

Women's Road & Endurance Records						
Distance	Age Category	Record Holder	Time	Year	Event	
<b>5k</b>	<b>Club Record</b>	<b>Izzy Coomber</b>	<b>18:45</b>	<b>2015</b>	<b>KingsHead</b>	
	Junior Women	Jessica Courtney	21:22	2013	Tilgate PR	
	Senior Women	Izzy Coomber	18:45	2015	KingsHead	
	Vet Women 35-39	Kim Lo	18:58	2015	Hove Prom PR	
	Vet Women 40-44	Mags Lazelle	20:22	2015	KingsHead	
	Vet Women 45-49	Ann Sinnett	20:13	2006	Bexhill	
	Vet Women 50-54	Samantha Ridley	21:19	2015	Hove WSFRL	
	Vet Women 55-59	Margaret Hollamby	21:33	2013	Hove PR	
	Vet Women 60-64	Margaret Hollamby	21:15	2014	Hove 5k	
	Vet Women 65-69	Maureen Rea	29:41	2014	Clair PR	
	Vet Women 70	Penny Rea	30:26	2014	Clair PR	
	<b>5 Miles</b>	<b>Club Record</b>	<b>Kim Lo</b>	<b>31:18</b>	<b>2015</b>	<b>Hastings</b>
		Senior Women	Kim Lo	31:43	2009	Hastings
Vet Women 35-39		Kim Lo	31:18	2015	Hastings	
Vet Women 40-44						
Vet Women 45-49		Ann Sinnett	31:38	2007	Hove	
Vet Women 50-54		Margaret Hollamby	34:13	2006		
Vet Women 55-59		Maureen Winborn	43:45	2009	Hastings	
Vet Women 60-64		Maureen Rea	42:08	2007		
Vet Women 65-69		Penny Rea	42:25	2008	Hastings	
Vet Women 70		Penny Rea	43:28	2010	Hastings	
<b>10k</b>		<b>Club Record</b>	<b>Izzy Coomber</b>	<b>37:28</b>	<b>2015</b>	<b>Hove</b>
		Senior Women	Izzy Coomber	37:28	2015	Hove
		Vet Women 35-39	Kim Lo	39:00	2015	Brighton M
	Vet Women 40-44	Siobhan Amer	41:40	2015	Pheonix	
	Vet Women 45-49	Ann Sinnett	38:43	2006	Brighton	
	Vet Women 50-54	Ann Sinnett	42:30	2014	Worthing	
	Vet Women 55-59	Margaret Hollamby	44:52	2014	Dambuster	
	Vet Women 60-64	Margaret Hollamby	43:12	2014	Emberton	
	Vet Women 65-69	Penny Rea	52:51	2007	Chichester	
	Vet Women 70	Penny Rea	52:49	2010	Brighton	
	<b>10 Miles</b>	<b>Club Record</b>	<b>Izzy Coomber</b>	<b>64:59</b>	<b>2014</b>	<b>Haywards Heath</b>
		Senior Women	Izzy Coomber	64:59	2014	Haywards Heath
		Vet Women 35-39	Kim Lo	65:51	2015	Brighton
Vet Women 40-44		Siobhan Amer	73:38	2015	Haywards Heath	
Vet Women 45-49		Ann Sinnett	65:51	2007		
Vet Women 50-54		Ann Sinnett	72:25	2013	Rye	
Vet Women 55-59		Marion Hemsworth	80:37	2007	Hailsham	
Vet Women 60-64		Marion Hemsworth	82:05	2015	Brighton	
Vet Women 65-69		Maureen Winborn	1:53:49	2014	Haywards Heath	
Vet Women 70						
<b>Half Marathon</b>		<b>Club Record</b>	<b>Ann Sinnett</b>	<b>1:26:26</b>	<b>2006</b>	<b>Barns Green</b>
		Senior Women	Kim Lo	1:27:41	2011	Brighton
		Vet Women 35-39	Kim Lo	1:27:27	2015	Thames
	Vet Women 40-44	Siobhan Amer	1:36:07	2016	Worthing	
	Vet Women 45-49	Ann Sinnett	1:26:26	2006	Barns Green	
	Vet Women 50-54	Margaret Hollamby	1:35:34	2008	Brighton	
	Vet Women 55-59	Marion Hemsworth	1:44:54	2010	Barns Green	
	Vet Women 60-64	Marion Hemsworth	1:44:28	2011	Hastings	
	Vet Women 65-69	Marion Hemsworth	1:53:29	2016	Worthing	
	Vet Women 70	Penny Rea	2:06:25	2010	Barns Green	
	<b>20 Miles</b>	<b>Club Record</b>	<b>Maresa Pitt</b>	<b>2:14:32</b>	<b>2006</b>	<b>Worthing</b>
		Senior Women	Maresa Pitt	2:14:32	2006	Worthing
		Vet Women 35-39	Kim Lo	2:28:58	2016	Wymondham
Vet Women 40-44		Daphne White	2:35:20	1991		
Vet Women 45-49		Ann Sinnett	2:19:52	2007	Worthing	
Vet Women 50-54		Ann Sinnett	2:36:06	2013	Worthing	
Vet Women 55-59		Marion Hemsworth	2:46:27	2009	Worthing	
Vet Women 60-64		Marion Hemsworth	2:45:05	2011	Worthing	
Vet Women 65-69						
Vet Women 70						
<b>Marathon</b>		<b>Club Record</b>	<b>Ann Sinnett</b>	<b>3:07:56</b>	<b>2007</b>	<b>London</b>
		Senior Women	Kim Lo	3:09:44	2012	Brighton
		Vet Women 35-39	Kim Lo	3:09:56	2017	London
	Vet Women 40-44	Naomi Cikaló	3:39:40	2017	London	
	Vet Women 45-49	Ann Sinnett	3:07:56	2007	London	
	Vet Women 50-54	Samantha Ridley	3:31:36	2015	London	
	Vet Women 55-59	Marion Hemsworth	3:44:04	2009	London	
	Vet Women 60-64	Marion Hemsworth	3:51:43	2011	Brighton	
	Vet Women 65-69	Marion Hemsworth	4:28:05	2017	London	
	Vet Women 70					
	<b>Downland Ultra 30 miles</b>	Senior Women	Maresa Pitt	4:17:40	2004	
		Vet Women	Ann Sinnett	4:20:28	2009	
	<b>London to Brighton</b>	Senior Women	Tracey Luckhurst	9:53:40	2001	
<b>Davos Mountain Ultramarathon (78km +/- 2370m)</b>	Vet Women 40-44	Julie Essex	11:02:56	2006		
<b>Pilgrim Challenge Druids Ridgeway Thames Trot 50</b>	Senior Women	Kat Barrett	12:21:59	2015		
	Senior Women	Kat Barrett	14:33:52	2015		
	Senior Women	Kat Barrett	09:33:53	2016		

<b>Yorkshire Three Peaks</b>	Margaret Hollamby	9:05:00	2011
<b>Welsh 3,000s</b>	Marion Hemsworth	14:02:00	2010

Men's Road & Endurance Records						
Distance	Age Category	Record Holder	Time	Year	Event	
<b>5k</b>	<b>Club Record</b>	<b>Phil Radford</b>	<b>15:56</b>	<b>2016</b>	<b>Bristol</b>	
	Under 20 Men	Phil Radford	17:37	2011	Hove PR	
	Senior Men	Phil Radford	15:56	2016	Bristol	
	Vet Men 40-44	Paul Tomlinson	16:32	2015	Hove PR	
	Vet Men 45-49	Paul Cousins	18:09	2014	Hove PR	
	Vet Men 50-54	Paul Cousins	17:51	2014	PP PR	
	Vet Men 55-59	Tim Hicks	19:57	2014	Whitstable PR	
	Vet Men 60-64	Cliff Comber	19:18	2014	P'borough PR	
	Vet Men 65-69	Terry Bryan	23:24	2009	Hove PR	
	Vet Men 70	Rupert Purchase	24:56	2014	Hove	
	<b>5 Miles</b>	<b>Club Record</b>	<b>Russ Mullen</b>	<b>27:31</b>	<b>2014</b>	<b>Hastings</b>
		Senior Men	Russ Mullen	27:31	2014	Hastings
		Vet Men 40-44	Graham Hart	29:58	2011	Hastings
Vet Men 45-49		Andrew Biggs	31:46	2014	Hastings	
Vet Men 50-54		Rupert Purchase	30:40	1996	Hove	
Vet Men 55-59		Mike Scholes	33:18	2012	Hastings	
Vet Men 60-64		Cliff Comber	32:22	2010		
Vet Men 65-69		Ian Cooper	35:55	1997	Hove	
Vet Men 70		Ian Cooper	34:08	2001	Hove	
<b>10k</b>		<b>Club Record</b>	<b>Chris Smith</b>	<b>30:52</b>	<b>2015</b>	<b>Worthing (2C)</b>
		Senior Men	Chris Smith	30:52	2015	Worthing
		Vet Men 40-44	Rodney Burrows	32:10	1984	
		Vet Men 45-49	John Gill	37:48	1988	Brighton
	Vet Men 50-54	Paul Cousins	36:04	2014	Brighton	
	Vet Men 55-59	Mike Scholes	39:21	2012	Chichester	
	Vet Men 60-64	Ian Cooper	39:00	1991	Brighton	
	Vet Men 65-69	Ian Cooper	43:22	1998	Brighton	
	Vet Men 70	Ian Cooper	43:56	2001	Brighton	
	<b>10 Miles</b>	<b>Club Record</b>	<b>Rodney Burrows</b>	<b>55:20</b>	<b>1984</b>	
		Senior Men	David Peel	55:28	1988	
		Vet Men 40-44	Rodney Burrows	55:20	1984	
		Vet Men 45-49	John Gill	62:04	1989	Worthing
Vet Men 50-54		Paul Cousins	63:20	2014	Haywards Heath	
Vet Men 55-59		Ian Cooper	66:10	1988		
Vet Men 60-64		Ian Cooper	67:17	1991	Worthing	
Vet Men 65-69		Ian Cooper	72:00	1997	Hailsham	
Vet Men 70		Ian Cooper	78:41	2001	Hailsham	
<b>Half Marathon</b>		<b>Club Record</b>	<b>David Peel</b>	<b>1:08:52</b>	<b>1983</b>	
		Under 17 Men	Stuart Austin	1:28:55	1990	
		Under 20 Men	Mark Richmond	1:14:12	1990	
		Senior Men	David Peel	1:08:52	1983	
	Vet Men 40-44	Rodney Burrows	1:13:40	1985		
	Vet Men 45-49	John Gill	1:19:36	1989	Selsey	
	Vet Men 50-54	Paul Cousins	1:18:43	2016	Silverstone	
	Vet Men 55-59	Ian Cooper	1:25:54	1988	Selsey	
	Vet Men 60-64	Ian Cooper	1:30:45	1991	Barns Green	
	Vet Men 65-69	Ian Cooper	1:40:57	1997	Brighton	
	Vet Men 70	Ian Cooper	1:43:30	2001	Barns Green	
	<b>20 Miles</b>	<b>Club Record</b>	<b>Rodney Burrows</b>	<b>1:59:12</b>	<b>1983</b>	<b>Worthing</b>
		Senior Men	Rodney Burrows	1:59:12	1983	Worthing
Vet Men 40-44		Bob Luck	2:07:45	1988	Worthing	
Vet Men 45-49		John Gill	2:07:53	1989	Worthing	
Vet Men 50-54		Graham Lyall	2:13:33	2006	Worthing	
Vet Men 55-59		Ian Cooper	2:17:52	1986	Worthing	
Vet Men 60-64		Ian Cooper	2:23:27	1991	Worthing	
Vet Men 65-69		Ian Cooper	2:44:10	1998	Worthing	
Vet Men 70		Ian Cooper	2:41:00	2001	Worthing	
<b>Marathon</b>		<b>Club Record</b>	<b>Tom Burke</b>	<b>2:36:35</b>	<b>2004</b>	<b>London</b>
		Senior Men	Tom Burke	2:36:35	2004	London
		Vet Men 40-44	Paul Tomlinson	2:37:36	2017	London
		Vet Men 45-49	John Gill	2:57:15	1990	Worthing
	Vet Men 50-54	Paul Cousins	2:55:37	2014	London	
	Vet Men 55-59	Mike Scholes	3:07:54	2009	London	
	Vet Men 60-64	Mike Scholes	3:24:42	2014	London	
	Vet Men 65-69	Ian Cooper	3:45:33	1998	London	
	Vet Men 70	Peter Cobbett	04:38:55	2015	Toronto	
	Kilomathon	Vet Men 40-44	Andrew Biggs	1:55:13	2012	London
	<b>Downland Ultra 30 miles</b>	Vet Men 45-50	Graham Lyall	4:03:49	2002	
	<b>London to Brighton</b>	Vet Men 50-54	Ian Cooper	7:51:40	1984	
<b>South Downs Way 80 Miler</b>	Vet Men 45-49	John Gill	11:51:22	1991		
	Vet Men 55-59	Ian Cooper	15:20:00	1986		
<b>Downsman 100 miles</b>	Vet Men 50-54	Ian Cooper	23:41:00	1985		
<b>Marathon Des Sables</b>		Phil Payne	48:12:58	2015		
		Paul Ruff	54:32:12	2008		
<b>Beer Mile</b>		Josh Pewter	06:12	2014	Preston Park	

<b>Yorkshire Three Peaks</b>	Mark Sykes	5:09:59	2005
<b>Welsh 3,000s</b>	John Rix	12:58:00	1996
<b>Lakes 3,000s</b>	John Rix	18:45:00	1994
<b>Jersey Ilex</b>	Carl Bicknell	11:07:59	2015