

Club Records	
5K (Male) Harry Turner	17:05 – BlackPark Parkrun December 2016
5K (Female) Ibet Stanley	19:30 – TVARC Maidenhead 5K June 2014
10K (Male) Gary Knight	40:08 – Dorney Dash 10K February 2015
10K (Female) Bridget King	41:49 – Chiltern Chase Ewelme 10K June 2011
Half Marathon (Male) Jason Leaf	1.23.51 – Reading Half March 2017
Half Marathon (Female) Anna Slatter	1.29.51 – Maidenhead Half September 2015
Marathon (Male) Jim Cotter	3.23:44 – Virgin London Marathon April 2015
Marathon (Female) Louise Ferriman	3:35:16 – Virgin London Marathon April 2015

5K	
MS (Age 18–39) Adam Burke	19:02 – TVARC Maidenhead 5K 2013
FS (18–39) Ibet Stanley	19:30 – TVARC Maidenhead 5K 2014
MV40 (40–44) Gary Knight	19:29 – TVARC Handy Cross 5K 2015
FV40 (40–44) Peta Bee	22:26 – TVARC Marlow 5K 2013
MV45 (45–49) Simon Smith	21:22 – TVARC Burnham 5K 2016
FV45 (45–49) Peta Bee	23:07 – Black Park Parkrun December 2013
MV50 (50–54) Gerald Cooper	20:42 – Black Park Parkrun September 2010
FV50 (50–54) Rachel Brennan	25:48 – TVARC Marlow 5K 2015
MV55 (55–59) Ed Wells–Cole	24:57 – TVARC Datchet 5K July 2014
FV55 (55–59) Tina Scanlon	29:46 – TVARC Maidenhead 5K 2014
MV60 (60–64) Steve Bennetts	21.45 – TVARC Maidenhead 5K 2016
FV60 (60–64) Vacant	

10K	
MS (Age 18–39) James Cotter	42:19 – Chiltern Chase June 2011
FS (18–39) Bridget King	41:49 – Chiltern Chase June 2011
MV40 (40–44) Gary Knight	40:08 – Dorney Dash 10k Feb 2015
FV40 (40–44) Vacant	
MV45 (45–49) Vacant	

FV45 (45-49) Peta Bee	49:15 – Kinvara 10k (Ireland) 2015
MV50 (50-54) Gerald Cooper	42:38 – Magor Marshes (Wales) August 2010
FV50 (50-54) Alison Fletcher	54.54 – Worcester September 2015
MV55 (55-59) Paddy McGrath	47.37 – Dunshaughlin Ireland June 2014
FV55 (55-59) Vacant	
MV60 (60-64) Steve Bennett	45.58 – Marlow FM 10k May 2016
FV60 (60-64) Vacant	

Half Marathon

MS (Age 18-39) James Cotter	1.32.47 – Maidenhead Half September 2015
FS (18-39) Anna Slatter	1.29.51 – Maidenhead Half September 2015
MV40 (40-44) Gary Knight	1.29.09 – Wokingham Half February 2017
FV40 (40-44) Vacant	
MV45 (45-49) Jason Leaf	1.23.51 – Reading Half March 2017
FV45 (45-49) Sarah Parfitt	1:46:00 – Richmond Half March 2014
MV50 (50-54) Steve Cottrell	1:35:19 – Bath Half 2015
FV50 (50-54) Carol Montgomery	2:05:28 – Reading Half April 2016
MV55 (55-59) Gerald Cooper	1:59:04 – Wokingham Half February 2017
FV55 (55-59) Vacant	
MV60 (60-64) Steve Woodward	1:57:00 – Berlin Half 2015
FV60 (60-64) Vacant	

Marathon

MS (Age 18-39) Jim Cotter	3.23:44 – Virgin London Marathon 2015
FS (18-39) Louise Ferriman	3:35:16 – Virgin London Marathon 2015
MV40 (40-44) Vacant	
FV40 (40-44) Peta Bee	3:56:37 – Virgin London Marathon 2011
MV45 (45-49) Vacant	
FV45 (45-49) Rachel Harding	3:54:16 – Brighton Marathon April 2016
MV50 (50-54) Steve Cottrell	3:30:54 – Brighton Marathon April 2015
FV50 (50-54) Carol Montgomery	4:29:54 – Virgin London Marathon April 2016
MV55 (55-59) Vacant	
FV55 (55-59) Vacant	
MV60 (60-64) Vacant	
FV60 (60-64) Vacant	