

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

Chip times are used where available.

Men

1 mile	4:34	Duncan Mollison	London	28 May 2017
parkrun	15:04	Rob Corney	Dulwich	8 Jun 2019
5k	15:04	Jack Gregory	Milton Keynes	21 Aug 2020
5 mile	24:25	Rob Corney	Marlow	12 May 2019
10k	30:29	Rob Corney	London	27 May 2019
10 mile	49:43	Rob Corney	Bramley	17 Feb 2019
Half Mar.	1:06:07	Rob Corney	Reading	17 Mar 2019
20 mile	1:52:59	Matthew Richards	Bramley	17 Feb 2019
Marathon	2:19:12	Rob Corney	Brighton	14 Apr 2019

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 or overseas events