

Name	Year	Age Group	Gender	Event	Performance	Venue	Meeting	Date
Paul Allen	2022	V75	M	5.8MXC	57:41	Burton Dassett	Birmingham League Division 2	2022-01-15
Mark Baker	2022	V55	M	10KXC	51:26	Droitwich	Birmingham League Division 3	2022-01-15
Kevin Challinor	2021	V60	M	5.5MNAD	42:12	Birkenhead	Borders League 5.5	2021-12-05
Owen Chesher	2021	V35	M	5KNAD	22:34	Newtown	Charity Run 5K	2021-12-05
Emma Collins	2021	V55	W	3.9MMT	28:14	Chester	ESSAR Chester Round The Walls 3.9	2021-12-26
Stephen Davies	2021	V60	M	1.9MMTL	18:32	Nottingham	Holme Pierrepont RC Christmas Relays (4 x 1.9)	2021-12-28
Stephen Davies	2021	V60	M	10K	55:08	Bolsover	Derby Runner Bolsover 10K	2021-12-12
Paul Edwards	2021	V45	M	10KMT	66:41	Bridgend	Merthyr Mawr Christmas Pudding 10K	2021-12-05
Huw Evans	2022	V45	M	10KXC	39:00	Cotswold Farm Park	Gloucestershire County Championships	2022-01-08
Sarah Everitt	2021	V50	W	10K	39:45	Telford	Telford 10K	2021-12-12
Martin Green	2021	V45	M	10K	33:03	Telford	Telford 10K	2021-12-12
Lee Jones	2021	V50	M	10K	33:27	Kirkby Mallory	lory Park 10K (incl. Leics & Rutland 10K Championsh	2021-12-12
Tegid Jones	2021	V40	M	7.81KXC	29:47	Cirencester	Oxfordshire Cross Country League	2021-12-05
Edward Land	2021	V40	M	10K	34:29	Telford	Telford 10K	2021-12-12
Ifan Lloyd	2021	V60	M	10KMT	43:19	Bridgend	Merthyr Mawr Christmas Pudding 10K	2021-12-05
Margaret Ludden	2021	V55	W	5.5MNAD	40:57	Birkenhead	Borders League 5.5	2021-12-05
Helen Lutley	2021	V70	W	10K	59:16	Aberystwyth	Aberystwyth Charity 10K	2021-12-05
Richard Marks	2021	V70	M	10K	43:43	Aberystwyth	Aberystwyth Charity 10K	2021-12-05
Jeremy Mower	2022	V55	M	9.5KXC	36:35	Smethwick	Birmingham League Division 1	2022-01-15
Jeremy Mower	2022	V55	M	10KXC	41:52	Cotswold Farm Park	Gloucestershire County Championships	2022-01-08
Georgie Parnell	2021	V35	W	5.5MMT	41:20	Ellwood	Christmas Tree 5.5	2021-12-19
Sean Price	2021	V55	M	10KMT	48:47	Bridgend	Merthyr Mawr Christmas Pudding 10K	2021-12-05
David Proffitt	2021	V65	M	10.2MMT	2:07:45	Great Torrington	Christmas Caper 10	2021-12-19
Christopher Purse	2021	V60	M	9KXC	40:21	Great Notley Park	Essex League	2021-12-18
Mike Robbins	2021	V55	M	5.5MNAD	36:40	Birkenhead	Borders League 5.5	2021-12-05
Barrie Roberts	2022	V75	M	5.8MXC	78:39	Burton Dassett	Birmingham League Division 2	2022-01-15
Barrie Roberts	2021	V75	M	5M	51:18	Wolverhampton	Wolves Winter Warmer 5	2021-12-19
Katy Roy	2022	V35	W	5M	29:16	Weston-Super-Mare	Weston Prom 5	2022-01-13
Rob Sheen	2021	V55	M	10K	39:21	Telford	Telford 10K	2021-12-12
Mark Shepherd	2022	V50	M	5.8MXC	38:57	Burton Dassett	Birmingham League Division 2	2022-01-15
Mark Shepherd	2021	V50	M	ZXC	30:44	Bentley	North Staffordshire League	2021-12-18
Daniel Thorogood	2021	V55	M	10K	45:51	Aberystwyth	Aberystwyth Charity 10K	2021-12-05
Victoria Watkins	2022	V40	W	6.4KXC	33:03	Droitwich Spa	Midland Women's League Division 2	2022-01-15
David Williams	2022	V55	M	8KXC	34:30	Mitcham Common	OpenTrack Surrey Men's League Division 1	2022-01-15
David Williams	2022	V55	M	12.2KXC	55:27	Denbies	Surrey County Championships	2022-01-09
David Williams	2021	V55	M	5M	31:11	Battersea Park	Friday Under the Lights Christmas 5	2021-12-17
David Williams	2021	V55	M	10KXC	40:37	Croydon	th of England Masters' & Inter Counties Championsl	2021-12-11