

**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	Adam Smith	15:33	2022	Walsall
10k	Adam Smith	32:48	2022	Telford
Half Marathon	Adam Smith	72:20	2023	North Lincs
Marathon	Toby Oury	2.36.17	2023	Berlin

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k	Debbie Walters	18:23	2005	West Brom
10k	Debbie Walters	36:13	2006	Fradley
Half Marathon	Debbie Walters	85.29	2006	Ironbridge
Marathon	Debbie Walters	2.58.40	2006	London

**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	Toby Oury	16:21	2023	Walsall
10k	Toby Oury	33.56	2023	Telford
Half Marathon	Colin Jackson	76.40	1989	South Staffs
Marathon	Toby Oury	2.36.17	2023	Berlin

**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	Lee Harris	17:30	2022	Walsall
10k	Lee Harris	36:16	2024	Cheshire
Half Marathon	Lee Harris	78:56	2022	Lake Vyrnwy
Marathon	Lee Haris	2.52.47	2024	London

**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	Lizzie Holt	3:37:01	1998	London

**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	Tom Neal	18:49	2023	Walsall
10k	John Pearce	39.10	2005	Clayton 10k
Half Marathon	Colin Jackson	83:42	1997	Ironbridge
Marathon	Colin Jackson	3.14.33	2000	New York

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k	Karen Kiteley	21:20	2022	Long Eaton
10k	Lorraine Beesley	44:41	2019	Telford
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	Michael Morley	17:45	2023	Oaklands
10k	Michael Morley	37:06	2023	DK10k
Half Marathon	Michael Morley	1:22:31	2023	Stafford
Marathon	Colin Jackson	3.00.35	2003	London

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k	Lorraine Beesley	21:12	2021	Lichfield
10k	Lorraine Beesley	43:42	2022	Cosford
Half Marathon	Lorraine Beesley	1.34.37	2022	Tissington
Marathon	Lorraine Beesley	3.36.51	2021	Chester

**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	Philip Brayford	19:00	2022	Walsall
10k	Philip Brayford	40:03	2022	Market Drayton
Half Marathon	Philip Brayford	1.28.05	2023	Lake Vyrnwy
Marathon	Philip Brayford	03:16:22	2022	Berlin

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k	Pauline Smith	24.37	2019	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	John Pearce	47:28	2022	Ellesmere
Half Marathon	Henry Simpson	01:49:56	2022	Stafford
Marathon	Colin Jackson	03:53:15	2011	Llanberis

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k	Anne Kelsall	25:52	2023	Walsall
10k	Anne Kelsall	54:25	2022	Wheaton Aston
Half Marathon	Anne Kelsall	1:58:44	2023	Monsal Trail
Marathon	Anne Kelsall	4:22:40	2023	Newport

**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	Colin Jackson	22.10	2017	Walsall
10k	Henry Simpson	51:01	2024	Crewe
Half Marathon	Henry Simpson	01:59:49	2024	Derby
Marathon	Mike Rogers	5.00.51	2017	Lyon

**Female**

Distance	Name of runner	Time Recorded	Year	Location
5k	Jane Quinn	29:30	2023	Walsall
10k	Jane Quinn	01:08:21	2024	DK10k
Half Marathon	Lizzie Holt	02:36:52	2019	Wolverhampton
Marathon				



**Male**

Distance	Name of runner	Time Recorded	Year	Location
5k	Geoff Card	26:40	2022	Chasewater
10k				
Half Marathon				
Marathon	Mike Rogers	05:17:24	2018	London

**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	Birmigham
Marathon	Lorraine Beesley	3.38.40	Manchester

**Male**

Distance	Name of runner	Time Recorded	Location
5k	Adam Smith	16:12	Walsall
10k	Adam Smith	34:51	Telford
Half Marathon	Freddie Penrose	1.20.41	Lichfield
Marathon	Freddie Penrose	2:59:37	Milton Keynes

**Female**

Distance	Name of runner	Time Recorded	Location
5k	Lisa Wakeman	19:44	Walsall
10k	Lisa Wakeman	41:04	Telford
Half Marathon	Lisa Wakeman	1:34:44	Tissington
Marathon	Lisa Wakeman	3:42:08	Worcester

**Male**

Distance	Name of runner	Time Recorded	Location
5k	Liam Harrold	15:58	Mallory Park
10k	Liam Harrold	34:12*	Fradley
Half Marathon	Toby Oury	1:16:10	Stafford
Marathon	Adam Smith/Toby Oury	02:48:34	Dorney Lake

\* - Not UKA listed at present

**Female**

Distance	Name of runner	Time Recorded	Location
5k	Lisa Wakeman	19:44	Walsall
10k	Lisa Wakeman	41:39	Newbury
Half Marathon	Lisa Wakeman	91:57	Stafford
Marathon	Lorraine Beesley	03:49:24**	London Virtual

\*\*-Virtual time used due to exceptional circumstances

**Male**

Distance	Name of runner	Time Recorded	Location
5k	Adam Smith	16:15	Walsall
10k	Adam Smith	33:08	Mallory Park
Half marathon	Liam Harrold	74:34	Boston (UK)
Marathon	Mark Fanning	2.40.59	Manchester

**Female**

Distance	Name of runner	Time Recorded	Location
5k	Lisa Wakeman	19:49	Dudley
10k	Lisa Wakeman	41:46	Wheaton Aston
Half marathon	Lisa Wakeman	90:54	Tissington
Marathon	Lisa Wakeman	03:12:48	Dorney Lake

**Male**

Distance	Name of runner	Time Recorded	Location
5k	Adam Smith	15:33	Walsall
10k	Adam Smith	32:48	Telford
Half Marathon	Adam Smith/Liam Harrold	74:23	Stafford/Birmingham
Marathon	Adam Smith	2.39.15	Chester

**Female**

Distance	Name of runner	Time Recorded	Location
5k	Lisa Wakeman	20:10	Stafford
10k	Lisa Wakeman	41:53	Telford
Half marathon	Lisa Wakeman	91:58	Berkeley
Marathon	Lisa Wakeman	03:23:22	London

**Male**

Distance	Name of runner	Time Recorded	Location
5k	Liam Harrold	16:06	Walsall
10k	Adam Smith	33:37	Telford
Half Marathon	Adam Smith	1:12:20	North Lincs
Marathon	Toby Oury	2:36:17	Berlin

**Female**

Distance	Name of runner	Time Recorded	Location
5k	Lisa Wakeman	20:11	Walsall
10k	Lorraine Beesley	46:27	Cannon Hill
Half Marathon	Lucy Farrington	1:53:34	Sutton Park
Marathon	Claire Crook	3:49:12	London



Male

Name of runner	Time Recorded	Location
Adam Smith	16:07	Walsall
Lee Harris	36:16	Cheshire
Adam Smith	1:12:37	Wrexham
Lee Harris	2:52:47	London

Female

Distance	Name of runner	Time Recorded	Location
5k	Claire Crook	21:05	Walsall
10k	Claire Crook	46:38	DK10k
Half Marathon	Laura Hopcroft	1:35:41	Milton Keynes
Marathon	Nanaki Bajwa	3:27:41	London