

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 London 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	Jane Young 1:05:31 Maidenhead Mar'97
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'09
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 Feb'11
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 3:09:19 London Apr'16
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