

TRR Personal Bests

Updated 31-Jul-2026 - any results submitted after this date will appear in the next monthly update.

PB's achieved between Nov 2025 - Oct 2026 are highlighted yellow. Missing data? Please email records@tiptreeroadrunners.com

TRR Member Name	parkrun	5K	5M	10K	10M	Half	15M	20M	Marathon
Stuart Allen									
Lisa Allum	00:27:40	00:27:57		01:02:50					05:29:58
Malcolm Bailey	00:22:55	00:19:20	00:30:54	00:39:30	01:03:05	01:23:50	01:41:20	02:20:00	03:11:50
Peter Banks	00:17:44		00:28:24		00:59:34	01:20:06	01:36:44	02:11:38	02:58:22
Sally Banyard	00:23:00	00:23:54	00:39:37	00:49:11	01:20:50	01:45:52	02:04:58	02:49:56	03:50:17
Bob Bardell	00:22:36	00:21:53	00:34:13	00:44:10		01:40:16	02:18:55		05:28:25
Zoe Bardell	00:26:45	00:25:51	00:41:24	00:55:52	01:29:35	01:53:41	02:37:14	03:17:23	04:49:38
Jon Barter	00:23:06	00:22:27	00:38:40	00:49:56	01:20:56	01:42:52			03:49:58
Kat Barter	00:26:46			00:53:44		02:08:15			
Julia Bawden	00:27:05	00:27:13	00:42:53	00:55:23	01:30:31	02:02:56	02:26:16	03:23:53	04:44:26
Ann-Marie Bearne	00:26:05	00:27:06	00:43:27	00:52:58	01:33:19	02:09:56	02:52:06		05:44:57
Nicky Bell	00:24:49		00:41:50		01:29:02	01:56:59			
Scott Brenton	00:19:26	00:19:21	00:33:22	00:42:13	01:09:28	01:34:14	02:17:42	02:51:40	
Dave Cassin	00:23:11		00:37:04	00:53:24	01:28:01	01:56:32			04:24:15
Sam Cheung			00:43:02			02:02:40			
Stuart Collett	00:20:48	00:20:34	00:34:22	00:43:06	01:11:54	01:37:13			
Sarah Conway						02:21:39			06:00:54
Nick Copperwaite			00:29:38	00:36:52	01:01:02	01:23:44			
Caroline Corney	00:25:03	00:23:44	00:41:03	00:47:10	01:30:59	01:56:53			
David Cox	00:29:49								
Rowena de Belligny	00:21:53	00:21:35	00:35:17	00:44:58	01:13:46	01:40:05		02:49:06	03:46:16
Helen Degiorgio	00:27:15			00:56:39	01:42:13	02:34:00			05:28:58
Angela Dellar	00:23:04	00:23:13	00:38:07	00:48:38	01:22:58	01:49:09	02:08:49		
Roger Duffield	00:25:36	00:18:16	00:28:50	00:38:30	01:06:53	01:30:02	02:03:08	02:40:13	05:37:10
Michelle Edwards	00:23:29	00:24:43	00:39:22	00:49:49	01:23:26	01:54:41			
Jeff Fairfull	00:27:44	00:26:37				02:32:17			
Amanda Fairs	00:21:53					01:33:35			03:31:59
Richard Farr			00:32:34						
Tim Ford	00:22:04	00:22:25	00:37:54	00:48:32	01:17:14	01:44:23	02:28:10	02:21:47	03:10:48
Rob Frost									
Simon Gallagher	00:21:19	00:21:39	00:34:15	00:45:24	01:15:13	01:34:12	01:56:13	02:42:53	03:47:09
Chris Gardiner	00:19:25	00:18:32	00:31:50	00:39:19	01:08:44	01:27:45	01:43:30	02:33:47	03:21:33
Katie Gardiner						02:20:39			
Mark Gardiner	00:21:58			00:46:13	01:14:52	01:43:48			

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TRR Member Name	parkrun	5K	5M	10K	10M	Half	15M	20M	Marathon
Bobby Garland									
Aaron Graves	00:16:40	00:16:25	00:27:26	00:34:13	00:56:12	01:16:10	01:29:20	02:00:25	02:44:15
Mandy Graves	00:28:03	00:28:00	00:46:16	00:58:35	01:38:17	02:18:03			
Paul Graves	00:24:36	00:24:11	00:41:41	00:52:24	01:31:33	01:56:46	02:42:43		
Katy Greenwood	00:21:45		00:34:08	00:46:06	01:11:39	01:33:40			03:56:17
Paul A Gregory	00:24:26	00:21:29			01:11:59	01:38:58	02:11:40		04:22:41
Frances Gridley	00:24:09	00:25:57	00:42:16	00:51:30	01:25:42	01:53:17	02:46:22		
Rob Hadgraft	00:22:21	00:17:25	00:28:59	00:37:25	01:04:10	01:26:45			04:15:00
Alex Hadley	00:28:22	00:31:29	00:47:39	01:01:24	01:38:22	02:26:22			05:24:27
Ben Hall	00:27:34	00:28:01	00:47:45	01:01:10	01:45:12	02:20:33	02:48:38		
Kimberley Hall	00:28:42		00:49:01	00:58:45	01:42:11	02:27:32			05:18:51
Rob Hankey	00:20:16	00:20:46	00:34:00	00:43:56	01:11:04	01:35:37	01:59:46		03:49:49
Chris Harding	00:23:48	00:24:25	00:36:33	00:49:51	01:24:32	01:47:49	02:47:41		04:29:49
Robyn Harding	00:25:40	00:24:44	00:42:45	00:53:42	01:28:57	01:55:25	03:15:51		
Sharon Hardwicke	00:27:08	00:27:32	00:45:44	00:56:03	01:33:02	02:04:31	02:32:14	03:28:06	04:51:22
Stephen Hargreaves	00:25:15		00:40:56	00:50:54	01:28:58				
Clare Haylock	00:27:06		00:48:52	00:58:05	01:44:52	02:22:21			05:17:20
Glen Head						01:33:57			03:36:07
Stacy Hember	00:23:43	00:25:10	00:41:23	00:50:34	01:23:57	01:57:16	02:28:33	03:18:43	04:34:33
Giannini Hemmings									
Verity Hill	00:26:36								
Simone Hilliard	00:21:15	00:21:50	00:34:15	00:42:54	01:12:39	01:33:23	02:17:38	02:32:21	03:30:03
Martin Holtham-Payne	00:23:20	00:23:47	00:39:39	00:50:04	01:23:04	01:50:32			
Alan Hurding	00:23:59	00:23:47	00:38:34	00:47:49	01:21:43	02:00:49			
Morven Hurding	00:21:50	00:21:10	00:35:31	00:44:21	01:12:55	01:36:11	01:56:43	02:34:09	03:30:58
Tim Huxtable	00:28:50		00:44:36	00:57:47	01:33:37	02:18:07			
Chris Jennings	00:23:39				01:19:16	01:48:28			
Lee Kerrison	00:21:50	00:22:18	00:38:16	00:46:17	01:13:58	01:38:51	02:24:45		03:42:29
Sean Ketteridge	00:19:32								
Jonathan King	00:26:24								
Robert King	00:23:09	00:24:14	00:39:20	00:49:17	01:23:32				
Ruth King									
Marcel Kopp	00:22:27								
Mark Lawes	00:19:44	00:19:53	00:32:36	00:40:52	01:08:31	01:35:33	01:55:57	02:39:55	03:34:45
Lucy Lofthouse	00:23:15	00:23:04	00:40:24		01:35:32	01:54:20	02:37:22		
Sue Long	00:29:04		00:48:50	00:59:58	01:43:42	02:28:03			
Danielle Mallows	00:20:28	00:19:36	00:32:29	00:41:21	01:07:57	01:30:20	01:50:32	02:22:47	03:19:45

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TRR Member Name	parkrun	5K	5M	10K	10M	Half	15M	20M	Marathon
Annabel Marriott	00:29:50		00:51:33	01:05:09	01:46:43	02:33:47	02:57:13		05:59:16
Kerry Marsh	00:28:45								
Len Marten	00:23:37		00:41:54	00:55:31	01:23:38	01:59:48			
Jade May									
Lorraine Mills	00:23:35	00:23:06	00:38:10	00:48:27	01:19:56	01:47:59	02:07:44	02:55:56	03:57:23
Kathleen Moore	00:26:35			00:57:02	01:42:11	02:24:13			
Ryan Naidoo	00:19:49		00:35:07	00:42:10			01:54:40		03:33:12
Wendy Naidoo	00:29:14								
Chris Newenham	00:21:04	00:21:50	00:35:23	00:45:32	01:14:41	01:38:05		02:41:27	03:53:05
Rachel Newenham	00:24:46		00:40:24	00:53:57	01:27:51				04:50:00
Phil Nicholls	00:19:51	00:19:56	00:33:24	00:41:28	01:08:45	01:29:22	01:49:45	02:34:32	03:27:54
Andrew Page				00:51:14		01:54:14			
Alison Peace	00:26:08		00:45:31	00:56:17	01:40:39	02:05:06	02:55:13	03:30:07	04:52:20
Lily Peace						01:58:35			04:53:44
Stuart Peace	00:22:34	00:21:09	00:35:57	00:48:08	01:16:22	01:41:18	02:04:54	02:55:20	03:57:22
Tom Pease									
Marcus Peters	00:19:38	00:18:43	00:32:29	00:39:14	01:07:20	01:27:17			03:06:27
Simon Peters	00:20:49	00:20:34	00:33:20	00:41:09	01:13:32	01:31:41		02:30:28	03:19:32
Chris Pollard									
Louisa Quilter	00:24:48	00:26:57	00:42:59	00:50:20	01:28:04	01:52:27			
Katie Rawlinson	00:25:53			00:58:01					
Lynda Rayner	00:25:36	00:26:15	00:45:24	00:57:36	01:32:02	02:19:57			
Nicole Rayner	00:24:42	00:22:22	00:41:28	00:43:45		01:36:55			04:21:03
Martin Riley	00:22:32	00:22:15	00:38:06		01:22:12				
Jackie Robinson	00:23:21		00:39:56	00:49:56	01:22:56	01:53:25			
Lyndsay Salmon									
Simon Scott	00:27:43			00:58:37	01:40:59	02:16:16	03:14:57		
Vicky Sheldon	00:21:07	00:21:17	00:34:33	00:43:04	01:13:27	01:32:56	02:09:47	02:41:15	03:18:45
Edward Skinner	00:20:36	00:20:10	00:32:45	00:41:54	01:11:37	01:34:48			
Jim Slater	00:25:17	00:21:00	00:34:58	00:43:50	01:15:00	01:37:58	02:09:24		04:18:16
Rob Still	00:22:52		00:40:43	00:48:16		01:48:46			
Steve Swainbank	00:25:41	00:27:48	00:43:10		01:37:33				
Anna Taylor	00:25:32	00:25:11	00:41:57	00:52:35	01:30:59	01:54:15	02:23:43		04:36:32
Simon Thompson	00:21:34	00:22:30	00:36:53	00:48:24	01:27:01	01:48:20			03:57:47
Peter Tompkins	00:20:18					01:46:15			03:58:37
Andrew Vickers	00:28:48								
Neil Want	00:23:57				01:31:03	01:54:24			

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TRR Member Name	parkrun	5K	5M	10K	10M	Half	15M	20M	Marathon
David Watson	00:29:36	00:29:32		01:07:01	01:56:05	02:38:39			03:32:29
Jodie Wells	00:23:22	00:22:09		00:47:54	01:18:59	01:48:52			
Claire White	00:24:39	00:23:34	00:38:42	00:49:13	01:29:01	01:52:55	02:23:43	03:16:20	03:58:35
Kirsty Wiggins	00:21:22			00:44:24	01:24:01	01:52:46			