

Wye Valley Runners Club Records

Women

	Distance	Time	Name
Senior	5km	18 08	Rachel Hatfield
	5 mile		
	10km	38 08	Rachel Hatfield
	10 mile	1 15 56	Becki Ansfield
	half marathon		
	marathon		
v35	5km		
	5 mile		
	10km	39 27	Rachel Hatfield
	10 mile		
	half marathon		
	marathon		
v45	5km	20 39	Sandy Urro
	5 mile	33 46	Sandy Urro
	10km	41 26	Sandy Urro
	10 mile	1 10 57	Sandy Urro
	half marathon	1 33 57	Sandy Urro
	marathon		
v55	5km		
	5 mile		
	10km		
	10 mile	1 12 46	Sandy Urro
	half marathon	1 34 34	Sandy Urro
	marathon		
v65	5km		
	5 mile		
	10km	52 11	Christine Mottram
	10 mile		
	half marathon		
	marathon		

	Distance	Time	Name
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Venue	Date
Hereford	13th May 2004
Swansea	3rd Oct 2004
Hereford	5th June 2008
Hereford	29th Jun 2005
Gloucester	21st Aug 05
Gloucester	7th Sept 2005
Swansea	3rd Oct 2004
Witney	2th Sept 2004
Bath	14-Mar-04
Teifi	16th Apr 2006
Stafford	19th Mar 2006
Swansea	27th Sept 09

Venue	Date
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Wye Valley Runners Club Records

Men

	Distance	Time	Name
Senior	5km	15 51	Luke Mason
	5 mile	27 04	Luke Mason
	10km	33 32	Luke Mason
	10 mile	57 51	Luke Mason
	half marathon		
	marathon		
v40	5km	17 03	Martin Flowers
	5 mile	28 47	Martin Flowers
	10km	36 01	Martin Flowers
	10 mile		
	half marathon		
	marathon		
v50	5km	18 02	Martin Flowers
	5 mile	30 55	Robin Bereza
	10km	37 43	Martin Flowers
	10 mile	1 04 48	Martin Flowers
	half marathon	1 28 58	Robin Bereza
	marathon		
v60	5km	20 09	Eric Acton
	5 mile		
	10km		
	10 mile		
	half marathon		
	marathon		
v70	5km		
	5 mile		
	10km	44 00	Harry Franklin
	10 mile		
	half marathon		
	marathon		

	Distance	Time	Name
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Venue	Date
Sandhurst	21st May 2009
Sandhurst	12th Sept 2009
Hereford	1st Jan 2009
Hereford	15th Jun 2008
Hereford	26th May 2005
Gloucester	31st May 2004
Gloucester	10th April 2004
Hereford	18th May 2006
Gloucester	17th Sept 2005
Gloucester	7th Apr 2007
Severn	8th July 2006
Bath	16th Mar 2008
Hereford	26th May 2005
Newtown	30th Sept 2007

Venue	Date
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Wye Valley Runners Club Records

Miscellaneous records

Ultra-marathons

Distance	Time		Name
56 miles	9	59 59	Ian Matthews
35 miles	6	38 39	Ian Matthews

Most marathons

Paul	200
Ian Matthews	56

Venue	Date
Comrades, South Africa	6th June 1999
Two Oceans, South Africa	4th April 2004