

## COURSE RECORDS

### SENIOR MEN

2016 **Matthew Mbithi (Kenya)** **CR 61:44**

### SENIOR WOMEN

2007 **Liz Yelling (Bedford)** **CR 69:27**

## PAST WINNERS

2016	<u><b>Matthew Mbithi (Kenya)</b></u>	<b>CR 61.44</b>	Lenah Jerotich (Kenya)	71:12
2015	Paul Martelletti	65.28	Emma Stepto (Cornwall AC)	73:50
2014	Nicholas Kirui (Kenya)	63.13	Perendis Lekapana (Kenya)	70.53
2013	Tewodros Shiferaw (Kenya)	63.26	Polline Wanjiru (Kenya)	70.28
2012	<u><b>Edwin Kiptoo (Kenya)</b></u>	<b>CR 62.01</b>	Jane Muia (Kenya)	71.19
2011	Edwin Kipkorir (Kenya)	64.00	Edith Chelimo (Kenya)	71.11
2010	Ezekiel Cherop (Kenya)	63.03	Michelle Ross-Cope (Stoke)	72.07
2009	Simon Tonui (Kenya)	63.09	Joyce Kandia (Kenya)	71.49
2008	Raymond Tonui (Kenya)	65.21	Roman Gebresse (Kenya)	73.09
2007	<u><b>Tewodros Shiferaw (Kenya)</b></u>	<b>CR 62.09</b>	<u><b>Liz Yelling (Bedford &amp; County)</b></u>	<b>CR 69.27</b>
2006	Simon Kasimili (Kenya)	64.08	Cathy Mutwa (Kenya)	72.45
2005	Simon Tonui (Kenya)	62.53	Susan Partridge (Central)	73.10
2004	<u><b>Joseph Riri (Kenya)</b></u>	<b>CR 62.20</b>	Miriam Wangari (Kenya)	74.37
2003	Hugh Lobb (Bedford)	64.51	Debbie Robinson (Tipton)	71.57
2002	William Musyoki (Kenya)	64.14	Jo Lodge (Windsor, Slough & Eton)	74.01
2001	Paul Green (Sale Harriers)	64.57	Annie Emmerson	71.13
2000	Alan Sheppard (Morpeth Harriers)	65.48	Helen Purdy (Pudsey & Bramley)	75.55
1999	Tony Graham (Tipton Harriers)	66.58	Debbie Gunning (Essex Ladies)	78.36
1998	Stuart Hall (Plymouth Harriers)	66.52	Melanie Ellis (Shaftesbury & Barnet Harriers)	75.34
1997	Gareth Davies (Brigend)	66.55	Hayley Nash (Newport)	78.37
1996	Phil Makepeace (Leicester)	65.15	Hayley Nash (Newport)	76.10

1995	David Taylor (Blackheath)	64.22	Karen McLeod (Edinburgh)	74.17
1994	Chris Buckley (Westbury)	63.44	Hayley Nash (Newport)	73.15
1993	Steve Brace (Brigend)	64.05	<b><u>Andrea Wallace (Torbay)</u></b>	<b><u>CR 69.39</u></b>
1992	Colin Walker (Gateshead)	63.59	Ann Roden (South London)	75.26
1991	Chris Buckley (Westbury)	64.41	Karen McLeod (Edinburgh)	73.31
1990	Steve Brace (Brigend)	65.11	Veronique Marot (Leeds)	73.46
1989	John Wheway (Tipton)	64.26	Bronwyn Cardy-Wise (Bromsgrove & Redditch)	75.20
1988	John Wheway (Tipton)	64.11	Sally Ellis (Birchfield H)	71.38
1987	John Wheway (Tipton)	63.02	Veronique Marot (Leeds)	71.53
1986	<b><u>Steve Anders (St. Helens)</u></b>	<b><u>CR 62.35</u></b>	<b><u>Veronique Marot (Leeds)</u></b>	<b><u>CR 70.23</u></b>
1985	Steve Anders (St. Helens)	63.29	<b><u>Veronique Marot (Leeds)</u></b>	<b><u>CR 71.10</u></b>
1984	Maurice Cowman (Westbury)	64.13	Priscilla Welch (Ranelagh H)	72.13
1983	Nigel Gates (Bath)	64.24	Annette Roberts (Hownslow)	75.35
1982	<b><u>Nigel Gates (Bath)</u></b>	<b><u>CR 63.01</u></b>	<b><u>Joyce Smith (Barnet)</u></b>	<b><u>CR 71.45</u></b>

## **RUNNING HIGH EVENTS Ltd**

14<sup>nd</sup> March 2016

PastWinners2016