

## SILSON JOGGERS – CLUB TEST TIMES

DISTANCE	MU20	SENIOR MEN	MEN 40	MEN 45	MEN 50	MEN 55	MEN 60	MEN 65	MEN 70
1 mile	5:27 Ashley Phillips Sixfields 02/07/2010	4:48 Graham Linnell Westminster 14/08/1988	5:09 Andy Pacey Sixfields 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	9:51 Chris Wood Corby 13/07/2010		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	16:40 Chris Wood Charndon 18/05/2010	16:59 Andy Pacey Marston Forest 17/06/2011	16:34 Jeff Haynes Bedford Park 06/2001	17:26 Jeff Haynes Blisworth 18/05/2007	18:28 Jeff Haynes Bedford Park 27/07/2011	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	28:27 Andy Pacey Banbury 07/06/2011	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	34:05 Nick Pacey Bedford 17/05/2011	35.22 Jeff Haynes Rugby 16/05/2007 & Bedford	36:54 Jeff Haynes Rugby 12/05/2010	41:10 Dave Lantsbery Rugby 10/05/2006	50:42 Allan Lock Bedford 17/05/2011	

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					23/05/2007				
10 kms	43:52 David Fowler Milton Keynes 06/07/2004	31:55 Danny Bull Bicester 31/12/1989	35:37 Andy Pacey Northampton 02/10/2011	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	51:02 Allan Lock Hasselby 16/10/2011
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	1:18:50 Nick Pacey Silverstone 06/03/2011	1:27:22 Eddie Shoemith Wantage 03/2002	1:23:24 Roger Elkin Great North 16/09/2001	1:53:28 Len Pannell St Anton 10/07/2010	1:57:57 Allan Lock Aland 28/10/2007	
15 miles		1:33:09 Simon Woodward Banbury 20/03/2011	1:34:52 Jim Darcy Banbury 14/03/2010	1:36:15 Eddie Shoemith Banbury 28/03/1993	1:44:57 Eddie Shoemith Banbury 03/2000		2:31:27 Tim Hulett Kelmars 27/04/2008	2:15:48 Allan Lock Banbury 20/03/2011	
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				3:14:23 Allan Lock Lidingoloppet 24/09/2011	
20 miles		1:55:40 Graham Linnell Bury St Edmunds 24/02/1985	2:09:39 Jim Darcy Oakley (Bedford) 28/03/2010	2:13:58 Eddie Shoemith Gloucester 20/03/1993					
Marathon		2:42:24	2:56:35	2:50:45	3:04:30	3:27:37		5:03:15	

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		Graham Linnell Northampton 13/05/1984	David Coates London 14/04/2002	Eddie Shoemith London 18/04/1993	Eddie Shoemith London 1999	Dave Lantsbery London 2001		Allan Lock Nordmarka Skogsmaraton 18/06/2011	
40 miles		6:21:00 Roger Williams Doncaster 02/1995							
100km		26:13:00 Paul King & Dan Taylor South Downs 16&17/07/2011	26:13:00 David Morley South Downs 16&17/07/ 2011						

DISTANCE	FU20	SENIOR LADIES	LADIES 35	LADIES 40	LADIES 45	LADIES 50	LADIES 55	LADIES 60	LADIES 65
1 mile	7:14 Madeleine Smee Sixfields 02/05/2010	5:57 Heather Cooke Sixfields 02/05/2010	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	9:31 Carol Debney Sixfields 02/05/2010
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	22:30 Layne Wray Silverstone 09/06/2010	20:38 Heather Cooke Blisworth 07/05/2010	20:41 Lynda Lytollis Charndon 22/05/2007	23:20 Claire Todd Blisworth 19/05/2006	23:51 Sue Clayton- Drabble Blisworth 13/05/2011	25:41 Sheona Smee Blisworth 13/05/2011		23:09 Julia Shepherd Blisworth 20/05/2005	31:42 Carol Debney Blisworth 13/05/2011

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5 miles	50:49 Lauren Bain Weston 02/05/2005	33:24 Heather Cooke Market Harborough 15/06/2010	34:09 Linda Lytollis Rockingham 25/05/2005	37:24 Sam Roe Weston 03/05/2010	37:38 Claire Todd Willen 24/11/2007	40:23 Mel Bignell Banbury 07/06/2011	37:37 Julia Shepherd Market Harborough 24/06/2003	37:55 Julia Shepherd Banbury 14/06/2005	53:25 Carol Debney Wellingborough 01/08/2010
6 miles		40:12 Heather Cooke Bedford 18/05/2010	41:25 Linda Lytollis Bedford 20/05/2008	46:44 Claire Todd Bedford 17/05/2006	46:30 Claire Todd Rugby 16/05/2007	49:17 Mel Bignell Bedford 17/05/2011		46:15 Julia Shepherd Rugby 11/05/2005	
10 km		43:18 Heather Cooke Milton Keynes 29/06/2010	43:28 Linda Lytollis Milton Keynes 04/07/2006	47:24 Claire Todd Boddington 29/05/2006	48:19 Sue Clayton- Drabble Shakespeare Raceway 20/11/2010	50:10 Madeleine Moutrie Northampton 02/10/2011	49:10 Julia Shepherd Weedon 10/06/2003	48:10 Julia Shepherd Milton Keynes 05/07/2005	60:12 Carol Debney Moulton 29/08/2010
10 miles		1:20:12 Natasha King Thornborough 02/05/2011	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	1:24.:11 Madeleine Moutrie Stevenage 14/09/2011	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	1:43:33 Linda Lytollis Bedford 12/12/2010	1:46:17 Sue Clayton- Drabble Silverstone 06/03/2011	1:57:12 Shirley Williams Silverstone 18/03/2007	2:08:29 Irene Cleaver Münster 13/03/2010	1:47:14 Julia Shepherd Castle Ashby 27/02/2005	
15 miles		2:10:33 Lynette Gilbey Banbury 03/2006		2:02:54 Linda Lytollis Banbury 20/03/2011	2:17:48 Mel Bignell Banbury 14/03/2010				
20 miles		2:59:17 Lynette Gilbey Oakley 02/04/2006		2:45:00 Joan Amos Bury St Edmunds 24/02/1985	3:08:35 Mel Bignell Oakley (Bedford) 28/03/2010				
Marathon		4:09:00	5:27:33	4:03:38	4:23:20	4:53:32	6:23:44	4:18:31	

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		Casey Hill Edinburgh 29/05/2009	Nicki Carrick London 21/04/2007	Linda Lytollis London 17/04/2011	Madeleine Moutrie London 17/04/2011	Shirley Williams London 18/04/2004	Shirley Williams London 26/04/2009	Julia Shepherd London 17/04/2005	
100 km		26:13:00 Natasha King South Downs 16&17/07/2011							

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

Updated  
23/10/2011