

Marlborough Running Club Personal Bests.

Individual PBs

Name	5 K	5 Mile	10 K	10 Mile	Half Marathon	20 Mile	Marathon
Simon Boast							
Dominic (one d) Hodge					1:24:27		
Andy Ashley					1:27:10 Cricklade (2012)		
Simon Boast			46:07				
Hannah Bowdler			49:10				
Rebecca Capener			43:44 Bromham (2005)		1:33:57 Fleet (2008)	2:35:35 Bramley (2007)	3:31:19 Paris (2007)
Paul Coles	17:58 Corsham (????)	30:23 Foxtrot 5 (2008)	38:16 Cricklade (2007)		1:21:57 Cricklade (2005)	2:19:24 Bramley (2007)	2:59:28 Chicago (2006)
Stuart Gregory		33:20 Gt Bustard 2013	40:40 MRC (2013)		1:28:24 Cricklade(2013)		3:17:59 Nice- Cannes (2012)
Maisie Gregory			50:19 MRC 2014		1:53:30 Nice		
Phil Griffiths			42:20 Bromham (2003)		1:29:45 Purton (1984)		3:27:40 London (1999)
Sarah Hardwick			46:26 Cricklade (2013)		1:44:34 Swindon (2013)		
Pete Horsell	20:45 Corsham (2005)		41:07 Bromham (2001)		1:31:49 Highworth (2007)		3:28:11 Paris (2004)
Andrew Ind					1:18:46 Cricklade (2012)		
Alan Joslin			40:20 Selby (1987/8)		1:30:32 Bridlington (1985)		3:28:01 Selby (1984)
Hen Mackinnon		33:56 Ramsbury (2013)	43:29 MRC 2013		1:32:09 Cricklade (2012)		3:20:30 London (2004)
Kirsty Newland			50:15 Cricklade	1:26:07 Bramley (2007)	1:55:38 White Horse (2012)	3:02:47 Bramley (2009)	3:58:09 Nottingham (2009)

Name	5 K	5 Mile	10 K	10 Mile	Half Marathon	20 Mile	Marathon
Chris Rhodes	16:08 Ciren Water Park (2006)	28:35 Pewsey 5 (2006)	00:35:38 Ripon (2005)		1:19:24 Highworth (2009)		3:25:51 Ironman Copenhagen (2010)
Andy Richardson		35:25 Kintbury 5 (2011)	44:59 Glastonbury (2013)	1:20:04 Gloucester (2010)	1:33:43 Amsterdam (2012)	3:05:29 Bramley (2009)	3:48:32 Paris (2009)
Anton Rowe			44:25 Bromham (2012)		1:37:05 Fleet (2011)		
Nick Thomas		34:38 Gt Bustard 2013	41:47 MRC 2013		1:38:22 Bideford (2013)	3:02:28 Compton (2013)	
G Townsend		31:58 Pewsey (2008)	39:49 Pewsey (2007)		1:27:00 Bath (19??)		3:17:45 London (2004)
Martin Truran	17:27 Hackney (1990)		36:51 Battersea (1991)	59:49 Effingham (1985)	1:19:24 Welwyn Gdn City (1985)	2:11 Finchley (1989)	2:54:23 London (1989)
Chris Wardell					1:30:18 Bath (1999)		3:24:08 Chicago (2000)
Dave Wardell			40:10 Hogweed Trot (2012)		1:26:59 Stranraer (2012)		3:42:40 Boddington (2012)
Janet Whiting	22:07 Wells City (1993)	34:58 Chiseldon (1992)	43:39 Yateley (1993)	1:17:10 Wootton Bassett (1992)	1:39:55 Bath (1993)		
Jane Watkins	22:47 (Park Run (2014)	37:26 (2014)	46:33	1:18:07 (Wiltshire 10 2014)	1:45:15 (2013)	2:54 (Worthing 1994)	4:07 (London 1994)