

Uphill mile PBs**Aug-26**

Runner Name	Time	PB Date
Kieran Barnes	6:40	Thu 11 Jul 2019
Peter Dunn	6:44	Tue 03 Aug 1993
Steve Pautard	6:46	Thu 25 Jun 1987
Noel McKnight	6:50	Tue 16 Jun 1992
Ashley Middleton	6:51	Tue 04 Aug 2026
Juhana Kirk	6:58	Thu 07 Aug 2014
Alistair Matson	7:06	Tue 16 Jun 1992
Chris Ryan	7:12	Tue 28 May 1991
James Caffrey	7:15	Tue 19 Aug 2025
James Parker (The younger)	7:20	Thu 08 Jul 2004
Roger Spencer	7:20	Thu 25 Jun 1987
Martin Dillworth	7:21	Tue 26 Jul 1994
Graeme Bennett	7:22	Tue 03 Aug 1993
Andrew Heath	7:24	Thu 20 Aug 1987
Tom Seller	7:24	Thu 11 Jul 2019
Graham Pearce	7:25	Tue 16 Jun 1992
Jeremy Garner	7:25	Thu 18 Jul 1996
Darren Newberry	7:31	Tue 16 Jun 1992
Daniel Oppe	7:31	Tue 24 Jun 2014
Dan Celani	7:35	Tue 22 Aug 2023
Derk Lanagan	7:35	Thu 08 Jul 2004
George Matthews	7:36	Tue 19 Aug 2025
Ray McCullough	7:39	Tue 03 Aug 1993
Brian Taylor	7:41	Tue 26 Jun 1990
Richard Adams	7:42	Thu 01 Aug 2002
Sam Jackson	7:45	Thu 07 Aug 2014
Ben Ashmore	7:47	Tue 19 Aug 2025
Mark Brook	7:49	Thu 25 Aug 1988
Simon Petitt	7:50	Tue 22 Aug 2023
Ben Garner	7:51	Tue 27 Jun 1995
Ian Wallis	7:54	Tue 26 Jun 1990
Simon Moore	7:54	Tue 19 Jun 2018
David Lower	7:58	Tue 14 Aug 2001
Gary King	7:58	Tue 14 Aug 2001
John Penny	8:00	Tue 27 Jun 1995
Norman Houghton	8:01	Tue 03 Aug 1993
Pauk Jenner	8:01	Tue 28 May 1991
Marlene Pautard	8:02	Tue 16 Jun 1992
Joe	8:03	Tue 24 Jun 2014
James Kilfiger	8:07	Tue 19 Aug 2025
Brett Allen	8:08	Wed 11 Aug 2010
Archie McEwan	8:09	Tue 28 May 1991
Trevor Crowhurst	8:09	Thu 20 Aug 1987
Ian Barrow	8:10	Tue 19 Jun 2018
Steven Osborne	8:11	Thu 07 Aug 2014
James	8:15	Tue 13 Jun 2017
Brian Spicer	8:17	Tue 28 May 1991
Ian Greenaway	8:17	Thu 07 Aug 2003
Paul Chappell	8:19	Tue 14 Aug 2001
Derek Hine	8:20	Tue 28 May 1991
Luke Parker	8:24	Thu 08 Jul 2004

Neil Ashdown	8:24	Thu 25 Jun 1987
Brandon Webb	8:25	Tue 17 Jul 2012
George English	8:26	Thu 30 Jul 2009
Jim Lee	8:26	Thu 25 Aug 1988
F Mason	8:27	Thu 20 Aug 1987
David Proud	8:27	Thu 19 Jul 2001
Robert Sales	8:28	Tue 28 May 1991
Clive Barnard	8:29	Thu 25 Jun 1987
Guy Huntington	8:29	Thu 18 Jul 2019
Phil Anderson	8:29	Tue 16 Jun 1992
Jake Goodall	8:32	Tue 06 Aug 2013
Simon Pilkington	8:32	Thu 19 Jul 2001
Steve Ackroyd	8:33	Tue 19 Aug 2025
Richard Bushell	8:34	Thu 07 Aug 2003
Kio Vejdani	8:36	Tue 03 Aug 1993
Rupert Apthorp	8:36	Thu 19 Jul 2001
Gary Spring	8:37	Tue 05 Jul 2011
Rob Moir	8:37	Thu 08 Jul 2004
Veronica Donahue	8:38	Tue 16 Jun 1992
Peter Bedingfield	8:40	Tue 28 May 1991
Julie Barton	8:42	Tue 28 May 1991
Harry Sterling	8:42	Thu 18 Jul 2019
Sally Alexander	8:46	Tue 19 Aug 2025
Jeff Steer	8:46	Tue 27 Jun 1995
John Jocham	8:47	Tue 28 May 1991
Scott Ulatowski	8:48	Tue 23 Jul 2013
Lucinda Graves	8:49	Thu 07 Aug 2003
Carolyn Swan	8:52	Tue 27 Jul 2010
Tony Allen	8:52	Thu 18 Jul 2019
Mandy Regenass	8:54	Tue 06 Aug 2013
Andrew Hindmarch	8:55	Thu 18 Jul 1996
Dave Foreman	8:58	Thu 20 Aug 1987
Harry	8:58	Tue 13 Jun 2017
Alison Garrido	8:59	Thu 01 Aug 2002
J Laws	9:00	Thu 25 Jun 1987
Julie Earl	9:01	Tue 28 May 1991
Steve Hill	9:02	Thu 20 Aug 1987
Simon Mills	9:02	Thu 30 Jun 2016
Tim Martin	9:02	Tue 19 Jun 2018
Leroy Arscott	9:03	Tue 27 Jul 2010
Mark Aldred	9:03	Tue 24 Jun 2014
Peter Butcher	9:03	Tue 08 Jul 1997
Vernon Given	9:03	Tue 06 Aug 2013
Tom Collingwood	9:05	Thu 07 Aug 2003
Barrie Clegg	9:08	Tue 26 Jul 1994
David Samuel	9:08	Thu 24 Jul 2008
Matt Beard	9:08	Thu 07 Aug 2003
Jim Parker	9:10	Thu 19 Jul 2001
Rod Chinn	9:10	Thu 30 Jul 2009
Jane Butterworth	9:12	Thu 19 Jul 2001
Luke Carpenter	9:12	Tue 04 Aug 2015
Mark Julian	9:12	Tue 05 Jul 2011
Ted Swift	9:12	Thu 18 Jul 1996
Mike Preston	9:16	Tue 17 Jul 2012
David Watkins	9:17	Thu 30 Jun 2016

Michael Manwill	9:17	Tue 03 Aug 2021
Brian McClaren	9:18	Thu 30 Jun 2005
Dave Waddington	9:18	Tue 19 Aug 2025
George Firminger	9:18	Tue 27 Jul 2010
Ken Bridle	9:18	Thu 25 Aug 1988
Mark Dyer	9:19	Thu 25 Jun 2015
Peter Holmes	9:19	Thu 11 Aug 2022
John Colletti	9:20	Tue 17 Jul 2012
Sarah Davey	9:23	Tue 24 Jun 2014
Simon Cook	9:23	Tue 19 Jun 2018
Melanie Warren-Hawkes	9:24	Tue 28 May 1991
Alex Niven	9:24	Tue 08 Jul 1997
Phil m	9:24	Tue 24 Jun 2014
Reg Garrido	9:24	Thu 24 Jul 2008
Kath Garrido	9:27	Tue 03 Aug 1993
Connor Lindsay	9:27	Thu 11 Jul 2019
Gareth Evans	9:28	Thu 26 Jul 2007
Dave Chase	9:30	Thu 08 Jul 2004
Kevin Reeve	9:31	Thu 18 Jul 2019
Mark Shoubridge	9:32	Thu 28 Jul 2011
Steve Martin	9:32	Thu 26 Jul 2007
Sophie Mills	9:33	Tue 24 Jun 2014
Bradley Clayton	9:33	Tue 17 Jul 2012
Sheila Houghton	9:34	Tue 26 Jul 1994
Mark Clayton	9:38	Tue 23 Jul 2013
Jackie Barker	9:39	Tue 14 Aug 2001
Katy Fisher	9:42	Thu 25 Jun 2015
Ray ...	9:42	Thu 24 Jul 2008
David Worsell	9:45	Tue 03 Aug 2021
Pete Holley	9:47	Tue 27 Jul 2010
Kirsty Wachuku-King	9:48	Tue 23 Jul 2013
Meghan Upton	9:49	Thu 18 Jul 2019
Paul McManus	9:51	Thu 28 Jul 2011
Helen Wise	9:52	Sun 30 Dec 2012
Kelly Jarvis	9:52	Thu 26 Jul 2007
Guy Wates	9:52	Thu 07 Aug 2014
Mark Edwards	9:53	Thu 08 Jul 2004
Claire Ziegler	9:55	Thu 11 Jul 2019
Samantha Smith	9:55	Thu 11 Aug 2022
Sebastian Harries	9:56	Tue 19 Jun 2018
Tom Stockman	9:56	Thu 01 Aug 2002
Sophie Davis	9:57	Tue 04 Aug 2026
Una Sargent	9:57	Thu 25 Jun 1987
Fiona Champness	9:58	Thu 11 Aug 2022
Stephanie Sterling	9:59	Thu 18 Jul 2019
Andrew Taylor	9:59	Tue 06 Aug 2013
Steve Lovell	9:59	Tue 04 Aug 2026
Daniel Jones	10:03	Tue 19 Aug 2025
Scott McDonald	10:03	Thu 25 Jun 2015
Maxine Lower	10:04	Tue 23 Jul 2013
Sue Garner	10:04	Thu 07 Aug 2003
Kirsty Moore	10:05	Thu 26 Jul 2007
Nick Gay	10:05	Tue 24 Jun 2014
Paul Allen	10:07	Tue 27 Jul 2010
Alex Saunders	10:08	Tue 06 Aug 2013

Mark Vallance	10:08	Thu 18 Jul 1996
Ollie (guest)	10:08	Wed 11 Aug 2010
Duncan McConnell	10:11	Tue 27 Jul 2010
Paul from Crowborough	10:12	Sat 12 Sep 2009
Will Humphrey	10:13	Tue 04 Aug 2026
Nicky Pumford	10:14	Tue 13 Jun 2017
Andy Senior	10:15	Tue 04 Aug 2026
Mike Redmond	10:16	Tue 27 Jun 1995
Lisa Compton	10:19	Thu 11 Jul 2019
Sarah Muir-Timmins	10:19	Thu 29 Jun 2006
David Nottidge	10:19	Thu 18 Jul 2019
Adam Chase	10:21	Thu 07 Aug 2014
Nick Hall	10:21	Thu 11 Jul 2019
Aly Warner	10:22	Thu 18 Jul 2019
Danielle Payne	10:22	Tue 27 Jul 2010
Marita Saffrey	10:22	Thu 29 Jun 2006
Mark Piper	10:22	Tue 17 Jul 2012
Matt Quilty	10:22	Thu 28 Jul 2011
Kirsty Roberts	10:24	Thu 19 Jul 2001
Heidi Berrisford	10:25	Thu 24 Jul 2008
Carol Woodward	10:26	Tue 27 Jul 2010
Alan Quinn	10:26	Tue 13 Jun 2017
Artu+A2:C332ro Uphill Mile 199	10:27	Tue 03 Aug 1993
Mike Diebel	10:27	Tue 14 Aug 2001
Ian Watkins	10:28	Thu 11 Aug 2022
Liz McLennan	10:29	Tue 23 Jul 2013
Trevor Mikelas	10:29	Tue 13 Jun 2017
Steve Brinkley	10:31	Tue 13 Jun 2017
Victoria (Tor) Rutter	10:33	Tue 23 Jul 2013
Simon Harris	10:33	Tue 04 Aug 2026
Tim Aylett	10:35	Thu 29 Jun 2006
Christine Egglestone	10:37	Thu 08 Jul 2004
Beth	10:38	Tue 06 Aug 2013
Lucy Goldsworthy	10:40	Tue 27 Jul 2010
Tom Cartledge	10:40	Tue 05 Jul 2011
Debbie Wilkes	10:42	Thu 28 Jul 2011
Fi Harvie	10:42	Thu 30 Jun 2005
Jenny Young	10:42	Tue 27 Jul 2010
Liz Webster	10:42	Thu 11 Jul 2019
Roy Bradley	10:42	Thu 30 Jun 2016
Terry Sumner	10:44	Tue 04 Aug 2026
Matthew Collins	10:48	Tue 03 Aug 2021
Adrian Heaton	10:49	Thu 30 Jul 2009
Keith Chambers	10:50	Tue 03 Aug 2021
Natasha Beard	10:51	Thu 07 Aug 2003
Dave Hubbard	10:51	Thu 30 Jul 2009
Karl Anderson	10:51	Wed 11 Aug 2010
Wendy Smith	10:52	Tue 13 Jun 2017
Amelia Weller	10:54	Tue 19 Jun 2018
Tony Styles	10:56	Thu 30 Jun 2016
Theresa Donohue	10:57	Thu 01 Aug 2002
Dave Wilkes	10:57	Thu 24 Jul 2008
Chris McClaren	10:58	Thu 26 Jul 2007
Jolie Wilkinson	10:59	Thu 30 Jul 2009
Kimberly Willcock	10:59	Wed 11 Aug 2010

Sally Smoker	11:00	Thu 07 Aug 2003
Martin Faulkner	11:01	Tue 03 Aug 2021
Brian Miller	11:02	Thu 02 Aug 2012
Ed Stacey-Clear	11:03	Thu 26 Jul 2007
James Burley	11:04	Thu 24 Jul 2008
Alison Guthrie	11:06	Thu 26 Jul 2007
Bob Pank	11:06	Tue 23 Jul 2013
Ang Oxley-Evans	11:09	Wed 11 Aug 2010
Laura Stockwood	11:10	Tue 03 Aug 2021
Quentin Burgess	11:10	Thu 07 Aug 2003
Clare Collett	11:11	Tue 28 May 1991
Nick Champness	11:13	Tue 19 Aug 2025
Graham May	11:15	Thu 18 Jul 1996
Martin Payne	11:16	Tue 19 Jun 2018
Hannah Cartledge	11:17	Thu 11 Aug 2022
Katie Cahill-Smith	11:17	Tue 13 Jun 2017
Natalie Mitchell	11:18	Tue 04 Aug 2026
Eric Shoubridge	11:19	Wed 11 Aug 2010
Neil (guest)	11:19	Wed 11 Aug 2010
Gina Obee	11:21	Tue 04 Aug 2015
Mary Richardson	11:21	Thu 26 Jul 2007
Dennis Moore	11:21	Thu 24 Jul 2008
Joan Taylor	11:22	Tue 28 May 1991
Stephanie Gue	11:22	Sat 12 Sep 2009
Kate Pelissier	11:24	Thu 07 Aug 2003
Maggie Ellis	11:25	Tue 28 May 1991
Michala Blackburn	11:26	Thu 28 Jul 2011
Ian Fotheringham	11:26	Tue 22 Aug 2023
Steve Hollis	11:27	Thu 26 Jul 2007
Elizabeth Waring	11:31	Sat 12 Sep 2009
Philip Cowell	11:36	Tue 24 Jun 2014
Alison Slater	11:37	Tue 19 Jun 2018
Guy Collingwood	11:37	Thu 26 Jul 2007
Shelley Foreman	11:39	Tue 06 Aug 2013
Hannah Briggs	11:42	Tue 06 Aug 2013
Maggie Statham-Berry	11:45	Thu 11 Aug 2022
Ian Smith	11:46	Thu 29 Jun 2006
Ian Wilson	11:46	Thu 26 Jul 2007
Vivian Gibson	11:47	Tue 27 Jul 2010
Lynda O'Sullivan	11:48	Tue 03 Aug 2021
Helen Davey	11:53	Thu 18 Jul 2019
Carley Atkins	11:55	Thu 07 Aug 2014
Peter Phillips	11:55	Thu 25 Jun 2015
Colin Horn	11:56	Tue 05 Jul 2011
Clare Evans	11:58	Tue 19 Jun 2018
Catherine Pearce	11:58	Tue 04 Aug 2015
Chris Oppe	11:58	Thu 30 Jul 2009
Claudette Sims	11:59	Thu 11 Jul 2019
Lucy Douglas	11:59	Tue 03 Aug 2021
Michael Lothian	11:59	Thu 30 Jul 2009
Gemma Moseley	12:00	Tue 24 Jun 2014
John Pearce	12:02	Thu 19 Jul 2001
Gareth Anthony	12:03	Thu 07 Aug 2014
Robert Llewellyn	12:04	Tue 04 Aug 2026
Vicky (Guest)	12:07	Thu 30 Jul 2009

Glen Smith	12:08	Tue 04 Aug 2026
Alison Phillips	12:09	Tue 04 Aug 2015
Aaron Perrott	12:09	Thu 30 Jun 2016
Judith Cartledge	12:12	Tue 22 Aug 2023
Jaimie Howells	12:12	Tue 06 Aug 2013
Clare Berryman	12:14	Thu 11 Jul 2019
Nicole Collingwood	12:16	Thu 26 Jul 2007
Katie Shoubridge	12:17	Wed 11 Aug 2010
Bridget Hollis	12:18	Thu 19 Jul 2001
Diane Clayton	12:18	Tue 23 Jul 2013
Donna Sadler	12:19	Tue 24 Jun 2014
Shona Wilkinson	12:22	Thu 26 Jul 2007
Philip Mooney	12:24	Tue 27 Jul 2010
Emma Fuller	12:30	Tue 24 Jun 2014
Melanie Kirk	12:34	Tue 23 Jul 2013
Abi from Crowborough	12:36	Sat 12 Sep 2009
Laura Carey	12:38	Tue 13 Jun 2017
P Andrews MR1 2003	12:40	Thu 01 Aug 2002
Lucy	12:46	Tue 06 Aug 2013
Mandy Notridge	12:47	Tue 13 Jun 2017
Christene Redmond	12:49	Tue 27 Jun 1995
Sally Moore	12:50	Tue 05 Jul 2011
Bob Russell	12:58	Thu 28 Jul 2011
David Lacey	12:58	Thu 30 Jul 2009
Anita Asghar	13:03	Tue 05 Jul 2011
Marie McManus	13:05	Thu 28 Jul 2011
Chantel Pepperrell	13:06	Tue 19 Jun 2018
Isla Greenaway	13:06	Thu 18 Jul 2019
Steve Warner	13:12	Tue 22 Aug 2023
Julie Landsborough	13:14	Thu 30 Jul 2009
Lynda Willment	13:15	Tue 06 Aug 2013
Kelly Walter	13:25	Tue 04 Aug 2026
Chris Rebbeck	13:25	Sat 12 Sep 2009
Jacquie Russell	13:29	Thu 28 Jul 2011
Sarah Blake	13:30	Tue 17 Jul 2012
Elizabeth Jenn	13:33	Tue 19 Jun 2018
Alison Osborn	13:34	Tue 19 Jun 2018
Catherine Bartlett	13:36	Thu 30 Jul 2009
Clare Harrison	13:36	Thu 30 Jul 2009
Claire Barnes	13:41	Thu 26 Jul 2007
Robert Healey	13:45	Tue 03 Aug 2021
Sarah Ferguson	13:51	Tue 22 Aug 2023
Rhiannon Clarke	13:52	Thu 30 Jun 2016
Gemma Wilson	13:54	Thu 26 Jul 2007
Julie Blythe	14:00	Thu 11 Jul 2019
Lindy Lanning	14:02	Sat 12 Sep 2009
Alison Lacey	14:11	Thu 30 Jul 2009
Claire Hancock	14:12	Thu 02 Aug 2012
Caroline Froude	14:16	Thu 02 Aug 2012
Gerry Smith	14:17	Wed 11 Aug 2010
Angela Wilson-Taylor	14:21	Tue 04 Aug 2026
Jo Donovan	14:26	Tue 17 Jul 2012
Susie Birch	14:29	Tue 24 Jun 2014
Alex Tuesley	14:31	Thu 11 Jul 2019
Tracy Roberts	14:35	Tue 17 Jul 2012

Amy Hodge	14:55	Tue 04 Aug 2026
Sandra Ankers	15:28	Tue 22 Aug 2023
Samantha Earle	15:31	Tue 13 Jun 2017
Martin Weare	15:31	Thu 26 Jul 2007
Jackie Denyer	15:34	Tue 05 Jul 2011
Jayne Webb	15:36	Tue 23 Jul 2013
Sandra	15:38	Tue 03 Aug 2021
David Youngs	15:48	Tue 19 Jun 2018
Angela Gill	15:56	Thu 11 Jul 2019
Jacqueline Banda	16:34	Thu 11 Jul 2019
Joanna Sait	16:54	Sat 12 Sep 2009
Angela Youngs	17:02	Tue 19 Jun 2018
Julie Scott	17:40	Sun 30 Dec 2012
Joanne Given	17:43	Thu 30 Jun 2016
` Marion Mikelas	19:52	Tue 13 Jun 2017