

Open

### Male

Distance	Name of runner	Time Recorded	Year	Location
5k	Liam Harrold	17.25	2018	Walsall
10k	Simon Murcott	36.22	2003	Lichfield
Half Marathon	Colin Jackson	76.40	1989	South Staffs
Marathon	Colin Jackson	2.42.48	1989	B'ham

### Female

Distance	Name of runner	Time Recorded	Year	Location
5k	Debbie Walters	16.51	2006	B'ham
10k	Debbie Walters	35.59	2006	Swansea
Half Marathon	Debbie Walters	81.56	2006	Lake Vyrnwy
Marathon	Debbie Walters	2.58.40	2006	London

**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	Mark Shaw	18.03	2017	Walsall
10k	Mark Shaw	37.49	2018	Telford 10k
Half Marathon	Colin Jackson	76.40	1989	South Staffs
Marathon	Colin Jackson	2.42.48	1989	B'ham

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k	Louise Booker	20.28	2017	Walsall
10k	Anne Herold	41.05	2006	Lichfield
Half Marathon	Anne Herold	89.33	2008	Milton Keynes
Marathon	Anne Herold	3.06.36	2008	London

**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	Trevor Harris	20.35	2014	Walsall
10k	John Pearce	38.12	2003	Telford
Half Marathon	Colin Jackson	80.01	1993	Derby
Marathon	John Pearce	3.09.14	2001	Wolverhampton

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k	Anne Herold	20.32	2009	Tipton
10k	Anne Herold	41.55	2009	Lichfield
Half Marathon	Anne Herold	91.49	2009	Albert, France
Marathon	Anne Herold	3.42.17	2012	Athens

**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	Paul Butler	20.35	2015	Walsall
10k	John Pearce	39.10	2005	Clayton 10k
Half Marathon	John Pearce	84.12	2006	Tewksbury
Marathon	Colin Jackson	3.14.33	2000	New York

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k	Lorraine Beesley	22.27	2018	Perry Hall
10k	Lorraine Beesley	47.45	2018	Loughbrough
Half Marathon	Lorraine Beesley	1.40.48	2018	Market Harboro
Marathon	Lorraine Beesley	3.38.40	2018	Manchester

**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	Paul Butler	20.34	2015	Walsall
10k	Colin Jackson	37.58	2003	Lichfield
Half Marathon	John Pearce	94.12	2010	Uttoxeter
Marathon	Colin Jackson	3.00.35	2003	London

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k	Anne Kelsall	24.19	2016	Walsall
10k	Anne Kelsall	52.13	2016	DK10K
Half Marathon	Anne Kelsall	1.54.28	2016	Birmingham
Marathon	Helen Hirst	4.22.34	2012	London

**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	John Pearce	21.55	2017	Walsall
10k	Colin Jackson	40.29	2007	DK 10k
Half Marathon	Colin Jackson	1.34.06	2008	Budapest
Marathon	Colin Jackson	3.29.59	2007	London

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k	Anne Kelsall	24.38	2017	Walsall
10k	Anne Kelsall	51.50	2017	Wheaton Aston
Half Marathon	Anne Kelsall	1.52.15	2017	Stratford
Marathon	Anne Kelsall	4.17.16	2017	B'ham

**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	Colin Jackson	20.39	2013	Walsall
10k	Terrance Hastings	1:00:15	2018	Wheaton Aston
Half Marathon				
Marathon	Colin Jackson	3.58.29	2012	Llanberis

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k				
10k	Helen Hirst	1:02:03	2018	Wheaton Aston
Half Marathon				
Marathon				

**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	Colin Jackson	22.10	2017	Walsall
10k				
Half Marathon				
Marathon	Mike Rogers	5.00.51	2017	Lyon

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k				
10k				
Half Marathon				
Marathon				



**Male**

Distance	Name of runner	Time Recorded	Location
5k	Liam Harrold	17.33	Walsall
10k	Toby Oury	37.15	Market Drayton
Half Marathon	Toby Oury	84.23	Coventry
Marathon	Liam Harrold	3.06.09	B'ham

**Female**

Distance	Name of runner	Time Recorded	Location
5k	Louise Booker	20.28	Walsall
10k	Louise Booker	43.22	Market Drayton
Half Marathon	Louise Booker	1.36.52	BBCHM
Marathon	Lisa Wakeman	3.42.10	B'ham

**Male**

Distance	Name of runner	Time Recorded	Location
5k	Liam Harrold	17:25	Walsall
10k	Adam Smith	36:28	Wheaton Aston
Half Marathon	Dan Williams	1.24.03	Birmingham
Marathon	Leigh Ally	2.53.49	Berlin

**Female**

Distance	Name of runner	Time Recorded	Location
5k	Louise Booker	21.03	Cannock
10k	Louise Booker	43.56	Market Drayton
Half Marathon	Lisa Wakeman	1.40.01	Birmingham
Marathon	Lorraine Beesley	3.38.40	Manchester