

CLUB RECORDS

To count as a club record, the performance must be:

- Achieved by a first-claim RRR member
- Entered under RRR* (or representing their county or country)
- At a properly registered event
- Running over a measured course

Men

1 mile	4:34	Robert Tan	London	24 May 2016
parkrun	15:29	Rob Corney	Woodley	4 Aug 2018
5k	15:38	Mark Worringham	Battersea	8 Aug 2016
5 mile	25:42	Rob Corney	Marlow	13 May 2018
10k	31:25	Rob Corney	London	28 May 2018
10 mile	52:25	Howard Grubb	Woodley	4 Jun 1995
Half Mar.	1:09:20	Rob Corney	Wokingham	18 Feb 2018
20 mile	1:53:59	Matthew Richards	Bramley	19 Feb 2017
Marathon	2:27:27	Rob Corney	Berlin	16 Sep 2018

Women

1 mile	5:18	Elaine Laver	Rayleigh (US)	13 Sep 2009
parkrun	18:21	Ellie Gosling	Basingstoke	3 Dec 2011
5k	18:12	Liz Hartney	Hyde Park	25 Jun 2004
5 mile	29:40	Elaine Laver	Romsey	30 Jan 2005
10k	34:32	Sarah Gee	Goodrich	12 Sep 2010
10 mile	57:21	Sarah Gee	Maidenhead	2 Apr 2010
Half Mar.	1:14:45	Sarah Gee	Peterborough	10 Oct 2010
20 mile	2:04:49	Sarah Gee	Bramley	15 Feb 2009
Marathon	2:38:14	Sarah Gee	Edinburgh	23 May 2010

* - not required for parkrun