025	Dave Chase	25:30	Sat 14 Aug 2021
5.00 K	LANHYDROC	Lanhyd Rock	Miranda Chitty	39:19	Sat 08 Jun 2019	Steve Warner	37:30	Sat 16 Sep 2023
5.00 K	LAST	Last Friday of the Month 5K	Maggie Statham-Berry	23:56	Fri 25 Jul 2025			
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	LEE SOL	Lee on the Solent parkrun				Dan Celani	17:30	Sat 29 Mar 2025
5.00 K	LEYB	Leybourne Lakes	Marie Warner	43:29	Sat 16 Nov 2024	Steve Warner	47:32	Sat 16 Nov 2024
5.00 K	LINCOLN 5K	Lincoln 5 k	Kath Garrido	33:10	Sat 22 Apr 2023	Joe Robinson	19:27	Sat 22 Apr 2023
5.00 K	LIND 5K	Lindfield Village 5k	Morna Cox	31:38	Sun 22 May 2022	Dan Celani	18:49	Sun 21 May 2023
5.00 K	LING WD	Lingwood	Sarah Ferguson	36:09	Sat 12 Mar 2022			
5.00 K	LITT L PRO	Littlehampton Prom Park Run	Emma Page-Moore	20:53	Sat 08 Apr 2023	Paul Blackmore	18:21	Sat 30 Apr 2022

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	LITTLE PAR	Littlehampton Prom Park Run	Emma Page-Moore	20:40	Sat 19 Nov 2022	Paul Blackmore	18:36	Sat 27 Aug 2022
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	Liz McLennan	25:47	Sat 15 Jul 2023	Kieran Barnes	16:53	Sat 28 Dec 2024
5.00 K	LOCHIEL	Lochiel Park Run				Martin Payne	23:11	Sat 30 Nov 2019
5.00 K	LOCKDOWN	Lockdown 5 k	Stephanie Sterling	23:01	Sat 09 May 2020	Kieran Barnes	16:13	Sat 09 May 2020
5.00 K	LONG	Long Meadow Park run				Ian Watkins	25:23	Sat 24 Sep 2022
5.00 K	LONGE	Long Eaton				Patrick Dunford	23:30	Sat 06 Apr 2024
5.00 K	LONGFORD	Longford Park Run	Kath Garrido	33:20	Sat 13 Aug 2022			
5.00 K	LORD	Lordship Recreation Ground	Lisa Compton	24:39	Sat 17 Feb 2024	Ian Greenaway	25:10	Sat 19 Oct 2024
5.00 K	LOW	Lowestoft	Marie Warner	38:57	Sat 17 May 2025	Steve Warner	30:33	Sat 17 May 2025
5.00 K	LUDLOW	Ludlow Park Run				Michael Manwill	23:24	Sat 13 Aug 2022
5.00 K	LULLING	Lullingstone parkrun	Emma Page-Moore	23:10	Sat 23 Dec 2023	Peter Holmes	23:31	Sat 07 Oct 2023
5.00 K	LYDIA	Lydiard				Simon Petitt	18:47	Sat 06 Jul 2024
5.00 K	LYM WOODS	Lymington Woodside	Mandy Notridge	26:09	Sat 20 Apr 2019	Kieran Barnes	16:27	Sat 01 Jun 2024
5.00 K	LYTH HALL	Lytham Hall Park Run	Sophie Davis	31:11	Sat 28 Dec 2019	Luke Davis	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	Lisa Compton	25:40	Sat 10 Aug 2024	Steve Ackroyd	19:48	Sat 06 Apr 2024
5.00 K	MALAHIDE	Malahide Park Run				Peter Vaughan	23:19	Sat 27 Jul 2019
5.00 K	MALLING	Malling Park Run	Lucy Wilkes	25:05	Sat 30 Dec 2023	Dan Celani	18:40	Sat 31 May 2025
5.00 K	MARECCH	Marecchia Park Run				David Beale	19:39	Sat 28 Sep 2019
5.00 K	MARGATE	Margate Park Run	Joanne Given	52:59	Sat 14 Aug 2021	Michael Manwill	21:58	Sat 31 Aug 2019
5.00 K	MARINE PAR	Marine Parade Park Run	Lisa Compton	24:04	Sat 28 Jun 2025	David Beale	19:33	Sat 05 Mar 2022
5.00 K	MARK	Markeaton				Andy Senior	25:17	Sat 04 Nov 2023
5.00 K	MARK B	Market Bosworth Country Park	Sandra Ankers	41:04	Sat 03 May 2025			
5.00 K	MARKET RAS	Market Rasen Park Run	Amy Slater	39:45	Sat 27 Jul 2019			
5.00 K	MARKSHALL	Markshall Estate	Marie Warner	38:21	Sat 27 Nov 2021	Steve Warner	28:00	Sat 27 Nov 2021
5.00 K	MARLBOROU	Marlborough Park Run				David Beale	39:45	Sat 18 May 2019
5.00 K	MASTER 5K	Masters 5k Wimbledon	Maggie Statham-Berry	26:00	Sun 11 Apr 2021			
5.00 K	MBABNE	Mbabne Park Run Swaziland	Karen Sparrow	34:54	Sat 15 Feb 2020			

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	MEDINA IOW	Medina IOW Park Run	Aly Warner	25:02	Sat 19 Aug 2023	Dan Celani	18:11	Sat 15 Apr 2023
5.00 K	MELBOURNE	Albert Park Melbourne	Katie Owen	31:45	Sat 24 Feb 2018			
5.00 K	MELSONA	MELSONA 5K	Sally Alexander	20:38	Sat 07 Jun 2025			
5.00 K	MELT MOB	Melton Mowbray	Clare Berryman	27:41	Sat 19 Feb 2022			
5.00 K	MERBENZ 5K	Mercedes-Benz 5 k	Kaye Reeve	34:49	Sun 26 May 2019			
5.00 K	MERSEA ISL	Mersea Island	Marie Warner	40:24	Sat 18 Dec 2021	Steve Warner	27:57	Sat 18 Dec 2021
5.00 K	MIL COUNT	Milton Country parkrun	Helen Petitt	33:25	Sat 30 Aug 2025	Dan Celani	18:24	Sat 05 Aug 2023
5.00 K	MILAN	Milano Nord				James Caffrey	17:47	Sat 02 Aug 2025
5.00 K	MILE	Mile End	Lisa Compton	25:22	Sat 03 Feb 2024			
5.00 K	MILF	Milford Waterfront	Helen Petitt	32:18	Sat 21 Jun 2025	Simon Petitt	21:24	Sat 21 Jun 2025
5.00 K	MILLFIELD	Millfield Park Run	Sarah Muir-Timmins	32:16	Sat 06 May 2023			
5.00 K	MILLHO	Millhouses parkrun	Maggie Statham-Berry	26:20	Sat 04 Mar 2023			
5.00 K	MILT K PAR	Milton Keynes 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	David Beale	21:00	Sat 13 Nov 2021
5.00 K	MOLE VALLE	Mole Valley Park run	Liz McLennan	25:39	Sat 13 Apr 2024	Jeremy Garner	19:30	Sat 28 Aug 2021
5.00 K	MON TR	Monsal Trail				Jeremy Garner	18:41	Sat 15 Apr 2023
5.00 K	MONTROSE F	Montrose Foreshore	Kath Garrido	27:33	Sat 29 Feb 2020			
5.00 K	MOORS PARK	Moors Park Run				David Worsell	23:19	Sat 11 Sep 2021
5.00 K	MOORV	Moors Valley	Kath Garrido	43:32	Sat 20 Sep 2025			
5.00 K	MORD	Morden	Maggie Statham-Berry	25:13	Sat 08 Mar 2025	Steve Ackroyd	20:52	Sat 22 Mar 2025
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	MOTE	Mote Park	Isla Greenaway	27:33	Sat 06 Jan 2024	Ian Greenaway	24:31	Sat 06 Jan 2024
5.00 K	MOU EDG	Mount Edgecumbe parkrun	Judy Hayler	30:08	Sat 25 Mar 2023			
5.00 K	MT CLARENC	Mount Clarence (WA)	Kath Garrido	29:34	Sat 08 Feb 2020			
5.00 K	MURRA DE L	Murra De Lucca	Helen Petitt	49:35	Sat 24 May 2025	Dan Celani	17:31	Sat 13 Aug 2022
5.00 K	NON SUCH	Non Such Park 5k	Lisa Compton	26:30	Sat 06 Dec 2014	Jeremy Garner	18:27	Sat 27 May 2023
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	Michael Manwill	21:58	Sat 18 Jun 2022
5.00 K	NEWCAST 5K	Newcastle Park Run				George English	23:21	Sat 12 Mar 2016
5.00 K	NIGHT	Night 5K under the lights				Kieran Barnes	14:41	Fri 28 Feb 2025

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	NON SUCH	Non Such Park 5k	Sue Garner	24:50	Sat 14 May 2016	Dan Celani	17:26	Sat 26 Aug 2023
5.00 K	NOOSA	Noosa Park Run	Ang Oxley-Evans	30:21	Sat 17 Dec 2022	Jeremy Garner	19:03	Sat 13 Jan 2024
5.00 K	NORTHALA	Northala Park Run	Lisa Compton	25:25	Sat 20 Jan 2024	Steve Warner	27:23	Sat 14 Mar 2020
5.00 K	NORTHHAMP	Northampton 5k	Wendy Smith	26:53	Sat 06 Jun 2015	David Beale	19:51	Sat 19 Feb 2022
5.00 K	NORW PK	Norwich Park Run	Sarah Ferguson	29:20	Sat 24 Feb 2024	Dan Celani	17:16	Sat 17 Feb 2024
5.00 K	NOVA	Nova Prestatyn				Tom Cartledge	25:44	Sat 08 Mar 2025
5.00 K	NTH WOOL	North Wollongong Park Run				Martin Payne	24:02	Sat 14 Dec 2019
5.00 K	OAK	Oaklands College	Helen Davey	27:52	Sat 02 Aug 2025			
5.00 K	OLD DEER	Old Deer Park	Theresa Donohue	33:22	Sat 25 Nov 2023	Ian Greenaway	25:05	Sat 25 Nov 2023
5.00 K	OLD SHO	The Old Showfield	Sophie Davis	23:20	Sat 24 Aug 2024			
5.00 K	ORI	Oriam parkrun	Aly Warner	30:11	Sat 05 Oct 2024			
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	Aly Warner	24:22	Sat 24 Aug 2024	Dan Celani	18:23	Sat 07 Oct 2023
5.00 K	OSTER 5K	Osterley Park Run	Lisa Compton	27:10	Sat 02 Sep 2023	Ian Greenaway	23:44	Sat 20 May 2023
5.00 K	OXFORD PK	O xford Park Run	Miranda Chitty	26:09	Sat 20 Jul 2019	David Worsell	23:45	Sat 01 Apr 2023
5.00 K	PAKAPAKANT	Pakapakanthi 5 kilometres				Martin Payne	22:53	Sat 23 Nov 2019
5.00 K	PARKE	Parke Run	Sarah Ferguson	31:33	Sat 16 Sep 2023	Luke Davis	18:47	Sat 05 Oct 2019
5.00 K	PB 5K	PB 5 K				Kieran Barnes	15:05	Wed 04 May 2022
5.00 K	PB WINTER	PB Winter Series				Kieran Barnes	16:00	Sun 13 Dec 2020
5.00 K	PEACEHAVEN	Peacehaven Park Run	Aly Warner	24:47	Sat 17 Aug 2024	Steve Ackroyd	20:26	Sat 16 Mar 2024
5.00 K	PECKHAM RY	Peckham Rye Park Run	Lisa Compton	24:15	Tue 01 Jan 2019	Steve Warner	31:36	Sat 08 Mar 2025
5.00 K	PEEL	Peel Park Run	Theresa Donohue	31:56	Sat 13 Apr 2024	Jonathan Roe	22:12	Sat 19 Mar 2022
5.00 K	PEG BAY	Pegwell Bay Park Run	Liz McLennan	23:36	Sat 16 Nov 2024	Ian Greenaway	20:40	Sat 31 Aug 2019
5.00 K	PENRHYN 5	Penrhyn Park Run	Emma Page-Moore	21:12	Sat 09 Jul 2022	Steve Warner	29:29	Sat 12 Mar 2022
5.00 K	PENRITH	Penrith Park Run	Isla Greenaway	26:58	Sat 15 Apr 2023	Paul Atherton	22:21	Sat 16 Mar 2024
5.00 K	PENROSE PK	Penrose Park Run				Tim Martin	22:34	Sat 11 Aug 2018
5.00 K	PERTH PARK	Perth Park Run	Wendy Smith	25:24	Sat 26 Oct 2024	Michael Manwill	21:42	Sat 26 Oct 2024
5.00 K	PETERBOR	Peterborough Park Run	Kath Garrido	27:15	Sat 20 Oct 2018			
5.00 K	PIRR	Pirrama	Lisa Compton	24:55	Sat 14 Sep 2024			
5.00 K	PK RUN HAY	Park Run Haywards Heath				Daniel Oppe	19:43	Sat 14 Feb 2015

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	PLYM VALL	Plym Valley	Sophie Davis	28:30	Sat 25 Dec 2021	Luke Davis	18:39	Sat 25 Dec 2021
5.00 K	POCK	Pocket parkrun	Liz Webster	28:30	Sat 15 Feb 2025			
5.00 K	PODIUM 5 K	Podium 5k Battersea Park				Kieran Barnes	15:15	Fri 11 Feb 2022
5.00 K	PON	Pontypool parkrun	Catherine Wilson	28:26	Sat 03 Aug 2024			
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	David Beale	19:03	Sat 20 Nov 2021
5.00 K	POPPY 5K	Poppy 5k	Rhiannon Clarke	35:23	Sat 10 Nov 2018			
5.00 K	PORT BELL	Porto Bello Edinburgh	Imogen Evans	26:16	Sat 22 Jan 2022			
5.00 K	PORTHCAWL	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	PORTRUSH	PORTRUSH PARK RUN				Chris Rance	26:22	Sat 28 May 2022
5.00 K	PORTSM 5K	Portsmouth Lakeside Park Run	Aly Warner	26:18	Sat 23 Aug 2025	Dan Celani	18:01	Sat 16 Oct 2021
5.00 K	PP	Penrose Park run	Judith Cartledge	25:24	Sat 16 Jul 2016			
5.00 K	PRESTON PK	Preston Park Park run	Emma Page-Moore	21:37	Sat 30 Mar 2024	Luke Davis	16:54	Sat 05 Mar 2022
5.00 K	PRINCES PA	Princes Park Liverpool	Clare Evans	25:06	Sat 23 Jun 2018	Jonathan Roe	25:03	Sat 05 Mar 2022
5.00 K	PUAR	Puarenga parkrun	Theresa Donohue	33:34	Sat 27 Jan 2024	Ian Greenaway	24:07	Sat 27 Jan 2024
5.00 K	PULA 5K	Pula 5K	Sandra Ankers	34:54	Sat 14 Sep 2024			
5.00 K	PYMMES	Pymmes	Lisa Compton	24:28	Sat 01 Mar 2025			
5.00 K	QUEEN ELIZ	Queen Elizabeth 5 k	Aly Warner	27:18	Sat 08 Jun 2024	Dan Celani	19:31	Sat 21 Oct 2023
5.00 K	RAPH	Raphael parkrun	Lisa Compton	24:38	Sat 28 Sep 2024			
5.00 K	READING PA	Reading Park Run	Aly Warner	24:44	Sat 27 Sep 2025			
5.00 K	REIG PK RU	Reigaate Priory Park Run	Hannah Foulger	25:27	Sat 03 Sep 2016	Dan Celani	17:40	Sat 18 Sep 2021
5.00 K	REUNION 5K	Reunion 5 k	Fiona Champness	22:34	Sat 15 May 2021			
5.00 K	RICHMD 5K	Richmond Park Run	Lisa Compton	26:57	Sat 08 Feb 2020	Jeremy Garner	19:42	Sat 20 Sep 2025
5.00 K	RIDDLE_5K	Riddlesdown 5k	Emma Page-Moore	22:54	Mon 25 Dec 2023	Kieran Barnes	16:32	Sat 11 Jun 2022
5.00 K	ROBERT 5K	Robertsbridge 5k	Theresa Donohue	33:18	Fri 25 Jun 2021			
5.00 K	ROBERT PAR	Roberts Park Run				James Willis	30:43	Sat 21 May 2022
5.00 K	RODING VAL	Roding Valley Park Run				Peter Holmes	21:22	Sat 11 Jun 2022
5.00 K	RONDEBOSC	Rondebosch Common 5k	Mandy Regenass	21:22	Sat 05 Dec 2015			
5.00 K	ROOS	Roosevelt Island USA				Noah Semonin	27:29	Sat 22 Feb 2025

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	ROSS	Ross On Wye parkrun	Helen Davey	29:31	Sat 18 Feb 2023			
5.00 K	ROTH 5 K	Rotherham 5 k				Brandon Webb	21:26	Sat 23 Nov 2019
5.00 K	ROTHAY 5K	Rothay Park Run	Lucy Hall	46:55	Sat 23 Jul 2022	James Willis	21:59	Sat 28 May 2022
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	ROUND HAY	Roundhay Park Run	Nevenka Worsell	27:24	Sat 07 Aug 2021	David Worsell	23:14	Sat 07 Aug 2021
5.00 K	ROUNDSHAW	Roundshaw Park Run	Aly Warner	26:22	Wed 25 Dec 2024	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	Lisa Compton	25:29	Sat 24 Feb 2024	Aaron Perrott	30:00	Sat 19 Nov 2016
5.00 K	RUT WAT	Rutland Water parkrun	Kath Garrido	33:10	Sat 08 Apr 2023			
5.00 K	RUTH MEM	Ruthin Memorial Playing Fields				Michael Manwill	20:36	Sun 07 Aug 2022
5.00 K	S NOR	South Norwood parkrun				George English	26:06	Sat 12 Aug 2023
5.00 K	S NORW	South Norwood parkrun				George English	25:17	Sat 18 Feb 2023
5.00 K	S OX	South Oxhey	Judy Hayler	35:28	Sat 20 Jul 2024			
5.00 K	SAL STH CE	SAL STH CE				Kieran Barnes	15:44	Sat 14 Aug 2021
5.00 K	SALIS PARK	Salisbury Park Run	Stephanie Sterling	23:53	Sat 03 Aug 2019	Harry Sterling	19:40	Sat 03 Aug 2019
5.00 K	SAND	Sandringham				Dan Celani	18:01	Sat 22 Jun 2024
5.00 K	SCUN 5K	Scunthorpe 5k				Chris Rance	23:59	Sat 11 Aug 2018
5.00 K	SEAF BEAC	Seaford Beach Park Run	Aly Warner	24:38	Sat 28 Jun 2025	Kieran Barnes	15:34	Sat 29 Apr 2023
5.00 K	SEATON	Seaton Park Run	Lucy Wilkes	24:13	Sat 22 Mar 2025	William Brinkley	25:16	Sat 06 Oct 2018
5.00 K	SERP 5K	Serpentine 5K	Maggie Statham-Berry	26:22	Fri 29 Sep 2023	David Nottidge	26:32	Fri 26 May 2023
5.00 K	SEVER	Severn Valley County	Marie Warner	43:58	Sat 09 Aug 2025	Steve Warner	31:30	Sat 09 Aug 2025
5.00 K	SEVERN BRI	Severn Bridge	Lisa Compton	25:59	Sat 16 Apr 2022			
5.00 K	SHARP	Sharpham Estate parkrun	Sophie Davis	27:45	Sat 08 Apr 2023			
5.00 K	SHEP	Shepton Mallet	Miranda Chitty	30:14	Sat 07 Jun 2025			
5.00 K	SHER PARK	Sheringham Park Run	Judy Hayler	29:16	Sat 14 Sep 2024	David Beale	20:30	Sat 11 Sep 2021
5.00 K	SHORNE	Shorne Woods	Aly Warner	24:54	Sat 28 Sep 2024	Steve Ackroyd	21:09	Sat 05 Jul 2025
5.00 K	SHREWS	Shrewsbury Park Run	Sophie Davis	27:33	Sat 28 Aug 2021	Luke Davis	16:44	Sat 28 Aug 2021
5.00 K	SITT	Sittingbourne parkrun	Lisa Compton	27:50	Wed 01 Jan 2025	Vernon Given	21:53	Wed 01 Jan 2025
5.00 K	SIZ	Sizewell	Marie Warner	42:39	Sat 24 May 2025	Andy Senior	23:51	Sat 10 May 2025
5.00 K	SKIN	Skinadin park run	Marie Warner	48:43	Sat 28 Sep 2024	Steve Warner	30:18	Sat 28 Sep 2024

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	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	SLIG	Sligo	Marie Warner	41:43	Sat 26 Jul 2025			
5.00 K	SOMER	Somerdale Park Run	Lisa Compton	24:59	Sat 24 Aug 2024	David Beale	19:40	Sat 09 Jul 2022
5.00 K	SOUTH	Southsea parkrun				Dan Celani	18:22	Sat 21 Dec 2024
5.00 K	SOUTH MAN	South Manchester 5k				Chris Rebbeck	29:26	Sat 11 Apr 2015
5.00 K	SOUTH NOR	South Norwood parkrun	Marie Warner	44:36	Sat 12 Jul 2025	Steve Ackroyd	21:03	Sat 14 Oct 2023
5.00 K	SOUTHALL	Southall	Lisa Compton	25:06	Sat 25 Nov 2023	Steve Warner	30:46	Sat 30 Aug 2025
5.00 K	SOUTHPORT	Southport Park Run				Jonathan Roe	22:17	Sat 04 Jun 2022
5.00 K	SOUTHSEA	Southsea Park Run	Marie Warner	38:21	Sat 21 Dec 2019	Daniel Oppe	17:27	Sat 16 Apr 2022
5.00 K	SOUTHW PK	Southwick Park Run	Sophie Davis	26:14	Sat 29 Dec 2018	Luke Davis	18:16	Sat 29 Dec 2018
5.00 K	SOUTHWARK	Southwark Park 5k	Lisa Compton	24:19	Sat 27 May 2023	Steve Warner	30:57	Sat 02 Aug 2025
5.00 K	SOUTH_B_PR	South Bank Park Run				Alex Watson	28:10	Sat 11 Feb 2023
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	Emma Page-Moore	21:01	Sat 25 Feb 2023	Kieran Barnes	16:20	Sat 29 Jun 2024
5.00 K	SRI CHINMO	Sri Chinmoy 5k Battersea Park	Maggie Statham-Berry	24:52:00	Tue 23 Jul 2024	Kieran Barnes	16:47	Mon 05 Aug 2019
5.00 K	ST ALB	St Albans parkrun	Helen Davey	30:13	Sat 03 Aug 2024	Nick Hall	24:18	Sat 15 Apr 2023
5.00 K	ST MAR	St Mary's	Lucy Wilkes	25:22	Sat 16 Mar 2024			
5.00 K	STAN LG LA	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	Steve Ackroyd	19:22	Tue 22 Jul 2025
5.00 K	STD GREAT	Standard Chartered Great City				Steve Ackroyd	19:46	Tue 18 Jul 2023
5.00 K	STEVENAGE	Stevenage 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	STH PARK R	Southampton park run	Kath Garrido	32:12	Sat 25 Jun 2022			
5.00 K	STH SEA	Southsea Park Run				Daniel Oppe	17:50	Sat 09 Jul 2022
5.00 K	STOCKLEY	Stockley County	Marie Warner	40:45	Sat 20 Apr 2024	Steve Warner	30:15	Sat 20 Apr 2024
5.00 K	STONEHOUS	Stonehouse 5k				Steven Price	19:02	Sat 12 Nov 2022
5.00 K	STPIER	St Piers Star Run 5km				Scott McDonald	27:17	Sun 07 Jul 2024
5.00 K	STRAT ON A	Stratford On Avon	Kath Garrido	29:17	Sat 16 Oct 2021	Steven Price	21:11	Sat 10 Sep 2022
5.00 K	STRAT STRO	Stratford Stroud				Steven Price	21:11	Sat 10 Sep 2022
5.00 K	STRATH CLY	Strathclyde Park Run	Theresa Donohue	28:05	Sat 10 Dec 2016	Ian Greenaway	22:01	Sat 10 Dec 2016

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
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	STREET	Street parkrun				Dave Chase	29:09	Sat 05 Aug 2023
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	SURF	Surfers Paradise				Doug Bewley	19:12	Sat 19 Oct 2024
5.00 K	SUTCLIFFE	Sutcliffe Park Run	Maggie Statham-Berry	24:54	Sat 28 May 2022			
5.00 K	SUTT PK	Sutton Park	Sophie Davis	25:35	Sat 25 Aug 2018	Luke Davis	17:38	Sat 25 Aug 2018
5.00 K	SWAFF PK	Swaffham Park Run	Catherine Wilson	31:17	Sat 14 Aug 2021			
5.00 K	SWAN BAY	Swansea Bay Park Run	Sally Alexander	20:23	Sat 10 May 2025	Ian Watkins	26:35	Sat 16 Aug 2025
5.00 K	SWANLEY	Swanley parkrun	Aly Warner	26:01	Sat 13 Sep 2025	Steve Ackroyd	20:49	Sat 17 Aug 2024
5.00 K	SYDNEY	Sydney - St Peter's Park Run				Chris Rebbeck	37:51	Sat 31 Mar 2018
5.00 K	TAM	Tamworth Castle Grounds				James Caffrey	18:01	Sat 31 May 2025
5.00 K	TAM LA	Tamar Lakes				Chris Rance	25:52	Sat 17 May 2025
5.00 K	TAMAR TRAI	Tamar Trails	Judy Hayler	28:12	Sat 18 Mar 2023	Chris Rance	25:50	Sun 03 Apr 2022
5.00 K	TEIG	Teignmouth Promenade	Sophie Davis	25:52	Sat 30 Aug 2025			
5.00 K	TELF	Telford	Theresa Donohue	34:10	Sat 14 Sep 2024	Ian Greenaway	24:18	Sat 14 Sep 2024
5.00 K	THAMESW	Thames Path Woolwich	Lisa Compton	24:44	Sat 10 Jun 2023	Steve Warner	29:09	Sat 17 Jun 2023
5.00 K	THEL	The Leas	Lisa Compton	24:40	Sat 28 Dec 2024			
5.00 K	THEP	The Pastures				David Nottidge	29:34	Sat 27 Sep 2025
5.00 K	THORN	Thornbury parkrun				Chris Rance	26:42	Sat 28 Sep 2024
5.00 K	THORPE 5K	Thorpe 5k	Donna Baker	30:55	Sat 23 Apr 2022			
5.00 K	TIDW	Tidworth parkrun	Judy Hayler	27:59	Sat 15 Jul 2023			
5.00 K	TILGPK_5K	Tilgate Park 5k	Sally Alexander	20:17	Sat 13 Apr 2024	Kieran Barnes	15:58	Sat 26 Nov 2022
5.00 K	TOK	Tokoinranta	Theresa Donohue	35:12	Sat 17 Aug 2024	Ian Greenaway	24:17	Sat 17 Aug 2024
5.00 K	TONBRPK	Tonbridge Park run	Emma Page-Moore	21:08	Sat 06 Aug 2022	Dan Celani	17:39	Sat 18 Feb 2023
5.00 K	TOOT COMM	Tooting Common	Lisa Compton	25:05	Sat 09 Nov 2019	Luke Davis	18:27	Sat 01 Jan 2022
5.00 K	TORBAY	Torbay Velopark 5k	Sophie Davis	24:02	Sat 05 May 2018	Luke Davis	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	TORV	Torvean				Simon Petitt	19:36	Sat 15 Mar 2025
5.00 K	TOWN MOOR	Town Moor Park Run	Lisa Compton	27:27	Sat 09 Sep 2023	Kieran Barnes	17:07	Sat 09 Apr 2022
5.00 K	TOYEN	Toyen Park Run (Oslo)	Aly Warner	26:44	Sat 03 May 2025	Tom Seller	18:09	Sat 01 Jun 2024

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	TREL	Trelissick parkrun	Hollie Shears	25:40	Sat 30 Mar 2024	Steve Warner	34:04	Sat 23 Aug 2025
5.00 K	TRENTAM	Trentham Park Run				Jonathan Roe	19:54	Sat 24 Sep 2022
5.00 K	TUNWEL5	Tunbridge Wells 5k	Wendy Smith	26:49	Sat 15 Apr 2023	Dan Celani	18:05	Sat 04 Sep 2021
5.00 K	UCKFIELD 5	Uckfield 5k	Sally Alexander	22:05	Sat 18 May 2024	Dan Celani	19:29	Sat 18 May 2024
5.00 K	UNIV PARKS	University Parks				David Beale	19:59	Sat 12 Feb 2022
5.00 K	UPTON HOUS	Upton House	Catherine Wilson	32:07	Sat 22 Oct 2022	David Worsell	29:49	Sat 06 Jul 2019
5.00 K	VALENT 5K	Valentines 5 k	Lisa Compton	25:15	Sat 11 Nov 2023	David Beale	21:35	Sat 20 Jul 2019
5.00 K	VETS 5K	Vets AC5k road race	Lisa Compton	24:18	Tue 08 Apr 2025	Jeremy Garner	17:26	Tue 08 Apr 2025
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	VICTORIA D	Victoria Dock	Lisa Compton	24:22	Sat 14 May 2022	Dan Celani	17:27	Sat 07 Jun 2025
5.00 K	VING	Vingis (Lithuania) parkrun	Lisa Compton	25:18	Sat 13 Sep 2025	Vernon Given	22:03	Sat 13 Sep 2025
5.00 K	VIRTUAL 5K	Virtual 5k	Karen Mycock	23:37	Sun 14 Mar 2021	Ian Miller	29:11	Sun 14 Mar 2021
5.00 K	WAKE	Wakehurst	Emma Page-Moore	22:37	Sat 20 Apr 2024	Dan Celani	18:35	Sat 20 Apr 2024
5.00 K	WAKE 5K	Wakehurst park run	Liz Webster	3:01	Sat 20 Jul 2024	Dan Celani	2:44	Sat 14 Dec 2024
5.00 K	WALLN	Wallaceneuk	Aly Warner	25:27	Sat 18 Jan 2025			
5.00 K	WALMER	Walmer and Deal	Theresa Donohue	31:06	Sat 27 Nov 2021	James Willis	19:59	Sat 12 Aug 2023
5.00 K	WALSALL	Walsall Arboretum Park Run	Sophie Davis	22:25	Sat 31 Mar 2018			
5.00 K	WANSTEAD	Wanstead Flats				Luke Davis	23:09	Sat 23 Jul 2022
5.00 K	WARRING	Warrington Park Run				Peter Hamilton	25:20	Sat 11 Nov 2017
5.00 K	WATE	Waterakkers				Dan Celani	17:30	Sat 23 Aug 2025
5.00 K	WATER	Waterworks	Theresa Donohue	34:40	Sat 03 May 2025	Ian Greenaway	26:34	Sat 03 May 2025
5.00 K	WATERMEAD	Watermead Country Park	Sophie Davis	23:40	Sat 03 Jun 2023			
5.00 K	WEED	Weeden Island Preserve				David Thomas	24:57	Sat 23 Aug 2025
5.00 K	WEND	Wendover Woods				Chris Rance	28:23	Sat 23 Aug 2025
5.00 K	WEST MILL	West Mill 5k	Marie Warner	40:59	Sat 16 Jul 2022	David Beale	40:29	Sat 23 Apr 2022
5.00 K	WEST PARK	West Park Long Eaton				Alex Watson	23:16	Sat 19 Jan 2019
5.00 K	WESTPK MUN	Westpark Munich	Lisa Compton	25:33	Sat 07 Oct 2023			
5.00 K	WEY 5K	Weymouth Park Run	Sue Garner	27:13	Sat 13 Sep 2025	Tom Cartledge	19:38	Sat 24 Sep 2022
5.00 K	WHITEHAVE	Whitehaven Park Run				Ian Greenaway	24:26	Sat 07 Aug 2021

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 K	WHITLEY	Whitley Bay parkrun	Lucy Wilkes	24:09	Sat 03 May 2025	Simon Petitt	19:57	Sat 05 Aug 2023
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	WILM	Wilmslow	Laura Stockwood	26:42	Sat 15 Jun 2024	Matthew Stockwood	26:43	Sat 15 Jun 2024
5.00 K	WIM PK 5K	Wimbledon Park Run	Liz McLennan	24:46	Sat 20 May 2023	Jeremy Garner	18:55	Sat 03 May 2025
5.00 K	WIMBLE_5K	Winbledon 5k	Claire Ziegler	23:09	Sun 11 Aug 2019	Kieran Barnes	15:01	Sat 03 Aug 2024
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	Vernon Given	23:17	Sat 27 Nov 2021
5.00 K	WINDHOEK	Windhoek 5k	Carole Barnes	32:54	Sat 28 Jan 2023			
5.00 K	WINDSR_5K	Windsor 5k				Peter Hargreaves	22:18	Sun 21 Oct 2012
5.00 K	WISBOR 5K	Wisborough 5k	Lynda Willment	33:30	Sun 15 May 2022			
5.00 K	WITNEY	Witney Park Run	Nevenka Worsell	28:52	Sat 12 Jul 2025	David Worsell	23:43	Sat 12 Jul 2025
5.00 K	WOK PARK	Woking Park Run	Vera Simms	27:07	Sat 13 May 2017	Jeremy Garner	18:25	Sat 19 Apr 2025
5.00 K	WOODHOUSE	Woodhouse Moor	Miranda Chitty	28:17	Sat 10 Aug 2024	Ian Greenaway	26:01	Sat 23 Feb 2019
5.00 K	WOODLEY	Woodley parkrun	Emma Page-Moore	24:05	Sat 16 Mar 2024			
5.00 K	WOOLAC	Woolacombe Dunes parkrun				Brandon Webb	26:11	Sat 05 Aug 2023
5.00 K	WORM	Wormwood Scrubs Park Run				Simon Moore	19:15	Sat 21 Jul 2018
5.00 K	WORTH	Worthing Park Run	Emma Page-Moore	21:25	Mon 01 Jan 2024	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	WYTHENSHA	Wythenshawe Park Run				Marek Siwicki	31:13	Sat 17 Sep 2022
5.00 K	YARB	YARBOROUGH PARKRUN	Theresa Donohue	33:22	Sat 09 Aug 2025	Joe Robinson	19:46	Sat 04 Mar 2023
5.00 K	YEOVIL MON	Yeovil Montacute	Emma Page-Moore	22:54	Sat 01 Feb 2020			
5.00 K	YORK PARK	York Park Run	Lisa Compton	25:04	Sat 30 Apr 2022	David Beale	19:08	Sat 19 Oct 2019
5.00 K	ZANDVLEI	Zandvlei Park Run	Karen Sparrow	30:28	Sat 29 Feb 2020			
5.00 K	ZEG	Zegerplas				Steve Ackroyd	19:55	Sat 28 Jun 2025
5.00 K	ZIEL	Zielony Jar	Theresa Donohue	33:54	Sat 14 Oct 2023	Ian Greenaway	25:01	Sat 14 Oct 2023
5.00 K	ZUIDER PAR	Zuider Park Run	Lisa Compton	25:06	Sat 27 Aug 2022	David Worsell	22:25	Sat 09 Mar 2024
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			
3.50 M	JPMORG	JP Morgan Corporate Challenge				Steve Ackroyd	22:10	Thu 04 Jul 2024
3.60 M	HGH DN 3.6	Highdown 3.6				Dave Razzell	31:17	Wed 03 Aug 2016

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
3.70 M	STHN MAST	Southeren Masters XC	Maggie Statham-Berry	31:43	Sat 10 Dec 2022			
6.00 K	B & IRISH	British & Irish Masters XC	Maggie Statham-Berry	30:35	Sat 16 Nov 2024			
6.00 K	BMAF 6K	British Masters 6 k	Maggie Statham-Berry	34:40	Sun 13 Mar 2022			
6.00 K	INT MAS	International Masters XC Glas	Maggie Statham-Berry	30:43	Sat 11 Nov 2023			
6.00 K	SY LDS XC	Surrey Ladies XC	Mandy Regenass	27:24	Sat 06 Dec 2014			
6.00 K	SY MAST 6K	Surrey Master 6k XC	Maggie Statham-Berry	31:45	Sat 29 Oct 2022			
6.00 K	XC HOL W	Surrey XC League Holland Women	Sally Alexander	26:57	Sat 11 Nov 2023			
6.20 K	STAR 6.2K	STAR 6.2 K	Lynda Willment	47:23	Sun 25 Sep 2022	Mark Piper	37:37	Sun 25 Sep 2022
6.20 K	SURREY LAD	Surrey Ladies XC	Sally Alexander	26:09	Sat 09 Nov 2024			
6.20 K	SY LAD XC	Surrey Ladies XC	Liz McLennan	44:16	Sat 05 Mar 2022			
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	HENFIELD 4	Henfield 4 mile	Isla Greenaway	39:39	Sun 24 Jul 2022	Ian Greenaway	30:50	Sun 24 Jul 2022
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	MAS NAT	Masters National XC Champs	Maggie Statham-Berry	36:02	Sat 16 Mar 2024			
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	SURR MA XC	Surrey County Masters XC	Maggie Statham-Berry	31:56	Sat 26 Oct 2024			
4.00 M	VIRTUAL XM	Virtual Xmas Handicap	Liz McLennan	32:28	Sun 31 Jan 2021	Luke Davis	24:13	Sun 31 Jan 2021
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 Oppe	25:01	Thu 07 Apr 2016
7.00 K	LXC FEB 14	Ladies xc	Maxine Lower	39:13	Sat 11 Jan 2014			
7.00 K	WED	Surrey Road League Wedding Day	Sue Garner	37:46	Fri 26 Jul 2024	Jeremy Garner	26:14	Fri 26 Jul 2024
7.00 K	XCL_REIGAT	Ladies xc Reigate Priory	Sally Alexander	27:48	Sat 12 Oct 2024			
7.00 K	XCL_RICHP	Ladies xc Richmond Park	Michelle Hollins	43:31	Sat 13 Feb 2016			
4.36 M	LOCKDN 4.3	Lockdown 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

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
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 Hike	Theresa Donohue	39:49	Wed 02 Aug 2017	Ian Greenaway	29:07	Wed 07 Aug 2013
4.50 M	JUL RCE1A	July Race 1A	Fiona Champness	32:53	Tue 06 Jul 2021	Harry Sterling	24:43	Tue 06 Jul 2021
4.50 M	JULYRACE 3	July Race 3	Fiona Champness	36:34	Tue 20 Jul 2021	Daniel Oppe	29:12	Tue 20 Jul 2021
4.50 M	JULYRACE2	July Race 2	Fiona Champness	29:36	Thu 15 Jul 2021	Daniel Oppe	25:16	Thu 15 Jul 2021
4.50 M	MAY 1 NEW	May Race 1 New course	Liz McLennan	40:32	Tue 02 May 2023	Dan Celani	29:38	Tue 02 May 2023
4.50 M	MAY 2 NEW	May Race 2 New course	Hollie Shears	33:51	Sun 06 Oct 2024	Dan Celani	26:29	Thu 11 May 2023
4.50 M	MAY 3 NEW	May Race 3 New	Sally Alexander	34:19	Tue 22 Jul 2025	Dan Celani	31:09	Tue 16 May 2023
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	MAYRAVE2N	May Race 2 New course	Liz McLennan	36:30	Thu 11 May 2023	Dan Celani	26:29	Thu 11 May 2023
4.50 M	MR_1_2002	Summer Race 1	Emma Martin	38:02	Thu 05 May 2022	Peter Holmes	34:11	Thu 05 May 2022
4.50 M	MR_2_2022	Summer Race 2	Maggie Statham-Berry	37:25	Tue 07 Jun 2022	Dan Celani	27:11	Tue 07 Jun 2022
4.50 M	MR_3_2022	Summer Race 3	Liz McLennan	42:49	Tue 12 Jul 2022	Michael Manwill	35:09	Tue 12 Jul 2022
4.50 M	MR_4_2022	Summer Race 4	Becks Falzon	39:32	Tue 02 Aug 2022	Ian Barrow	33:33	Tue 02 Aug 2022
4.50 M	TURNER_5	Turners Hill	Kelly Jarvis	29:13	Wed 26 Dec 2012	Peter Holmes	22:36	Sat 28 Jan 2023
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 Vejdani	1:03:43	Sun 20 Oct 2013
8.00 K	BMAF 8K	British Masters 8k				Simon Moore	35:06	Sun 13 Mar 2022
8.00 K	CRAWLEY8K	Crawley 8k	Theresa Donohue	58:17	Sun 12 Feb 2023	Ian Greenaway	49:08	Sun 12 Feb 2023
8.00 K	EAT YOUR H	Eat Your Heart Out 8k				Ian Greenaway	40:34	Sun 13 Feb 2022
8.00 K	HICKST_8K	Hickstead Gallop 5 (WSFRL)	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	Sally Alexander	34:29	Sat 27 Jan 2024			
5.00 M	ALFSHR_5	A Shrubb 5	Maggie Statham-Berry	43:28	Sat 22 Oct 2022	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

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 M	ARUN B	Arunners Beach Run	Isla Greenaway	46:29	Wed 07 Jun 2023	Ian Greenaway	39:15	Wed 07 Jun 2023
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	BROM V	Bromley Veterans 5 mile	Maggie Statham-Berry	45:36	Sun 23 Mar 2025			
5.00 M	CHIC TRUN	Chichester Trundle View	Isla Greenaway	49:49	Wed 24 May 2023	Ian Greenaway	42:06	Wed 24 May 2023
5.00 M	CIV XC	Civil Service Cross Country	Maggie Statham-Berry	45:49	Wed 16 Oct 2024			
5.00 M	CLAREN 5	Clarendon 5 Mile	Theresa Donohue	42:01	Sun 04 Oct 2020			
5.00 M	CROY ESL	Croydon ESL	Liz McLennan	44:16	Sat 05 Mar 2022			
5.00 M	DCHCAP_5	Dennis CrowhurstHandicap 5	Marlene Pautard	31:57	Sun 20 Oct 2002	Luke Davis	26:35	Sun 07 Nov 2021
5.00 M	DOWNLANDS	Downlands School Hassocks 5	Isla Greenaway	45:47	Sat 25 Jun 2022	Ian Greenaway	36:25	Sat 25 Jun 2022
5.00 M	DOWNLS_5	Downlands School 5 M	Isla Greenaway	43:24	Sat 24 Jun 2023	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 Upton	42:30	Sat 10 Dec 2016	David Watkins	36:23	Sat 10 Dec 2016
5.00 M	ESL_LLOYD	East Surrey League 5 mile Lloy	Sally Alexander	35:00	Sat 28 Sep 2024	Luke Davis	29:37	Sat 02 Oct 2021
5.00 M	E_SURREYXC	East Surrey XC	Maggie Statham-Berry	46:28	Sat 02 Mar 2024	James Kilfiger	40:11	Sat 02 Mar 2024
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	FOR REC	FOREST REC PARKRUN				Brandon Webb	22:55	Sat 22 Jul 2023
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 WALS	Great Walstead 5	Theresa Donohue	53:34	Sun 14 Oct 2018	Ian Greenaway	38:08	Sun 14 Oct 2018
5.00 M	HANDICAP 5	Handicap 5 miles	Sally Alexander	32:42	Wed 10 Sep 2025	Daniel Oppe	28:34	Sun 19 Sep 2021
5.00 M	HANGOV_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	4:10:28	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	JULYRACE 4	July Race 4	Michelle Hollins	36:35	Thu 29 Jul 2021	Harry Sterling	27:03	Thu 29 Jul 2021

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
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	LITT BEA	Littlehampton Beach Run	Isla Greenaway	45:27	Wed 18 May 2022	Ian Greenaway	37:53	Wed 18 May 2022
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	LOCHW	Lochend Woods	Wendy Smith	25:27	Sat 16 Aug 2025	Michael Manwill	22:59	Sat 16 Aug 2025
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	Hannah Cartledge	13:57:33	Thu 25 May 2023	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	PORTS HEDG	Portslade Hedgehoppers 5	Theresa Donohue	59:52	Sun 07 May 2023	Ian Greenaway	41:55	Sun 07 May 2023
5.00 M	REIGTE_5	Reigate YMCA 5 Mile	Sarah Ferguson	57:11	Sun 01 May 2022			
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	SOU TH	South of Thames XC	Maggie Statham-Berry	42:38	Sat 23 Nov 2024			
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	STEEPD_5	Steepdown Challenge 5 (WSFRL)	Ann Bucket	45:48	Sun 30 Oct 2016	Ian Greenaway	33:59	Sun 20 Oct 2013
5.00 M	SURR XC	Surrey XC Championships	Maggie Statham-Berry	42:06	Sat 04 Jan 2025			
5.00 M	SURREY XC	Surrey XC Men				Kieran Barnes	25:52	Sat 14 Jan 2023
5.00 M	SUS LGE AR	Sussex XC Lge Ardingly				Kieran Barnes	28:20	Sat 12 Nov 2022
5.00 M	SUSS GOOD	Sussex XC League Goodwood				Kieran Barnes	24:53	Sat 14 Oct 2023
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				Luke Davis	29:16	Sat 15 Jan 2022
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			
5.00 M	TILGATE_5	Tilgate 5 mile	Lisa Compton	49:31	Sun 11 Sep 2016	Dan Celani	18:09	Sun 11 Sep 2022
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	TRUND VIEW	Trundle View	Isla Greenaway	49:58	Wed 25 May 2022	Ian Greenaway	41:30	Wed 25 May 2022
5.00 M	VICTORY 5	Victory 5 mile				Daniel Oppe	29:04	Sun 03 Dec 2017

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
5.00 M	VIRT 5 M	Virtual 5 Mile	Imogen Evans	38:46	Sun 14 Mar 2021	Kieran Barnes	30:45	Sun 14 Mar 2021
5.00 M	WAKE WILLO	Wakehurst Willow 8k	Sally Alexander	34:36	Wed 24 Jul 2024	Luke Davis	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	WOODCHURC	Woodchurch 5				David Nottidge	41:10	Sun 18 Oct 2020
5.00 M	XC HOL M	Surrey XC League Holland Men				Tom Seller	30:57	Sat 11 Nov 2023
5.00 M	XCM_EPSOM	Mens xc Epsom				Daniel Oppe	34:39	Sat 07 Nov 2015
5.00 M	XCM_LLOYD	Mens xc Lloyd Pk				Daniel Oppe	33:03	Sat 13 Feb 2016
5.00 M	XCM_OXSHO	Mens xc Oxshott				Daniel Oppe	33:28	Sat 16 Jan 2016
5.00 M	XCM_REIG	XC Men Reigate				Tom Seller	33:06	Sat 12 Oct 2024
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 Bridgwater	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
6.20 M	PHO 62	Phoenix Reservoir Radiance Run	Judith Cartledge	1:02:31	Sun 06 Jul 2025	Simon Pettitt	44:23	Sun 10 Aug 2025
6.20 M	SUSS XC CH	Sussex XC Champs, Bexhill				Kieran Barnes	36:19	Sat 07 Jan 2023
10.00 K	ALONISSOS	Alonissos Challenge	Susie Birch	1:25:47	Sun 04 Jun 2023	Graeme Bennett	1:25:47	Sun 04 Jun 2023
10.00 K	AMBERLEY	Amberley 10k				Peter Hamilton	48:44	Mon 08 Jun 2015
10.00 K	ANGMER_10K	Angmering 10k	Isla Greenaway	55:33	Sun 05 May 2024	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 Castle 10k	Helen Davey	1:01:19	Sun 25 Aug 2019			

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
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	ASICS LOND	Asics London 10k	Ellen Webb	57:27	Sun 10 Jul 2022	Dan Celani	35:24	Sun 09 Jul 2023
10.00 K	BACKTO_10K	Back to the trrenches 10k	Michala Blackburn	1:44:07	Sat 09 Mar 2013			
10.00 K	BARCA_10K	Barcelona 10k				Kio Vejdani	1:13:05	Mon 31 Dec 2012
10.00 K	BARNS 10K	Barns Green 10k	Sue Garner	53:40	Sun 28 Sep 2025	David Mason	44:01	Sun 25 Sep 2022
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	Jeremy Garner	38:12	Sun 08 Aug 2021
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 10K Regent's Park				Daniel Quinn	38:48	Thu 20 Aug 2015
10.00 K	BEACHY 10K	Beachy Head 10k	Sophie Davis	54:56	Sun 25 Oct 2020	David Nottidge	1:01:24	Sun 27 Oct 2024
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 Averde	52:44	Sun 11 Nov 2018
10.00 K	BEDGEB_10K	Bedgebury 10k	Meghan Upton	50:31	Sun 18 Nov 2018	Guy Wates	53:41	Sat 07 Jun 2014
10.00 K	BENID	Benidorm 10K				Keith Chambers	54:07	Sat 25 Nov 2023
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	BEWL 10K	Bewl Water 10K	Morna Cox	1:10:21	Sat 13 May 2023			
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	BLACKFM10K	Blacklands Farm 10I	Wendy Smith	58:35	Sun 12 Feb 2023	James Willis	48:13	Sun 13 Apr 2025
10.00 K	BM10K	Brighton Marathon 10k	Fiona Champness	49:02	Sun 15 Apr 2018	Juhana Kirk	34:35	Sun 15 Apr 2018
10.00 K	BMAF 10K	BMAF 10 K	Maggie Statham-Berry	52:42	Sun 21 Nov 2021			
10.00 K	BOGNOR_10	Bognor Prom 10k	Lois Jerrey	56:11	Sun 19 May 2013	Michael Manwill	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	Kieran Barnes	31:12	Thu 18 Jul 2024
10.00 K	BROMLEY	Bromley 10k				Daniel Quinn	36:52	Sun 14 Jan 2018

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
10.00 K	BUNGAY	Bungay Black Dog				David Nottidge	53:24	Sun 10 Apr 2022
10.00 K	BUPA	BUPA 10k	Lisa Compton	51:47	Mon 30 May 2016	Trevor Webb	48:27	Mon 30 May 2016
10.00 K	BURGHH_10K	Burgess Hill 10k 2013	Katy Fisher	47:22	Mon 04 May 2015	James Caffrey	39:05	Mon 05 May 2025
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	CALA	Cala Ratjada 10K				David Nottidge	59:35	Sun 13 Apr 2025
10.00 K	CANTE 10K	Canterbury 10k				Richard Adams	47:47	Sun 20 May 2018
10.00 K	CAP CHAL	Capital Challenge 10K	Maggie Statham-Berry	51:22	Wed 17 Apr 2024			
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 MOON	Chase the Moon	Isla Greenaway	1:01:22	Wed 09 Oct 2019	Jeremy Garner	38:01	Wed 20 Dec 2023
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	CHAT MAR	Chatham Maritime 10k				David Nottidge	55:07	Sun 09 May 2021
10.00 K	CHESSINGTO	Chessingtonm Valentines 10k	Kath Garrido	50:48	Sun 15 Feb 2015	Jeremy Garner	39:49	Sun 11 Feb 2018
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	Sally Alexander	39:10	Sun 02 Feb 2025	Kieran Barnes	31:07	Sun 02 Feb 2025
10.00 K	CHILDER	Childerley Estate 10k	Clare Evans	1:01:25	Sun 29 Apr 2018			
10.00 K	CLAP COMM	Clapham Comm0n 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	Richard Adams	46:00	Sun 09 May 2021
10.00 K	CRANLG_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	Crawley 10k	Victoria (Tor) Rutter	50:45	Sun 15 Sep 2013	Marek Siwicki	42:30	Sun 29 Oct 2017
10.00 K	CROWBO_10	Crowborough 10k	Kelly Jarvis	41:48	Sun 02 Dec 2012	Daniel Oppe	40:43	Sun 30 Nov 2014
10.00 K	CROYDH_10K	Croydon Harrs XC				George English	50:22	Sat 02 Mar 2013
10.00 K	CROYDN_10K	Lexus Croydon 10k	Vera Simms	54:57	Sun 08 Oct 2017	Adrian Rowbotham	47:52	Sun 21 Oct 2012
10.00 K	CRYSTAL 10	Crystal Palace 10K	Hollie Shears	50:37	Sun 14 Apr 2024			
10.00 K	DAWN D 10K	Dawn on the Downs 10k				Dave Chase	1:07:40	Sun 25 Jul 2021
10.00 K	DENBIE10K	Denbies 10 kilometres	Lynda O'Sullivan	1:22:45	Sun 12 Sep 2021	David Nottidge	58:51	Sun 27 Jun 2021
10.00 K	DODD PK	Doddington Park 10k				David Nottidge	1:00:55	Sat 01 May 2021

Lingfield Running Club Course Records

		Ladies Records			Mens Records		
Distance	Course	Runners Name	Time	Date	Runners Name	Time	Date
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 Adams	42:40	Sun 18 Apr 2021
10.00 K	DRAY WATER Draycote Water 10k				Richard Adams	41:56	Sun 14 Jan 2018
10.00 K	DUNSHAUG Dunshaughin 10k				Daniel Oppe	35:45	Sat 24 Jun 2017
10.00 K	DYSART_10K Dysart Dash 10k	Sue Garner	44:56	Sun 26 Jun 2005	Richard Adams	38:59	Sun 26 Jun 2005
10.00 K	EAST PECKH East Peckham 10 k	Lucy Wilkes	49:31	Sun 27 Jul 2025	Paul Mearthy	1:15:39	Sun 28 Jul 2024
10.00 K	EASTBN 10K Eastbourne 10k				David Nottidge	51:10	Sun 20 Jun 2021
10.00 K	EASTGR_10K Andy Ripley Memorial 10k	Sally Alexander	41:06	Sun 15 Sep 2024	Dan Celani	35:40	Sun 01 Oct 2023
10.00 K	EASTLEIGH Eastleigh 10k				Kieran Barnes	32:37	Sun 20 Mar 2022
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 Alexander	40:42	Sun 13 Jul 2025	Jeremy Garner	30:33	Sun 23 Jul 2023
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 Adams	46:38	Wed 25 Jul 2012
10.00 K	GATWICK 10 Gatwick 10K	Terri Scott	56:12	Sun 21 May 2023	Tim Martin	46:15	Sun 21 May 2023
10.00 K	GODALM Godalming 10k				Robin Mayer	1:12:09	Sun 15 May 2016
10.00 K	GOODWD Goodwood 10k	Jacqueline Mayer	1:01:02	Sun 25 Sep 2022	Kieran Barnes	33:08	Sun 25 Apr 2021
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	HAMCTPA10K Hampton Court Palace 10k				Richard Adams	43:44	Sun 21 Nov 2021
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	HAWKHURST Hawkhurst 10k				Mark Piper	1:00:07	Sun 27 Jun 2021
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	46:53	Sun 20 Jun 2021

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
10.00 K	HELLIN_10K	Hellingly 10k	Sue Garner	51:05	Sun 13 Sep 2015	Michael Manwill	46:53	Sun 20 Jun 2021
10.00 K	HERIT	Heritage Trail Series 10K				Dave Chase	59:54	Sun 23 Mar 2025
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 Adams	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	INTER CTS	Inter Counties xc				Kieran Barnes	38:20	Sat 12 Mar 2022
10.00 K	IS REI 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	39:36	Sun 09 May 2021
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	KEMP PARK	Kempton Park 10k	Sue Garner	56:47	Sat 03 Apr 2021	Jeremy Garner	38:05	Sun 30 May 2021
10.00 K	KENLEY	Kenley Airfield 10k				Neil Burchett	50:49	Sun 22 Feb 2015
10.00 K	KEW GARDEN	Kew Gardens 10k	Lisa Compton	48:59	Sun 13 Sep 2020	Jeremy Garner	38:05	Sun 16 May 2021
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	Tom Cartledge	51:38	Sat 01 Jan 2022
10.00 K	LANC COLL	Lancing College 10k				David Nottidge	56:17	Sun 25 Mar 2018
10.00 K	LANZ 10K	Lanzarote 10K	Diane Clayton	1:09:48	Sat 09 Dec 2017	David Watkins	57:48	Sat 08 Dec 2018
10.00 K	LARK	Larkfield 10K	Lucy Wilkes	49:22	Sun 15 Sep 2024			
10.00 K	LEATHR_10K	Leatherhead Fire Stn 10k	Sue Garner	53:25	Sun 11 Nov 2012	Jeremy Garner	37:29	Sun 12 Nov 2023
10.00 K	LEEDS ABBE	Leeds Abbey Dash				Luke Davis	33:22	Sun 05 Nov 2017
10.00 K	LEO10K	Leonardslee Gardens Heritage				Dave Chase	1:05:18	Sat 15 Jun 2024
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	LING GALLO	Lingfield Gallop	Hannah Cartledge	1:08:55	Tue 01 Jun 2010	Graeme Bennett	51:13	Tue 01 Jun 2010
10.00 K	LINGFD_6	LINGFIELD 10K	Izzy Godfrey	46:59	Sun 30 Jun 2024	Luke Davis	36:40	Sun 30 Jun 2019
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	Morna Cox	58:59	Sun 08 May 2022	Robin Mayer	1:15:01	Sun 14 May 2017
10.00 K	LO VIT 10K	London Vitality 10k	Lucy Byford	52:23	Mon 02 May 2022	Daniel Oppe	35:08	Mon 02 May 2022

Lingfield Running Club Course Records

		Ladies Records			Mens Records		
Distance	Course	Runners Name	Time	Date	Runners Name	Time	Date
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 WINT London Winter Run	Fiona Champness	48:51	Sun 13 Feb 2022	Simon Cook	46:40	Sun 04 Feb 2018
10.00 K	LONDON_10K London 10k	Lisa Compton	50:07	Mon 29 May 2017	Daniel Oppe	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	MELS 10K Mel's Milers 10k	Sally Alexander	41:29	Sun 24 Mar 2024	Dan Celani	36:19	Sun 24 Mar 2024
10.00 K	MELSML_10K Mel's Milers 10k	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 Vejdani	1:06:58	Sun 15 Apr 2012
10.00 K	NEWHAV Newhaven 10K				David Nottidge	55:00	Sun 22 Jan 2023
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	Trevor Webb	49:57	Sun 10 Jan 2016
10.00 K	NICE_10K Nice Promenade 10k				Kio Vejdani	1:18:57	Sun 05 Jan 2014
10.00 K	NON SUC10K Non Such Park 10k				Jeremy Garner	18:38:00	Sat 12 Aug 2023
10.00 K	NORWICH 10 Norwich 10k				James Ward	39:22	Sun 05 Aug 2018
10.00 K	OLYMP PARK Olympic Park 10k	Lisa Compton	49:18	Sat 03 Apr 2021	Richard Adams	42:04	Sun 27 Jan 2019
10.00 K	OSTERLEY Osterley 10k	Jayne Webb	1:00:17	Sun 11 Dec 2016	Trevor 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	OXFORD 10K Oxford 10k	Sue Garner	54:58	Sun 27 Jun 2021			
10.00 K	OXSHOT_10K Oxshott 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 Vejdani	1:28:00	Sun 10 Mar 2013
10.00 K	PEN SEL 10 Pen Selwood 10K	Helen Davey	1:07:19	Sun 26 Mar 2023			
10.00 K	PERCH_10K Perch	Kelly Jarvis	43:05	Sun 29 Jan 2012	Chris Welch	45:59	Sun 29 Jan 2012

Lingfield Running Club Course Records

		Ladies Records			Mens Records		
Distance	Course	Runners Name	Time	Date	Runners Name	Time	Date
10.00 K	PETTS WOODPetts Wood 10k	Chantel Pepperrell	1:02:47	Sun 07 Oct 2018			
10.00 K	PETWTH_10KPetworth Trail 10k				Mark Piper	53:55	Wed 30 May 2012
10.00 K	PHOENX_10K Phoenix 10k	Sally Alexander	44:40	Sun 30 Mar 2025	Kieran Barnes	32:22	Wed 12 Jul 2023
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	PULA 10K Pula 10K				Peter Phillips	1:06:25	Sat 14 Sep 2024
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 Oppe	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	Fiona Champness	50:41	Wed 06 Jul 2022	Vernon Given	44:10	Sun 26 Mar 2017
10.00 K	REIGTE_10K Reigate evening 10k	Kelly Jarvis	46:12	Wed 11 Jul 2007	Paul Blackmore	36:30	Wed 21 Jul 2021
10.00 K	REYKJA_10K Reykjavik 10k				Chris Rebbeck	1:17:13	Sat 18 Aug 2012
10.00 K	RICH 10K Richmond 10k SRL	Sally Alexander	40:58	Sat 22 Jun 2024	Jeremy Garner	37:57	Sun 28 Nov 2021
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 PK NY Richmond Park New Year 2022	Sue Garner	56:18	Sun 09 Jan 2022			
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	RICH SUMM Richmond Summer 10k	Sally Alexander	41:23	Sun 22 Jun 2025	Jeremy Garner	38:39	Sun 22 Jun 2025
10.00 K	ROBERT 10K Robertsbridge 10k	Isla Greenaway	1:02:40	Fri 25 Jun 2021	Ian Greenaway	49:19	Fri 25 Jun 2021
10.00 K	ROM10K Romney Marsh 10K				David Nottidge	55:36	Sun 07 Jul 2024
10.00 K	ROTHER VAL Rother Valley 10k				Mark Piper	58:37	Sun 15 Sep 2019
10.00 K	ROYAL BERK Royal Berkshire 10k				Vernon Given	42:43	Sun 20 May 2018
10.00 K	RUN FUL Run through Fulham	Lisa Compton	49:59	Sun 17 Nov 2024			
10.00 K	RUN REIG Run Reigate 10K				Chris Rance	57:12	Sun 19 Feb 2023
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	SEAF 10K Seaford 10K	Lisa Compton	50:26	Sun 14 May 2023			
10.00 K	SELS 10K Selsdon 10 k	Madi Cahill-Smith	54:41	Sun 23 Jun 2019			

Lingfield Running Club Course Records

		Ladies Records			Mens Records		
Distance	Course	Runners Name	Time	Date	Runners Name	Time	Date
10.00 K	SERPNY_10K Serpentine New Years Day 10k				Richard Adams	42:01	Sat 01 Jan 2022
10.00 K	SEVENO_10K Sevenoaks Rotary 10k	Laura Jackson	57:15	Sun 11 Mar 2012			
10.00 K	SMUGGLERS Smuggler's 10k				David Nottidge	53:32	Sat 03 Apr 2021
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	Lynda Willment	47:23	Sun 25 Sep 2022	Mark Notridge	54:22	Sun 27 Oct 2019
10.00 K	STPIER10 St Piers Star Run 10km				David Nottidge	54:49	Sun 07 Jul 2024
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	39:02	Sun 21 May 2023
10.00 K	SWAN BAY 1 Swansea Bay 10k	Samantha Earle	1:10:42	Sun 25 Mar 2018			
10.00 K	SY MASTERS Surrey Masters XC 10km	Maggie Statham-Berry	31:45	Sat 29 Oct 2022			
10.00 K	TED PEPP Ted Pepper 10k	Lisa Compton	51:09	Mon 03 May 2021			
10.00 K	THET FOR Thetford Forest 10k	Clare Evans	56:20	Sun 11 Mar 2018			
10.00 K	THORPE 10K Thorpe 10k				Richard Adams	46:08	Sat 23 Apr 2022
10.00 K	TITSEY_10K Titsey Trail 10k	Rebecca Chapman	44:11	Sun 01 Oct 2017	Harry Sterling	42:07	Sun 17 Oct 2021
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
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	UP10K Uphill 10K Berglauf Engelberg				Simon Moore	1:22:24	Sun 03 Aug 2025
10.00 K	VAL HOOK Valentines Hook 10k	Sue Garner	49:58	Sun 14 Feb 2016	Jeremy Garner	38:25	Sun 11 Feb 2024
10.00 K	VAL10 Valentine's 10K	Sue Garner	55:33	Sun 09 Feb 2025	Jeremy Garner	38:27	Sun 09 Feb 2025
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 Vejdani	1:21:31	Sun 18 Nov 2012
10.00 K	VET 10K Vets AC 10K championship	Maggie Statham-Berry	49:45	Wed 11 Sep 2024			
10.00 K	VIRT 10K Virtual 10 k	Meghan Upton	46:52	Sun 14 Mar 2021	Luke Davis	35:02	Sun 14 Mar 2021
10.00 K	VIRT BRIG Virtual Brighton 10 K				Charlie Marr	50:34	Sun 18 Oct 2020
10.00 K	VIT 10K Vitality London 10k	Lisa Compton	49:28	Sun 26 May 2019	Kieran Barnes	31:45	Sun 22 Sep 2024
10.00 K	WEALD_10 Weald 10k	Maggie Statham-Berry	54:55	Sun 04 Sep 2022	David Nottidge	56:03	Sun 04 Sep 2022
10.00 K	WELLS 10K 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

Lingfield Running Club Course Records

Distance	Course	Ladies Records			Mens Records		
		Runners Name	Time	Date	Runners Name	Time	Date
10.00 K	WEYBR 10K Weybridge 10k	Michelle Hollins	46:39	Sun 05 Dec 2021	Richard Adams	43:53	Sun 05 Dec 2021
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	WISBOR 10K Wisborough 10k				Mark Piper	52:40	Sun 13 May 2018
10.00 K	WORTH SEA Worthing Seafront 10k				Paul Blackmore	38:53	Sun 16 Oct 2022
10.00 K	WORTHG_10 Worthing 10k	Michelle Hollins	46:02	Sun 10 Oct 2021	Paul Blackmore	37:48	Sun 09 Oct 2022
10.00 K	YATLEY_10K Yateley 10k				Kio Vejdani	1:13:54	Wed 06 Jun 2012
10.50 K	HURT 10.5K Hurt 10.5 K				Paul Carter	1:03:59	Sat 03 Jun 2017
10.50 K	MINI MART Mini Martona do Algarve	Wendy Smith	57:51	Sun 16 Oct 2022	Michael Manwill	47:14	Sun 16 Oct 2022
6.60 M	TIMELORD Time Lord of the Thames	Samantha Earle	1:24:36	Thu 23 Nov 2017			
11.00 K	RIGI 11K RIGI Berglauf Mountain Race				Simon Moore	1:51:56	Sun 20 Aug 2023
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)	Sally Alexander	48:08	Sat 12 Jul 2025	Jeremy Garner	45:09	Sat 13 Jul 2024
7.00 M	HOVE HOR Hove Hornets Stinger	Theresa Donohue	1:19:10	Sun 10 Jul 2022	Ian Greenaway	55:56	Sun 10 Jul 2022
7.00 M	KIRKSTALL Kirkstall Abbey				Andrew Statham	43:26	Sun 02 Oct 2022
7.00 M	SEVENOAK 7 Sevenoaks 7				Michael Manwill	54:34	Sun 14 Jul 2019
11.30 K	STAR 11.3K STAR 11.3K	Maggie Statham-Berry	1:03:27	Sun 25 Sep 2022			
11.70 K	HOGSBK_11 Hogs Back	Aly Warner	57:37	Sun 08 Dec 2019	Nick Averre	59:17	Sun 08 Dec 2019
12.00 K	NAT XC CY National XC Crawley AC				Kieran Barnes	47:19	Sat 26 Feb 2022
12.00 K	NAT XC MEN National Cross Country - Men				Kieran Barnes	48:56	Sat 22 Feb 2025
12.00 K	PENMID Penshurst Midsummer Relays	Sally Alexander	16:29	Wed 03 Jul 2024	Tom Seller	14:08	Wed 03 Jul 2024
7.50 M	SOT SENIOR South of Thames Senior	Rebecca Chapman	53:02	Sat 17 Dec 2016	Kieran Barnes	39:43	Sat 17 Dec 2022
7.50 M	VEN FELL Ventor Fell race				David Nottidge	1:46:15	Sat 09 Sep 2023
7.60 M	BOX HILL F Box Hill Fell				Simon Moore	1:07:25	Sat 22 Jan 2022
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
8.00 M	HARRY 8 MI Harry Hawkes 8 mile	Sue Garner	1:16:37	Sun 17 Jul 2022			
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	VENTNOR H 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

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
8.80 M	PHOE88	Phoenix West Sussex Rebound	Darija Sparkes	1:33:16	Sun 10 Aug 2025			
9.00 M	DEVIL 9	Devil 9				Ian Greenaway	1:14:13	Sun 04 Dec 2016
9.00 M	DOWN DEVIL	Downland Devil 9	Claudette Sims	1:29:11	Sun 01 Dec 2019	Ian Greenaway	1:13:44	Sun 07 Dec 2014
9.00 M	GRIZZL CUB	Grizzl Cub 9	Mandy Regenass	1:24:53	Sun 10 Mar 2019			
9.00 M	HENFLD_9	Henfield 9 Mile	Wendy Smith	1:26:02	Sun 07 Feb 2016			
9.30 M	PHO 93	Phoenix W Sussex Reservoir Reb	Hannah Cartledge	1:39:50	Sun 10 Aug 2025			
15.00 K	HAMBURG	Hamburg 15k				Chris Rebbeck	1:38:04	Fri 19 Jun 2015
15.00 K	LAKE 15	Lakeland Trails 15km challenge	Sarah Ferguson	2:21:58	Sat 07 Sep 2024			
15.00 K	MAVER SILV	Maverick Silver Dark Star	Michelle Hollins	1:35:50	Sat 25 Nov 2017			
15.00 K	RYE ANCIEN	Rye Ancient Trails	Michelle Hollins	3:29:50	Sun 10 Sep 2023	Simon Moore	1:03:19	Sat 11 Sep 2021
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				Luke Davis	56:48	Sat 29 Jan 2022
15.00 K	THORNEY IS	Thorney Island trail run	Michelle Hollins	1:22:16	Sat 20 Nov 2021			
9.80 M	PHO 98	Phoenix Reservoir Radiance Run	Laura Stockwood	1:41:12	Sun 06 Jul 2025	Matthew Stockwood	1:40:00	Sun 06 Jul 2025
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	BETTESHANG	Betteshanger Park				Mark Piper	1:30:38	Sun 16 May 2021
10.00 M	BRIG10	BrighTen 10 mile seafront run	Terri Scott	1:33:46	Sun 19 Jan 2025			
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	BRIT MASTE	British Masters 10 mile	Maggie Statham-Berry	1:22:09	Sat 03 May 2025			
10.00 M	CABBAGE PA	Cabbage Patch 10 mile	Lisa Compton	1:25:39	Sat 14 Oct 2023	Jeremy Garner	1:03:33	Sun 16 Oct 2022
10.00 M	DAWN D 10M	Dawn on the Downs 10 Mile	Michelle Hollins	1:38:30	Sun 25 Jul 2021	Mark Aldred	1:19:00	Sun 23 Jul 2023
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	Jeremy Garner	1:04:20	Sun 01 Jun 2025
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	EG 10 M	Mid-Sussex East Grinstead 10 m	Maggie Statham-Berry	1:46:07	Sun 30 Apr 2023	Tom Harvey	1:03:06	Sat 03 May 2025
10.00 M	ERIDGE_10	Eridge 10	Mandy Regenass	1:22:10	Mon 09 Sep 2013	Simon Moore	1:15:11	Sun 26 Sep 2021
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	Claudette Sims	29:19	Sun 15 Oct 2023	Juhana Kirk	57:31	Sun 20 Oct 2019

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
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	HAYL	Hayling Island 10 mile	Sarah Ferguson	1:36:43	Sun 03 Nov 2024			
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			
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			
10.00 M	HELLRN_10	Hell Runner	Michala Blackburn	1:57:43	Sun 11 Nov 2012	Richard Adams	1:04:23	Sun 15 May 2005
10.00 M	LEWESD_10	Lewes Downland 10						
10.00 M	LINGFD_10	LINGFIELD 10 MILE	Alex Saunders	1:21:04	Sun 05 May 2013	Ian Greenaway	1:18:56	Sun 04 Oct 2015
10.00 M	MINCEP_10	Mince Pie 10m	Mandy Regenass	1:15:19	Sun 08 Dec 2013			
10.00 M	RYE_10	Rye 10 mile				Kieran Barnes	56:00	Sun 30 Jun 2024
10.00 M	SIDCUP_10	Sidcup 10	Sue Garner	1:22:04	Sun 13 Mar 2016			
10.00 M	SQ10	Squash Club 10				James Ward	1:03:13	Sun 09 Dec 2018
10.00 M	STAPLE 10M	Staplehurst 10 mile						
10.00 M	TADWTH_10	Tadworth 10	Mandy Regenass	1:13:21	Sun 05 Jan 2014	Ian Greenaway	1:19:54	Sun 26 May 2019
10.00 M	THAM TOW	Thames Towpath Ten	Sue Garner	1:34:06	Sun 06 Apr 2025			
10.00 M	THANET 10	Thanet 10 mile	Lisa Compton	1:20:15	Sun 03 Dec 2017	Tim Garner	1:10:08	Sun 08 Mar 2015
10.00 M	TIPTRE_10	Tiptree 10						
10.00 M	VIGOVA_10	Vigo Valentines 10M	Mandy Regenass	1:24:00	Sun 15 Feb 2015	Stephan Hill	1:05:00	Sat 23 Mar 1985
10.00 M	WETHERAL	Wetheral 3 Village 10 mile						
16.90 K	DOWN TRAIL	Downland Trail	Michelle Hollins	1:47:19	Sat 05 Dec 2020	Mark Aldred	1:15:37	Mon 27 Dec 2021
18.00 K	MONTREUX	Montreux-LesRochers-de-Naye						
11.25 M	SAMP 11.25	Samp Hoe Saxon Viking	Joanne Given	2:37:54	Fri 24 Nov 2017	James Ward	1:04:17	Sun 06 Jan 2019
12.00 M	SUS12	LDWA Sussex Loops	Susie Birch	4:26:00	Sun 04 Aug 2024			
12.70 M	HAMPTC_12	Hampton Court Short HM	Diane Clayton	1:52:59	Sun 23 Feb 2014	Kio Vejdani	2:13:34	Sun 28 Oct 2012
13.00 M	ANT HALF	Antrim Coast Half Marathon						
13.00 M	CARD	Cardiff Half Marathon				Scott Ulatowski	1:15:00	Sun 15 Feb 2015
13.00 M	DEN HALF	Den Haag Half Marathon	Hannah Cartledge	1:56:36	Sun 10 Mar 2024			
						David Nottidge	1:32:02	Sun 13 Sep 2020
						Chris Rance	1:42:45	Sat 05 Dec 2020
						Simon Moore	2:14:54	Sun 03 Jul 2022
						Mike Diebel	4:26:00	Sun 04 Aug 2024
						Mark Clayton	1:42:28	Sun 23 Feb 2014
						Kieran Barnes	1:08:46	Sat 26 Aug 2023
						Kieran Barnes	1:09:14	Sun 06 Oct 2024
						David Worsell	1:46:21	Sun 10 Mar 2024

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
13.00 M	EYAM	Eyam Half Marathon	Michelle Hollins	2:00:52	Sat 17 May 2025			
13.00 M	GEN	Geneva Half Marathon				Paul McManus	1:53:00	Sun 11 May 2025
13.00 M	GLAS HALF	Glasgow Half Marathon	Eliska Kelly	2:15:29	Sun 06 Oct 2024			
13.00 M	HART HALF	Hartfield Honey Run Half Mar	Michelle Hollins	2:20:19	Sun 19 Nov 2023	James Kilfiger	1:43:49	Sat 23 Nov 2024
13.00 M	IOW HALF	Isle of Wight Half Marathon	Aly Warner	1:50:32	Sun 20 Aug 2023			
13.00 M	LAKE G	Lake Garda Half	Lisa Compton	1:56:45	Sun 14 Apr 2024			
13.00 M	MAL HA	Malaga Half Marathon	Lisa Compton	1:53:18	Sun 15 Dec 2024			
13.00 M	MOY RELAY	Moyleman Marathon Relay				Juhana Kirk	2:51:05	Sun 16 Mar 2025
13.00 M	MUNHALF	Munich Half Marathon	Lisa Compton	1:56:23	Sun 08 Oct 2023			
13.00 M	PHEO SCR 2	Phoenix Unbreakable Scroll 2	Fiona Champness	1:59:05	Sun 31 Mar 2024	Ian Watkins	1:59:59	Sun 31 Mar 2024
13.00 M	PULA	Pula Half Marathon	Sally Alexander	1:33:34	Sat 21 Sep 2024	Tom Cartledge	1:50:54	Sat 21 Sep 2024
13.00 M	SUFF	Sufferings Half Marathon				James Caffrey	1:59:00	Sat 21 Sep 2024
13.00 M	TUN W HALF	Tunbridge Wells Half Marathon	Sally Alexander	1:31:26	Sun 18 Feb 2024	Jack Goldsmith	1:24:24	Sun 18 Feb 2024
13.00 M	VIC_HALF	Victoria Park Half Marathon	Lisa Compton	1:51:04	Sun 25 Feb 2024			
13.00 M	WOL H	Woldingham Half Marathon				James Caffrey	1:40:52	Sun 24 Aug 2025
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	James Caffrey	1:23:25	Sun 29 Sep 2024
13.10 M	BATH HALF	Bath Half Marathon				Tom Cartledge	1:56:06	Sun 16 Oct 2022
13.10 M	BEACHY HAL	Beachy Head Half Marathon	Miranda Chitty	2:34:47	Sat 22 Oct 2022	James Caffrey	1:32:41	Sun 27 Oct 2024
13.10 M	BEDGEB_H	Bedgebury Half Marathon	Emma Page-Moore	1:41:48	Sun 29 Oct 2023			
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				Paul Atherton	2:01:39	Sun 14 Apr 2024
13.10 M	BEWL HALF	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	Kieran Barnes	1:10:25	Sun 04 Sep 2022
13.10 M	BIGHA	Big Half London	Aly Warner	2:06:20	Sun 01 Sep 2024	Juhana Kirk	1:15:29	Sun 01 Sep 2024
13.10 M	BLACK VALE	Blackmore Vale	Helen Davey	2:05:49	Sun 06 Feb 2022			
13.10 M	BLEN PAL	Blenheim Palace Half Marathon	Michelle Hollins	2:04:20	Sun 02 Oct 2016			
13.10 M	BOURN HALF	Bournemouth Half Marathon				Tom Cartledge	1:47:03	Sat 12 Oct 2024

Lingfield Running Club Course Records

		Ladies Records			Mens Records		
Distance	Course	Runners Name	Time	Date	Runners Name	Time	Date
13.10 M	BOURNE BAY Bournemouth Half Marathon				Barry Stone	1:32:35	Sun 07 Apr 2019
13.10 M	BOX HILL H 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	Kieran Barnes	1:08:56	Sun 26 Feb 2023
13.10 M	BRISTOL HA 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 Vajdani	3:03:18	Sun 18 Aug 2013
13.10 M	CAMB HALF Camberley Half Marathon				Graeme Bennett	1:19:51	Sun 08 Mar 1992
13.10 M	CANTBR_H Canterbury Half Marathon				Kio Vajdani	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	2:09:46	Sun 03 Oct 2021	Luke Carpenter	1:51:30	Sun 09 Oct 2016
13.10 M	CHISLEHURS Chislehurst Half Marathon				David Nottidge	2:03:34	Sun 21 May 2017
13.10 M	CLAREN HAL Clarendon Half Marathon				Steven 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				Trevor 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	Jeremy Garner	1:27:53	Sat 12 Jun 2021
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	Trevor 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 Pank	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	ERIDGE HAL Eridge Park Half Marathon	Michelle Hollins	2:20:27	Sun 23 May 2021	Simon Moore	1:47:43	Sun 23 May 2021
13.10 M	FARNBOR HA Farnborough Half Marathon	Aly Warner	1:48:14	Sun 26 Jan 2020	Michael Manwill	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	GOOGWD Goodwood Half Marathon	Lisa Compton	1:46:19	Sun 25 Apr 2021	Harry Sterling	1:18:02	Sun 25 Apr 2021

Lingfield Running Club Course Records

		Ladies Records			Mens Records		
Distance	Course	Runners Name	Time	Date	Runners Name	Time	Date
13.10 M	GORING HAL Goring Half Marathon	Wendy Smith	2:09:49	Sun 16 May 2021			
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	Lisa Compton	2:04:48	Sun 10 Sep 2023	Simon Pettitt	1:24:12	Sun 08 Sep 2024
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	Sue Garner	2:09:50	Sun 16 Feb 2025	Jeremy Garner	1:25:54	Sun 16 Feb 2025
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	1:26:45	Sun 18 Feb 2024
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 Ulatowski	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 Ulatowski	1:35:37	Sun 25 Sep 2016
13.10 M	KEMP HALF Kempton Park Half Marathon				Richard Adams	1:37:58	Sun 30 May 2021
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	1:25:09	Sun 22 Oct 2023
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	LAS VEGAS Las Vegas Half Marthon	Eliska Kelly	2:07:34	Sun 12 Nov 2017			
13.10 M	LEE VAL HA Lee Valley Half Marathon				Richard Adams	1:39:47	Sat 29 Jan 2022
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	LOND 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			

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
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	N DN 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	OOSER HALF	Ooser Half Marathon Dorset	Aly Warner	2:14:26	Sun 18 Apr 2021			
13.10 M	PADDCK_H	Paddock Wood Half	Sally Smoker	1:36:32	Sun 01 Apr 2007	Kieran Barnes	1:09:59	Sun 03 Mar 2024
13.10 M	PATHOS HAL	Pathos Half Marathon				Richard Adams	1:36:57	Sun 13 Mar 2022
13.10 M	PAVOS_H	PAVOS HALF MARATHON				Kio Vejdani	2:58:13	Sun 11 Mar 2012
13.10 M	PHOENIX RU	Phoenix Running	Lisa Compton	1:54:55	Sun 10 Nov 2024	Tom Cartledge	2:07:54	Sun 10 Aug 2025
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 Lauanders	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	Maggie Statham-Berry	1:49:47	Sun 11 May 2025	Jeremy Garner	1:26:26	Sun 12 May 2024
13.10 M	READNG_H	Reading Half Marathon	Lisa Compton	1:53:13	Sun 23 Mar 2025	Michael Manwill	1:43:53	Sun 06 Sep 2020
13.10 M	READNH_H	Reading Half Marathon				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
13.10 M	RICH PK HA	Richmond Park Half Marathon	Stephanie Sterling	1:45:29	Sun 20 Feb 2022	Jeremy Garner	1:28:32	Sun 07 May 2023
13.10 M	RICHMD_H	Richmond Half Mar 13	Nicky Pumford	1:49:57	Sun 06 May 2018	Jeremy Garner	1:26:27	Sun 08 May 2022
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	Michelle Hollins	1:49:09	Sun 08 Oct 2023	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 EL S	Sharm El Sheikh	Wendy Smith	2:55:00	Sun 25 Mar 2018			

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
13.10 M	SILVER_H	Silverstone Half Marathon	Catherine Bartlett	2:28:32	Sun 11 Mar 2012			
13.10 M	SOUTHC_H	South Coast Half Marathon	Sally Holford	2:05:52	Sun 06 Jul 2014			
13.10 M	SOUTHHD_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	1:39:19	Sun 06 Mar 2022
13.10 M	SUMMER BRE	Summer Breeze Half Marathon	Michelle Hollins	2:03:25	Sat 13 Jun 2015			
13.10 M	SUMMERB_H	Summer Breeze 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	Juhana Kirk	1:14:55	Sun 12 Mar 2023
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	THAM MEA H	Thames Meander Half Marathon				Harry Sterling	1:17:38	Sat 07 Aug 2021
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 Pank	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	Tom Harvey	1:17:31	Sun 23 Feb 2025
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	Steven Price	1:28:44	Sun 22 Aug 2021
13.10 M	WALTON HAL	Walton on Thames Half Marathon				Michael Manwill	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 HALF	Weald Half Marathon	Nicky Pumford	2:29:02	Sun 13 Jun 2021	Joe Robinson	1:47:20	Sun 12 Jun 2022
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	WEL G 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			
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	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	Wye Valley 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 Pank	3:40:28	Sun 11 May 2008
22.00 K	BRI50	Brighton 50/50				James Caffrey	1:42:33	Sun 14 Sep 2025
14.00 M	RACE THE T	Race the Train - Tywyn				Graeme Bennett	1:42:25	Wed 14 Aug 1991

Lingfield Running Club Course Records

		Ladies Records			Mens Records		
Distance	Course	Runners Name	Time	Date	Runners Name	Time	Date
23.00 K	FALMER MAV Falmer Maverick	Aly Warner	2:17:07	Sat 12 Dec 2020			
23.00 K	MAVER AMBE Maverick Amberley Terrex	Michelle Hollins	2:29:51	Sat 09 Apr 2022	Paul Blackmore	1:45:47	Sat 12 Feb 2022
24.00 K	HURT_24K Hurt 24 k	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	CRANLG_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 Pank	2:23:08	Sat 21 Jun 2014
25.00 K	GATLIF 25 Gatcliffe 25k	Liz McLennan	4:35:56	Sat 19 Oct 2024	James Caffrey	2:36:42	Sat 19 Oct 2024
25.00 K	MAVER SURR Maverick Terrex Polsden Lacey	Michelle Hollins	2:50:29	Sat 07 May 2022			
25.24 K	MONTSERRA Montserrat Sky Race				Simon Moore	2:48:37	Sun 13 Feb 2022
16.20 M	KING 16.2 Kingston Breakfast 16.2 miles	Lisa Compton	2:32:02	Sun 19 Mar 2023	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			
16.40 M	PHO RAD164 Phoenix Reservoir Radiance Run				David Samuel	3:06:43	Sun 06 Jul 2025
17.50 M	SAXON ROCH Saxons Rochester	Lisa Compton	3:03:45	Mon 28 Aug 2017			
30.00 K	NORTH_30KNorth 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			
30.00 K	STEYNG 30 Steyning Stinger 30 km	Zoe Greenfield	35:14:00	Sun 05 Mar 2023	James Caffrey	2:18:23	Sun 09 Mar 2025
18.70 M	PHO RAD Phoenix Reservoir Radiance Run				Mark Aldred	3:20:04	Sun 06 Jul 2025
19.70 M	JESKYNS CP Jeskyns Country Park Cakeathon				Richard Adams	3:03:19	Sun 07 Oct 2018
19.70 M	PHEO SCR 1 Phoenix Unbreakable Scroll 1	Lisa Compton	3:13:55	Sun 31 Mar 2024			
19.70 M	PHOENIX DO Phoeix 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	COLW Colwyn Bay 20 miler				Tom Cartledge	2:54:00	Sun 09 Mar 2025
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	ESSEX 20 Essex 20 Mile				Harry Sterling	2:02:53	Sun 06 Mar 2022
20.00 M	ETON DORNE Eton Dorney 20				Vernon Given	2:50:07	Sat 04 Apr 2015

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
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	Jeremy Garner	2:18:59	Sun 09 Mar 2025
20.00 M	LYDD 20	Lydd 20	Victoria (Tor) Rutter	2:43:46	Sun 12 Mar 2017	Richard Adams	2:47:31	Sun 06 Mar 2022
20.00 M	MILTNK 20	Milton Keynes 20				Vernon Given	2:34:04	Sun 11 Mar 2018
20.00 M	RHAYDR_20	Rhayader 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	THAMES 20	Thames Riversise 20	Lisa Compton	3:10:14	Sun 26 Mar 2023			
20.00 M	WORTHG_20	Worthing 20	Carolyn Swan	2:32:08	Sun 18 Mar 2012	Bob Pank	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	Dave Chase	4:21:59	Sat 11 Jun 2022
22.00 M	SUS22	LDWA Sussex Loops	Aly Warner	4:29:15	Sun 04 Aug 2024			
23.00 M	BRECON 23	Brecon Beacons 23 mile				Mark Clayton	5:29:04	Fri 18 Nov 2016
41.00 K	ARC MARA	ARC 41km run				Nick Averde	6:52:03	Sun 26 Jan 2025
26.00 M	6 LAKES	6 Lakes Marathon Uppsala				Nick Averde	5:28:35	Sat 19 Aug 2023
26.00 M	ARUN	Arundel and South Downs evnt				Nick Averde	6:21:48	Sun 21 Jan 2024
26.00 M	BATH TT	Bath Two Tunnels Marathon	Isla Greenaway	5:26:46	Sun 20 Aug 2023	Ian Greenaway	5:26:46	Sun 20 Aug 2023
26.00 M	EIND	Eindhoven Marathon	Aly Warner	3:51:43	Sun 13 Oct 2024			
26.00 M	GREE	Greensand Marathon				Dave Chase	6:49:41	Sun 17 Mar 2024
26.00 M	LOCHNESS M	Loch Ness Marathon	Terri Scott	4:58:27	Sun 01 Oct 2023			
26.00 M	MALAG	Malaga Marathon				Vernon Given	3:37:52	Sun 15 Dec 2024
26.00 M	MIDNIGHT	Midnight Sun Marathon	Aly Warner	3:59:47	Sun 18 Jun 2023	David Worsell	4:03:19	Sun 18 Jun 2023
26.00 M	RIMI MAR	Rimi Riga Marathon	Aly Warner	4:03:55	Sun 18 May 2025			
26.00 M	SERRA	Serralades de Barxeta				Scott Ulatowski	7:20:37	Sun 19 Jan 2025
26.00 M	SNOW MARA	Snowdon trail marathon	Aly Warner	7:00:56	Sat 08 Jul 2023			
26.00 M	SYD MAR	Sydney Marathon	Lisa Compton	4:10:52	Sun 15 Sep 2024			
26.00 M	VENICE	Venice Marathon				Nick Averde	4:46:41	Sun 22 Oct 2023

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
26.00 M	VILN	Vilnius Marathon	Lisa Compton	4:13:40	Sun 14 Sep 2025	Vernon Given	3:49:44	Sun 14 Sep 2025
26.00 M	WOLD MARA	Woldingham Marathon	Aly Warner	4:54:00	Sun 27 Aug 2023			
42.00 K	SHERE 42K	Shere 42 kilometres				Dave Chase	6:32:12	Sun 10 Jul 2016
26.20 M	7 SISTERS	7 Sisters Marathon	Jackie Barker	4:36:00	Sat 31 Oct 1992	Graeme Bennett	3:23:00	Sat 31 Oct 1992
26.20 M	ABU DHABI	Abu Dhabi Marathon				Peter Vaughan	4:29:27	Fri 26 Nov 2021
26.20 M	AMSTER_M	Amsterdam Marathon	Nevenka Worsell	4:42:01	Sun 16 Oct 2022	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	Tom Harvey	3:04:41	Sun 27 Oct 2024
26.20 M	BERLIN_M	Berlin Marathon	Lisa Compton	4:06:46	Sun 16 Sep 2018	Juhana Kirk	2:36:50	Sat 28 Sep 2024
26.20 M	BEWL MAR	Bewl Marathon	Michelle Hollins	5:00:30	Sat 11 May 2019	Scott Ulatowski	3:15:11	Sat 09 May 2015
26.20 M	BOSTON MAR	Boston Marathon	Lisa Compton	4:25:34	Mon 17 Apr 2017	Dan Celani	2:57:11	Mon 18 Apr 2022
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	BRIG TRAIL	Brighton Trail Marathon	Michelle Hollins	4:58:28	Sun 26 Jun 2022			
26.20 M	BRIGHT_M	Brighton Marathon	Sarah Davey	3:40:37	Sun 12 Apr 2015	Tom Harvey	2:41:10	Sun 06 Apr 2025
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	Dan Celani	2:51:22	Sun 13 Oct 2024
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 MAR	Dorney Lake Marathon	Lisa Compton	3:58:04	Sun 04 Oct 2020	Jeremy Garner	3:21:54	Sat 03 Apr 2021
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	GOODWD	Goodwood Marathon				Dan Celani	2:54:28	Sun 25 Apr 2021

Lingfield Running Club Course Records

		Ladies Records			Mens Records		
Distance	Course	Runners Name	Time	Date	Runners Name	Time	Date
26.20 M	GORING MAR Goring Marathon				Michael Manwill	4:01:57	Sun 16 May 2021
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	Aly Warner	4:48:01	Sun 20 Jun 2021	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	IOW_M Isle of Wight Marathon				James Kilfiger	3:23:46	Sun 06 Oct 2024
26.20 M	KENT SP MA Kent Spring Marathon				Ian Greenaway	4:26:12	Sun 13 Apr 2025
26.20 M	KENTCT_M Kent Coasftal 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	Kieran Barnes	2:31:39	Sun 27 Apr 2025
26.20 M	LONGMAN Longman Marathon				Juhana Kirk	4:03:23	Sun 08 Feb 2015
26.20 M	LUL MAR Lulworth Trail Events Marathon				Doug Bewley	4:50:42	Sun 26 Feb 2023
26.20 M	LUNARTIC Lunartic 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	Jeremy Garner	3:04:22	Sun 14 Apr 2024
26.20 M	MAPLE MAR Mapledurham Marathon	Aly Warner	4:41:20	Sun 28 Nov 2021			
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	Sarah Begley	4:01:31	Sun 12 May 2024	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 Moyleman 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	NORTHD North Downs Marathon				Mark Aldred	5:43:20	Sun 10 Jul 2022
26.20 M	NORTHDV_M North Dorset Villages Marathon	Debbie Wilkes	4:02:07	Sun 04 May 2014			
26.20 M	OOSER MARA Ooser Marathon				Mark Clayton	6:08:06	Sun 08 Aug 2021
26.20 M	OSTEND_M Ostend Marathon				Vernon Given	3:49:20	Sun 29 Sep 2013
26.20 M	PARIS MARA Paris Marathon	Liz Webster	3:57:14	Sun 17 Oct 2021	Jeremy Garner	3:06:56	Sun 03 Apr 2022
26.20 M	PHOENIX MA Phoenix Running Marathon	Sally Alexander	3:26:46	Sun 10 Aug 2025	Simon Mills	3:43:02	Sat 09 Feb 2019
26.20 M	PILGRIM Pilgrim Marathon	Mandy Regenass	3:45:48	Sun 11 Sep 2016			

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
26.20 M	PORTO	De Porto Marathon				Paul Carter	3:47:54	Sat 03 Nov 2018
26.20 M	PORTS MAR	Portsmouth Marathon	Emma Page-Moore	4:27:22	Sun 17 Dec 2023	Nick Gay	3:50:12	Sun 21 Dec 2014
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 Ashdown 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	SHEP MALLE	Shepton Mallett				Simon Mills	6:05:02	Sun 06 Nov 2022
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	SOUTHHD_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	STH COAST	South Coast Marathon				Graeme Bennett	2:52:28	Sun 26 Apr 1992
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	VAN WAY MA	Vanguard Way Marathon	Emma Page-Moore	4:39:13	Sun 06 Aug 2023	Ian Watkins	5:25:10	Sun 07 Aug 2022
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	WYEVAL_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 M	Mouth 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	SEVENO_30	Sevenoaks Circular				Scott Ulatowski	8:49:00	Sun 16 Mar 2025

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
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
31.00 M	BEACH U	Beachy Head Ultra	Aly Warner	6:08:44	Sat 21 Oct 2023	Ian Barrow	6:03:12	Sat 21 Oct 2023
31.00 M	RUN BRI	Run to the Sea Brighton	Darija Sparkes	6:34:00	Sat 10 May 2025			
31.00 M	SUS31	LDWA Sussex Loops				Brandon Webb	6:43:57	Sun 04 Aug 2024
50.00 K	BOU	Boudicca Way 50K				Brandon Webb	5:07:00	Sat 12 Jul 2025
50.00 K	BRECON50K	Brecon Beacons 50k				Mark Clayton	8:19:00	Sun 14 May 2017
50.00 K	CENT 100	Centurian Hundred Hills 50K	Zoe Greenfield	8:47:51	Sat 16 Mar 2024	Simon Mills	6:53:52	Sat 16 Mar 2024
50.00 K	CHIL 100	Chilton Hundred Hills 50km	Emma Page-Moore	6:12:54	Sat 18 Mar 2023	James Caffrey	4:12:47	Sat 16 Nov 2024
50.00 K	COP 50K	Copthorne 50K	Emma Page-Moore	6:26:45	Sat 25 Nov 2023	Scott Ulatowski	6:22:48	Sat 25 Nov 2023
50.00 K	DEVIL CHAL	Devil's Challenge Lite				Simon Mills	5:55:29	Sat 29 May 2021
50.00 K	EDEN VALLE	Eden Valley Ultra	Michelle Hollins	5:58:48	Sat 11 Sep 2021	Brandon Webb	5:34:47	Sat 11 Sep 2021
50.00 K	GORING ULT	Goring Ulta	Aly Warner	6:10:00	Sun 16 May 2021			
50.00 K	HIGH WEALD	High Weald 50 k				Juhana Kirk	5:03:00	Sun 25 Sep 2016
50.00 K	HURTWD 50K	Hurtwood 50 k	Aly Warner	6:25:53	Sun 04 Dec 2022	Doug Bewley	4:49:55	Sun 05 Dec 2021
50.00 K	NORTHD_50K	North Downs Way 50K				Mark Aldred	5:48:15	Sun 25 Feb 2024
50.00 K	RACE SEA U	Race to the Sea Ultra	Michelle Hollins	5:52:33	Sat 06 May 2023	Brandon Webb	4:55:58	Sat 06 May 2023
50.00 K	RACEK	Race to the King				Mark Aldred	6:22:35	Sun 22 Jun 2025
50.00 K	RUN BOURN	Run to the Sea Bournemouth	Michelle Hollins	5:38:05	Sat 05 Oct 2024	Tom Cartledge	5:52:14	Sat 05 Oct 2024
50.00 K	S DOWN U50	South Downs Ultra Marathon				David Worsell	7:00:52	Sun 28 May 2023
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
50.00 K	SERPENT TR	Serpent Trail	Michelle Hollins	5:45:10	Sat 02 Jul 2022	Mark Aldred	5:24:52	Sat 01 Jul 2023
50.00 K	WEALD_50K	Weald 50 kilometre	Edwina Sutton	4:37:40	Sun 25 May 2014	Juhana Kirk	3:57:18	Sun 12 Jun 2022
31.95 M	SNOWDON	Snowdon Ultra	Emma Page-Moore	21:24:29	Sat 08 Jul 2023	Juhana Kirk	8:04:34	Sat 28 Sep 2019
32.00 M	ROUND READ	Round Reading Ultra	Michelle Hollins	5:35:50	Sat 30 Jul 2022			
52.00 K	TISBURY	Tisbury Ultra				Graeme Bennett	7:35:21	Sat 10 Oct 2020
33.00 M	BERM	Bermuda Triangle Challenge	Lisa Compton	5:24:45	Sun 19 Jan 2025			
33.00 M	PILGRIMS	Pilgrims Challenge 33	Debbie Wilkes	6:21:01	Sat 31 Jan 2015	Brandon Webb	5:35:38	Sun 03 Feb 2019
54.00 K	MAV	Maverick North Downs Ultra	Michelle Hollins	7:00:37	Sat 18 Sep 2021	Nick Averde	6:40:42	Sat 17 May 2025

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
33.70 M	CTSBR_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			
35.00 M	DRAY 35 MI	Draycote Water 35 Miles				Ian Wilson	6:45:32	Tue 17 Feb 2004
57.00 K	HELV	Helvelyn Sky Ultra				Juhana Kirk	7:51:04	Sat 12 Jul 2025
57.00 K	SOUT COAST	South Coast Challenge				Graeme Bennett	9:47:53	Sat 04 Sep 2021
35.40 M	GATLIF_U	Gatliffe	Edwina Sutton	6:13:22	Sun 24 Nov 2013	James Kilfiger	5:43:33	Sat 19 Oct 2024
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	Simon Mills	7:56:09	Sat 08 Jan 2022
46.00 M	BRECON 46	Brecon Beacons 46 mile				Simon Mills	9:49:45	Sat 19 Nov 2016
47.00 M	LAP	The Lap				Dave Chase	16:09:27	Sat 07 Jun 2025
50.00 M	ARC 50	Arc of att 50				Juhana Kirk	9:53:09	Sat 27 Jan 2024
50.00 M	CHILT 50	Chiltern Wonderland 50	Edwina Sutton	7:58:03	Sat 17 Sep 2016	Tom Harvey	6:54:16	Sat 20 Sep 2025
50.00 M	COP CAN 50	Copthorne Canary 50 Mile				Scott Ulatowski	10:13:04	Sun 01 Dec 2019
50.00 M	FORTPIP	Duplicate (don't use)				Tom Harvey	9:36:00	Sat 30 Mar 2024
50.00 M	HEV CAST	HEVER CASTLE ENDURANCE				Brandon Webb	10:27:02	Sun 09 Jul 2023
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	SDW 50	South Downs Way 50				Simon Moore	4:41:33	Sun 29 May 2022
50.00 M	SOUTHDW_5	South Downs Way 50	Edwina Sutton	7:09:21	Sat 05 Apr 2014	Luke Davis	7:18:04	Sat 17 Apr 2021
50.00 M	WEAVE	Weavers Way Ultra 50 mile				Brandon Webb	9:07:19	Sat 05 Oct 2024
50.00 M	WENDOVER	Wendover 50				Nick Averre	8:36:10	Sun 09 Jul 2023
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
55.00 M	CHEV GOAT	Cheviot Goat Ultra				Juhana Kirk	14:17:26	Sat 03 Dec 2022
55.00 M	WINDOW	Winter on the Downs				Juhana Kirk	8:03:03	Sat 07 Dec 2024
90.00 K	COMRADES	Comrades Marathon				James Garner	10:05:30	Sun 31 May 2015
56.00 M	ULT WINT	Ultra Winter on the Downs				Juhana Kirk	9:06:04	Sat 02 Dec 2023
62.00 M	GREAT LAK	Great Lakeland 3D Challenge	Emma Page-Moore	23:31:30	Sat 29 Apr 2023			
100.00 K	ANGLO/CELT	Anglo/Celtic 100k	Edwina Sutton	8:24:05	Sun 27 Mar 2016			

Lingfield Running Club Course Records

			Ladies Records			Mens Records		
Distance	Course		Runners Name	Time	Date	Runners Name	Time	Date
100.00 K	JURASSIC C	Jurassic Coast				Brandon Webb	16:56:36	Sat 11 Jun 2022
100.00 K	LDN/BRIGHT	London/Brighton Challenge				Ian Barrow	13:35:29	Sat 29 May 2021
100.00 K	LONBRI	London to Brighton Ultra				Mark Aldred	15:46:19	Sat 25 May 2024
100.00 K	RACESTO	Race to the Stones				Dave Waddington	11:05:23	Sat 06 Jul 2024
100.00 K	RTTS	Race to the Stones	Michelle Hollins	16:43:35	Sat 10 Jul 2021			
100.00 K	SER100	Serpent Trail 100K				Juhana Kirk	9:16:27	Sat 06 Jul 2024
100.00 K	SILVA	Silva Lakes Traverse				Juhana Kirk	12:11:04	Sat 06 Apr 2024
100.00 K	SOUTH100	South Downs Way 100k	Mandy Regenass	21:40:54	Sun 30 May 2021			
100.00 K	STHCO100K	South Coast Challenge 100k				Mark Aldred	17:18:53	Sat 03 Sep 2022
66.00 M	PILGRM_66	Pilgrim Challenge 66	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			
96.00 M	WEST HIGH	West Highland Way Challenge				Brandon Webb	30:29:00	Sat 29 May 2021
96.00 M	WEST	West Highland Way Challenge				Brandon Webb	29:23:00	Sat 03 Jun 2023
100.00 M	ARC 100	ARC 100				Brandon Webb	33:41:37	Sat 28 Jan 2023
100.00 M	ARC ATTRIT	Arc of Attrition				Tom Harvey	22:45:00	Sat 25 Jan 2025
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	Mandy Regenass	21:40:54	Sat 12 Jun 2021	Juhana Kirk	20:16:41	Sat 10 Jun 2017
100.00 M	SDW100M	South Downs Way 100 mile				Tom Harvey	22:53:19	Sat 25 May 2024
100.00 M	SOUTH100	South Downs Way Ultra 100 mile				Tom Harvey	17:46:44	Sat 24 May 2025
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
268.00 M	SPINE	The Spine Race				Juhana Kirk	99:59:59	Sun 22 Jan 2023
500.00 M	MANSALU	Mansalu Trail race Nepal				Brandon Webb	30:59:34	Sun 19 Nov 2023