

Metros - Club Records

V2 November 2016

Distance	10K			
Age Category	Male		Female	
U40	Steve Doig 30:20 Hatch End Apr'90	Lucy Ashe 38:00 Regent's Park Mar'16		
V40	Steve Hartley 33:06 Shinfield May'94	Sasha Birkin 39:25 London May'16		
V50	Nigel Rackham 33:50 Poole May'14	Anne Leigh 47:40 Lensbury Jun'91		
V60	Chris Roome 37:36 Harrow Apr'97	Gertrud Porter 50:11 Sandown Nov'12		
V70	Dennis Eyres 45:11 Barnsley Feb'90	Janice Newman 57:39 Moor Park Sep'15		

Distance	10 Mile			
Age Category	Male		Female	
U40	Nigel Flint 52:36 Old Millhillians Oct'88	Kate Armstrong 1:04:57 Bishops S'ford Nov'96		
V40	Steve Hartley 53:46 Cirencester Mar'94	Sasha Birkin 1:05:06 Cabbage Patch Oct '17		
V50	Nigel Rackham 54:27 Cabbage Patch Oct'13	Dorothy Turner 1:16:26 Maidenhead Apr'90		
V60	Chris Roome 59:53 Hayling Island Nov'97	Gertrud Porter 1:21:24 Fred Hughes Jan'90		
V70	Roy Jeffries 1:16:33 Cabbage Patch Nov'96	Raquel Russel-Ponte 1:37:07 Cabbage Patch Oct'14		

Distance	Half Marathon			
Age Category	Male		Female	
U40	Nigel Flint 1:08:32 Harrow Nov'92	Kate Armstrong 1:24:01 Wokingham Feb'97		
V40	Nigel Rackham 1:12:29 Bath Mar'11	Sasha Birkin 1:26:42 Brighton Feb'16		
V50	Nigel Rackham 1:12:54 Stratford Nov'13	Anne Leigh 1:44:46 Harrow Nov'91		
V60	Chris Roome 1:20:37 Harrow Nov'95	Gertrud Porter 1:47:50 Berkhamsted		
V70	Roy Jeffries 1:50:01 Harrow Nov'98	Raquel Russel-Ponte 2:13:26 Maidenhead Sep'14		

Distance	Marathon			
Age Category	Male		Female	
U40	* Gordon Swindles 2:31:17 Harrow Nov'89	Lucy Ashe 2:58:05 London Apr'16		
V40	Brian Standen 2:30:47 Harrow Nov'88	Sasha Birkin 3:07:04 London Apr '19		
V50	Nigel Rackham 2:32:13 London Apr'15	Gertrud Porter 3:45:39 London Apr'08		
V60	Chris Roome 2:55:48 Harrow Nov'97	Gertrud Porter 3:47:23 Copenhagen May'09		
V70	Roy Jeffries 3:53:35 Harrow Nov'96	Raquel Russel-Ponte 5:26:54 Paris Apr'14		

* Gordon ran 2:29:46 in Harrow 1985 when Metros was known as London Road Runners (NW)