



## WALTON AC ROAD BESTS

<b>OVERALL MALE</b>					<b>OVERALL FEMALE</b>				
<b>1M</b>	4m 38	Alex Kilby (U20)	South Shields	03-Nov-21	<b>1M</b>	5m 35	Jo Locker (W40)	London	27-May-18
<b>5M</b>	23m 21	Malcolm Connelly	Staines	05-Jun-75	<b>5M</b>	41m 02	Guilaine Sheward (W50)	Perivale	04-Dec-16
<b>10M</b>	48m 30	Malcolm Connelly	Walton	Oct 1975	<b>10M</b>	1hr 04:47	Sarah Williamson	Portsmouth	10-Oct-04
<b>20M</b>	1hr 44:45	K. Honney	Godalming	07-May-55	<b>20M</b>	2hr 45:39	Michelle Tafili (W35)	Kingston	17-Mar-24
<b>U20M</b>					<b>U20W</b>				
<b>1M</b>	4m 38	Alex Kilby (U20)	South Shields	03-Nov-21	<b>1M</b>				
<b>SENIOR M</b>					<b>SENIOR W</b>				
<b>1M</b>	4m 41	Alex Kilby	South Shields	01-Feb-23	<b>1M</b>	7m 02	Tina Howell	South Shields	01-Dec-15
<b>5M</b>	23m 21	Malcolm Connelly	Staines	05-Jun-75	<b>5M</b>				
<b>10M</b>	48m 30	Malcolm Connelly	Walton	Oct 1975	<b>10M</b>	1hr 04:47	Sarah Williamson	Portsmouth	10-Oct-04
<b>20M</b>	1hr 44:45	K. Honney	Godalming	07-May-55	<b>20M</b>				
<b>OVERALL MASTERS MALE</b>					<b>OVERALL MASTERS FEMALE</b>				
<b>1M</b>	4m 52	Jani Kraner (M40)	Lee Valley	26-Aug-23	<b>1M</b>	5m 35	Jo Locker (W40)	London	27-May-18
<b>5M</b>	27m 33	Jani Kraner (M40)	Battersea Park	15-Dec-23	<b>5M</b>	41m 02	Guilaine Sheward (W50)	Perivale	04-Dec-16
<b>10M</b>	54m 52	Duncan Woolmer (M40)	Buntingford	30-Dec-23	<b>10M</b>	1hr 11:38	Mandy Ruks (W35)	Brockham	04-Jun-17
<b>20M</b>	1hr 57:32	Duncan Woolmer (M40)	Kingston	17-Mar-24	<b>20M</b>	2hr 45:39	Michelle Tafili (W35)	Kingston	17-Mar-24
<b>M35</b>					<b>W35</b>				
<b>1M</b>					<b>1M</b>	6m 15	Michelle Tafili	Ealing	02-Feb-24
<b>5M</b>					<b>5M</b>				
<b>10M</b>	58m 12	Duncan Woolmer	Brockham	07-Jun-15	<b>10M</b>	1hr 11:38	Mandy Ruks	Brockham	04-Jun-17
<b>20M</b>	2hr 13:53	Ben Harling	Kingston	17-Mar-24	<b>20M</b>	2hr 45:39	Michelle Tafili	Kingston	17-Mar-24
<b>M40</b>					<b>W40</b>				
<b>1M</b>	4m 52	Jani Kraner	Lee Valley	26-Aug-23	<b>1M</b>	5m 35	Jo Locker	London	27-May-18
<b>5M</b>	27m 33	Jani Kraner	Battersea Park	15-Dec-23	<b>5M</b>				
<b>10M</b>	54m 52	Duncan Woolmer	Buntingford	30-Dec-23	<b>10M</b>	1hr 22:28	Cath Marcus	Twickenham	16-Oct-16
<b>20M</b>	1hr 57:32	Duncan Woolmer	Kingston	17-Mar-24	<b>20M</b>				
<b>M45</b>					<b>W45</b>				
<b>1M</b>	5m 05	Tim Grose	Cardiff	01-Oct-16	<b>1M</b>				
<b>5M</b>	28m 03	Tim Grose	London Olympic Park	21-Jul-13	<b>5M</b>				
<b>10M</b>	1hr 04:45	Wai Hok Fong	Brockham	04-Jun-23	<b>10M</b>	1hr 15:31	Emma Andrews	Portsmouth	23-Oct-16
<b>20M</b>	2hr 14:45	Richard Singleton	Kingston	17-Mar-24	<b>20M</b>				
<b>M50</b>					<b>W50</b>				
<b>1M</b>	5m 29	Tim Grose	London	27-May-18	<b>1M</b>				
<b>5M</b>	35m 30	Laurie Avadis	London Olympic Park	21-Jul-13	<b>5M</b>	41m 02	Guilaine Sheward	Perivale	04-Dec-16
<b>10M</b>	1hr 01:40	Tim Grose	Portsmouth	20-Oct-19	<b>10M</b>	1hr 26:38	Guilaine Sheward	Twickenham	15-Oct-17
<b>20M</b>					<b>20M</b>				
<b>M55</b>					<b>W55</b>				
<b>1M</b>	5m 37	Tim Grose	London	23-Sep-23	<b>1M</b>				
<b>5M</b>	32m 14	Tim Grose	Battersea Park	10-May-22	<b>5M</b>				
<b>10M</b>	1hr 06:17	Tim Grose	Brockham	04-Jun-23	<b>10M</b>				
<b>20M</b>					<b>20M</b>				
<b>M60</b>					<b>W60</b>				
<b>1M</b>					<b>1M</b>				
<b>5M</b>					<b>5M</b>				
<b>10M</b>	1hr 24:45	Bob Bannister	Twickenham	13-Oct-19	<b>10M</b>				
<b>20M</b>					<b>20M</b>				
<b>M65</b>					<b>W65</b>				
<b>1M</b>					<b>1M</b>				
<b>5M</b>					<b>5M</b>				
<b>10M</b>	1hr 19:35	Bob Bannister	Portsmouth	17-Oct-21	<b>10M</b>				
<b>20M</b>					<b>20M</b>				

Updated: 28/03/24