

Age Category	Distance								
	1 mile	5 km	5 miles	10 km	10 miles	Half-marathon	20 miles	Marathon	50 km
Senior Male			Anthony Bailey	Dave Asbridge	Ray Brook	Anthony Bailey	Ian Laws	Dave Asbridge	Nick Lewis
			28:21	35:00	61:04	1:19:23	2:34:09	3:03:36	3:58:00
			01/11/2009	28/03/2009	17/02/2008	06/09/2009	17/03/2007	19/10/2008	22/02/2009
Course			Guy Fawkes 5	Swiss Nat Champ	Tough Ten	Cricklade	Rhayader	Amsterdam	Draycote
V40	Evan Stanley		Simon Clements			Andrew Yates	Evan Stanley		
	6:03		31:33			1:30:39	2:38:57		
	25/07/2007		02/11/2008			25/10/2009	08/03/2009		
Course	Bourton		Guy Fawkes 5			Stroud	Gloucester		
V45		Alistair Parker		Alistair Parker	Alistair Parker	Dale Midwinter	Alistair Parker	Nick Peatson	
		21:06		43:11	74:00	1:31:05	2:54:46	3:04:49	
		Pilot Inn		27/02/2008	07/01/2009	25/10/2009	17/03/2007	19/10/2008	
Course		01/03/2008		Bourton	Gloucester	Stroud	Rhayader	Amsterdam	
V50	Dave Elliott	Ken Sears	Ken Sears	Ken Sears	Ken Sears	Ken Sears	Ken Sears	Ken Sears	
	6:33	19:54	32:29	41:27	69:35	1:27:43	2:27:57	3:23:38	
	17/07/2009	19/08/2007	04/11/2007	07/04/2007	07/01/2007	21/10/2007	04/02/2007	27/05/2007	
Course	Bourton	Boddington	Tewkesbury	Gloucester	Gloucester	Stroud	Gloucester	Edinburgh	
V55	Ken Sears	Ken Sears	Ken Sears	Ken Sears	Ken Sears	Ken Sears	Ken Sears	Ken Sears	Ken Sears
	5:51	19:58	32:18	40:17	66:57	1:32:10	2:26:50	3:16:42	4:29:57
	18/07/2008	15/05/2008	10/05/2009	27/02/2008	06/01/2008	25/10/2009	02/03/2008	25/05/2008	27/01/2008
Course	Bourton	White Horse	Tewkesbury	Bourton	Gloucester	Stroud	Gloucester	Edinburgh	Gloucester
V60					John Liptrot	John Liptrot	John Liptrot	John Liptrot	
					67:41	1:31:37	2:28:40	3:13:35	
					06/01/2008	16/03/2008	02/03/2008	13/04/2008	
Course				Gloucester	Forest of Dean	Gloucester	London		
V65	Art Williams					Gordon Barlow			
	10:21					1:42:19			
	25/07/2007					25/10/2009			
Course	Bourton					Stroud			
V70	Art Williams		Art Williams	Art Williams		Anthony Fisher			
	46:33		46:07	58:07		1:55:53			
	02/07/2009		01/11/2009	06/09/2009		25/10/2009			
Course	Aerospace 5		Guy Fawkes 5	Beacon 10k		Stroud			

