

SILSON JOGGERS – CLUB TEST TIMES

DISTANCE	MU20	SENIOR MEN	MEN 40	MEN 45	MEN 50	MEN 55	MEN 60	MEN 65
1 mile	5:40 Ashley Phillips Sixfields 03/07/2009	4:48 Graham Linnell Westminster 14/08/1988	5:09 Andy Pacey Sixfield 01/05/2009	4:54 Jeff Haynes Sixfields 2002	6:00 Graham Linnell Sixfields 01/05/2009	7:23 Dave Lantsbery Sixfields 30/04/2004	6:06 Dave Lantsbery Sixfields 15/05/2005	7.12 Allan Lock Sixfields 29/06/2007
3 km	13:06 David Fowler Sixfields 16/04/2004	10:21 David Coates Beckenham 08/09/1993		9:59 Jeff Haynes Sixfields 2002		17:46 Dave Lantsbery Sixfields 16/04/2004		
2 miles		13:21 John Fowler Billing 02/07/1993						
3 miles				20:51 Richard Popiel Oxford 18/05/2009				
5 km	19:50 David Fowler Blisworth 21/05/2004	16:50 Jim Darcy Milton Keynes 05/03/1994	17:30 Andy Pacey Blisworth 08/05/2009	16:34 Jeff Haynes Bedford Park 06/2001	17:26 Jeff Haynes Blisworth 18/05/2007	19:18 Dave Lantsbery Blisworth 10/05/2002	19:57 Dave Lantsbery Blisworth 20/05/2005	25:49 Allan Lock Blisworth 08/05/2009
5 miles	34:52 David Fowler Weston 02/05/2005	26:21 Graham Linnell Wolverton 28/11/1988	28:41 Andy Pacey Wellingborough 02/08/2009	27:10 Jeff Haynes Birkenhead Park 06/06/2001	28.34 Jeff Haynes Blisworth 17/08/2007	30:51 Roger Elkin Draycote Water 28/10/2001	32:38 Dave Lantsbery Rockingham 25/05/2005	41:16 Allan Lock Banbury 12/06/2007
6 miles	44:17 David Fowler Rugby 06/07/2004	32:07 Graham Linnell Rugby 04/07/1984	33:58 Chris Rogers Bedford 17/05/2006	34:35 Nick Pacey Daventry 27/09/2009	35.22 Jeff Haynes Rugby 16/05/2007 & Bedford 23/05/2007	38:31 Roger Elkin Rugby 14/05/2003	41:10 Dave Lantsbery Rugby 10/05/2006	50:50 Allan Lock Bedford 19/05/2009

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10 kms	43:52 David Fowler Milton Keynes 06/07/2004	31:55 Danny Bull Bicester 31/12/1989	35:58 Andy Wright Milton Keynes 05/07/2005	35:12 Nick Pacey Bedford 13/09/2009	38:49 Eddie Shoemith Milton Keynes 06/07/1999	38:55 Roger Elkin Eynsham 25/11/2001	41:18 Dave Lantsbery Boddington 30/05/2005	50:58 Allan Lock Milton Keynes 03/07/2007
10 miles		54.09 Danny Bull Northampton 12/03/1989	58.50 Chris Rogers Henlow 23/11/2005	57:47 Nick Jerome Maidenhead 10/04/1998	1:13:54 Warren Marsh Sandy 28/03/2009	1:02:18 Roger Elkin Nene Valley 02/12/2001		
Half marathon		1:13:07 Graham Linnell Stamford 14/07/1985	1:19:18 Andy Pacey Milton Keynes 17/03/2010	1:19:07 Eddie Shoemith Thornborough 02/05/1999	1:27:22 Eddie Shoemith Wantage 03/2002	1:23:24 Roger Elkin Great North 16/09/2001	1:55:56 Graham Smith Milton Keynes 22/07/2006	1:57:57 Allan Lock Aland 28/10/2007
15 miles		1:34:03 Simon Woodward Banbury 08/03/2009	1:38:32 David Coates Oakley 24/03/2002	1:36:15 Eddie Shoemith Banbury 28/03/1993	1:44:57 Eddie Shoemith Banbury 03/2000		2:31:27 Tim Hulett Kelmarsh 27/04/2008	
25 km			1:40:50 Nick Jerome Bruges 20/07/1997					
30 km		2:00:21 Simon Woodward Stamford 15/02/2009		2:05:40 Eddie Shoemith Stamford 19/02/1995				3:35:45 Allan Lock Lindingo 27/09/2008
20 miles		1:55:40 Graham Linnell Bury St Edmunds 24/02/1985		2:13:58 Eddie Shoemith Gloucester 20/03/1993				
Marathon		2:42:24 Graham Linnell Northampton 13/05/1984	2:56:35 David Coates London 14/04/2002	2:50:45 Eddie Shoemith London 18/04/1993	3:04:30 Eddie Shoemith London 1999	3:27:37 Dave Lantsbery London 2001		
40 miles		6:21:00 Roger Williams						

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		Doncaster 02/1995								
DISTANCE	FU20	SENIOR LADIES	LADIES 35	LADIES 40	LADIES 45	LADIES 50	LADIES 55	LADIES 60	LADIES 65	
1 mile	7:19 Layne Wray Sixfields 01/05/2009	6:02 Heather Cooke Sixfields 01/05/2009	6:03 Linda Lytollis Sixfields 01/05/2009	6:59 Claire Todd Sixfields 25/06/2004	7:02 Mel Bignell Sixfields 03/07/2009		7:22 Julia Shepherd Sixfields 25/06/2004	7:09 Julia Shepherd Sixfields 29/04/2005	9:37 Carol Debney Sixfields 01/05/2009	
3 km				13:59 Claire Todd Sixfields 16/04/2004						
3 miles		20:52 Alison Linnell Stanwick 14/04/1990	19:46 Linda Lytollis Oxford 18/05/2009							
5 km		20:55 Heather Cooke Blisworth 08/05/2009	20:41 Lynda Lytollis Charndon 22/05/2007	23:20 Claire Todd Blisworth 19/05/2006	24:03 Madeleine Moutrie Blisworth 08/05/2009	25:49 Shirley Williams Blisworth 19/05/2006		23:09 Julia Shepherd Blisworth 20/05/2005	31:57 Carol Debney Marston Forest 19/06/2009	
5 miles	50:49 Lauren Bain Weston 02/05/2005	34:02 Heather Cooke Banbury 09/06/2009	34:09 Linda Lytollis Rockingham 25/05/2005	38:29 Claire Todd East Carlton 24/05/2006	37:38 Claire Todd Willen 24/11/2007	42:50 Shirley Williams Banbury 13/06/2006	37:37 Julia Shepherd Market Harborough 24/06/2003	37:55 Julia Shepherd Banbury 14/06/2005		
6 miles		41:15 Heather Cooke Bedford 19/05/2009	41:25 Linda Lytollis Bedford 20/05/2008	46:44 Claire Todd Bedford 17/05/2006	46:30 Claire Todd Rugby 16/05/2007	51:28 Shirley Williams Bedford 17/05/2006		46:15 Julia Shepherd Rugby 11/05/2005		

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10 km		44:03 Heather Cooke Silverstone 08/05/2007	43:28 Linda Lytollis Milton Keynes 04/07/2006	47:24 Claire Todd Boddington 29/05/2006	48:49 Claire Todd Milton Keynes 03/07/2007	55:18 Shirley Williams Milton Keynes 03/07/07	49:10 Julia Shepherd Weedon 10/06/2003	48:10 Julia Shepherd Milton Keynes 05/07/2005	
10 miles		1:29:42 Natasha King Great South 26/10/2008	1:11:17 Linda Lytollis Sandy 29/03/2009	1:23:42 Sue Clayton- Drabble Great South 26/10/2008	1:21:03 Mel Bignell Sandy 29/03/2009	1:51:24 Shirley Williams Great South 10/10/2004	1:42:49 Shirley Williams Fenland 25/10/2009		
Half marathon	2:55:35 Lauren Bain Great North 17/09/2005	1:40:35 Heather Cooke Nottingham 13/09/2009	1:38:11 Linda Lytollis Milton Keynes 11/03/2007	1:45:57 Sue Clayton- Drabble Silverstone 18/03/2007	1:53:19 Madeleine Moutrie Milton Keynes 08/03/2008	1:57:12 Shirley Williams Silverstone 18/03/2007	2:12:59 Shirley Williams Milton Keynes 07/03/2010	1:47:14 Julia Shepherd Castle Ashby 27/02/2005	
15 miles		2:10:33 Lynette Gilbey Banbury 03/2006							
20 miles		2:59:17 Lynette Gilbey Oakley 02/04/2006		2:45:00 Joan Amos Bury St Edmunds 24/02/1985					
Marathon		4:09:00 Casey Hill Edinburgh 29/05/2009	5:27:33 Nicki Carrick London 21/04/2007	4:39:31 Sue Clayton- Drabble London 21/04/2007	4:30:48 Madeleine Moutrie London 26/04/2009	4:53:32 Shirley Williams London 18/04/2004	6:23:44 Shirley Williams London 26/04/2009	4:18:31 Julia Shepherd London 17/04/2005	

IF YOU HAVE BEATEN ONE OF THESE RECORDS THEN PLEASE LET ME KNOW – Time / Venue / Date – John Fowler

Updated
07/03/2010