

Marathon PBs

(updated to Cornish 2025)

The PBs are for races in a Hayle Shirt.

Races/times are highlighted bright green if run in the current year, light green if run in the previous two years.

Overall Position	Gender	Gender Position	Name	Time	Race	Year	2025 Progress
1	M	1	Morant, Jordan	2:35:34	London	2017	
2	M	2	Gardner, Jacob	2:36:50	London	2025	0:04:13
3	M	3	Hayhurst, Neil	2:39:01	Valencia	2024	
4	M	4	Gore, Adam	2:39:10	London	2023	
5	M	5	Ellis, Peter	2:39:11	London	2012	
6	M	6	Costello, Daniel	2:41:03	London	2016	
7	M	7	Paroissien, Andrew	2:42:51	London	2025	0:05:14
8	M	8	Bennett, Edmund	2:47:40	Malaga	2025	0:16:47
9	M	9	Rosenfeld, Thomas	2:47:51	London	2025	0:06:23
10	M	10	McQuillen-Wright, Chris	2:48:59	London	2004	
11	M	11	Barnes, Peter	2:49:34	Newport	2024	
12	M	12	Abraham, Scott	2:50:23	London	2016	
13	M	13	Purvis, Lloyd	2:51:22	Dusseldorf	2016	
14	M	14	Warmington, Paul	2:52:28	Valencia	2025	0:04:20
15	M	15	Barrett, Chris	2:53:56	Berlin	2022	
16	M	16	Hagan, Steven	2:54:31	Barnstaple	2025	0:05:10
17	M	17	Savage, Rich	2:55:11	Spacecoast	2014	
18	M	18	Timms, Simon	2:55:41	London	2014	
19	F	1	Paull, Emma	2:56:41	London	2017	
20	M	19	Reid, Alan	2:57:07	London	2009	
21	M	20	Fuller, Stephen	2:57:30	London	2019	
22	M	21	Wherry, Steve	2:57:32	London	2019	
23	M	22	Horswell, Richard	2:59:11	London	2012	
24	M	23	Summers, Jake	2:59:57	Valencia	2025	0:32:52
25	M	24	Tonkin, Craig	3:01:23	London	2011	
26	M	25	Mayes, Richard	3:01:46	London	2016	
27	M	26	Tullett, Adam	3:03:01	Duchy	2010	
28	M	27	Curtis, Matt	3:03:38	Edinburgh	2012	
29	M	28	Dowrick, Mike	3:03:48	London	2013	
29	M	28	Goodreid, Ian	3:03:48	London	2010	
31	M	30	Turton, Dominic	3:04:09	Newport	2024	
32	M	31	Medlock, Bradley	3:04:50	London	2019	
33	M	32	Stephens, Jeremy	3:06:05	Duchy	2007	
34	M	33	Wyatt, Steve	3:07:00	Cornish	2007	
35	M	34	Marsden, Stanley	3:07:18	Exeter	2025	
36	M	35	Curnow, Ian	3:07:52	Newport	2025	0:06:24
37	M	36	Murrant, Kieran	3:08:48	Duchy	2013	
38	F	2	Kenworthy, Sarah	3:09:31	Duchy	2012	
39	M	37	O'Neill, Liam	3:10:15	Cornish	2024	
40	M	38	Philpotts, Bob	3:10:56	Cardiff	2006	
41	M	39	Burrows, Anthony	3:11:26	London	2010	
42	M	40	Knowles, Simon	3:11:43	Stratford	2015	

43	M	41	Gill, Stuart	3:11:45	Cornish	2014	
44	M	42	Wilding, David	3:12:39	Brighton	2022	
45	M	43	Williams, Mark	3:13:21	Barcelona	2025	0:09:11
46	M	44	Davies, Max	3:13:30	London	2024	
47	F	3	Savage, Faye	3:15:10	London	2014	
48	F	4	Ruetsch, Fiona	3:15:20	Edinburgh	2012	
49	F	5	Goldsworthy, Rachel	3:15:35	London	2011	
50	M	45	Manning, James	3:16:32	London	2016	
51	F	6	Bennett, Charlotte	3:16:59	London	2015	
52	M	46	Burford, Lee	3:17:07	Valencia	2025	0:07:30
53	M	47	Grose, Simon	3:18:00	London	2000	
54	M	48	Masters, Nick	3:18:54	London	2017	
55	M	49	Walker, Murray	3:19:14	Manchester	2017	
56	M	50	Lowdon, John	3:20:51	London	2017	
57	M	51	Webb, Sean	3:20:52	Cornish	2006	
58	F	7	Nicholas, Melissa	3:22:28	London	2023	
59	M	52	Lewarne, Mark	3:22:33	Duchy	2005	
60	F	8	Jose, Amy	3:22:35	London	2016	
61	F	9	Angilley, Jayne	3:22:53	Duchy	2009	
62	M	53	Jukes, Andy	3:23:41	Cornish	2013	
63	M	54	Young, Curtis	3:23:49	London	2017	
64	M	55	Hayes, Curtis	3:24:37	Manchester	2025	0:22:34
65	M	56	Wall, Alex	3:25:19	London	2014	
66	M	57	Lewis, Martyn	3:25:30	Duchy	2012	
67	F	10	Harrison-Webb, Debbie	3:25:57	Newport	2021	
68	M	58	Guffick, Dave	3:26:19	London	2024	
69	M	59	Eldon, Jon	3:26:32	Manchester	2023	
70	M	60	Hicks, Sam	3:27:29	Duchy	2005	
71	M	61	Smith, Derek	3:27:56	London	2008	
72	M	62	Allan, Paul	3:28:07	Manchester	2023	
73	M	63	Attwood, James	3:28:10	Duchy	2013	
74	M	64	King, Kevin	3:29:09	Stratford	2015	
75	M	65	Hill, Terry	3:29:20	Duchy	2008	
76	M	66	Waring, Chris	3:29:21	London	2015	
77	M	67	Fletcher, Simon	3:29:58	Duchy	2005	
78	F	11	Friday, Lisa	3:31:03	London	2012	
79	M	68	Cooling, Steve	3:32:27	Florence	2014	
80	M	69	Silver, Kevin	3:32:31	Manchester	2023	
81	F	12	Knowles, Helen	3:33:00	Duchy	2012	
82	M	70	Goodwin, Samuel	3:33:03	Southampton	2025	
83	M	71	Shepherd, Alan	3:34:20	Isle of Wight	1995	
84	M	72	Twiggs, Tim	3:34:30	London	2024	
85	F	13	Medlock, Kirsty	3:34:44	London	2024	
86	F	14	Howard, Sophie	3:35:20	London	2021	
87	F	15	Williams, Maria	3:35:41	Duchy	2011	
88	M	73	Heather, Daniel	3:37:03	Manchester	2025	
89	F	16	Rudd, Nikki	3:37:06	Edinburgh	2014	

90	M	74	Blight, Andrew	3:37:24	Edinburgh	2012	
91	M	75	Jeffer, Simon	3:37:40	London	2022	
92	M	76	Hegarty, Alan	3:37:43	Cornish	2007	
93	M	77	Wilcock, Paul	3:37:44	Newport	2021	
94	F	17	Simmons, Andrea	3:37:48	New York	2025	0:15:16
95	F	18	Manners, Melodie	3:38:45	Cornish	2022	
96	M	78	Orchard, Mike	3:39:04	New Forest	2006	
97	F	19	Gerrard, Corinne	3:39:11	Berlin	2022	
98	M	79	Hynard, Mark	3:39:28	Cornish	2007	
99	F	20	Kirby, Alysia	3:39:32	London	2008	
100	M	80	Savage, Jon	3:39:37	Cornish	2017	
101	M	81	Balmer, Luke	3:40:45	Duchy	2009	
102	M	82	Corrigan, Steve	3:41:13	London	2012	
103	M	83	Whitehouse, Mike	3:41:54	Brighton	2022	
104	M	84	Maclaren, Steve	3:41:56	Loch Ness	2025	0:14:08
105	F	21	Tossell, Rebecca	3:42:54	Newport	2019	
106	M	85	Townend, Stewart	3:43:01	Cornish	2008	
107	M	86	Humbles, Frazer	3:43:23	Manchester	2025	0:31:09
108	M	87	Moore, Andy	3:44:02	Shakespeare	2015	
109	F	22	Lamerton, Sharon	3:44:03	Stratford	2019	
110	M	88	Newcombe, Giles	3:44:17	London	2015	
111	M	89	Smith, Andrew	3:44:52	London	2008	
112	F	23	Spencer-Smith, Andrea	3:45:11	Duchy	2013	
113	F	24	Gillespie, Rebecca	3:45:46	Cornish	2008	
114	M	90	Beer, Joseph	3:46:15	London	2024	
114	F	25	Mitchell, Debbie	3:46:15	London	2024	
116	F	26	O'Neill, Fiona	3:46:18	Cornish	2025	0:47:40
117	F	27	Burns, Julia	3:46:42	Stratford	2016	
118	M	91	Batchelor, David	3:46:43	Cornish	2017	
119	F	28	Paull, Lucy	3:47:14	Florence	2014	
120	F	29	Hume-Rothery, Gabrielle	3:48:16	London	2024	
121	M	92	James, John	3:48:24	London	2021	
122	F	30	Bowker, Rachel	3:49:40	Shakespeare	2015	
123	M	93	Luckhurst, Will	3:50:00	Cornish	2017	
124	M	94	Curtis, Oisin	3:50:08	Edinburgh	2022	
125	M	95	Humphrey, Thomas	3:50:16	London	2008	
126	M	96	Kennett-Parsons, Joe	3:50:31	Cornish	2016	
127	M	97	Weare, Mike	3:51:08	Edinburgh	2014	
128	M	98	Penberthy, Michael	3:51:43	Cornish	2008	
129	F	31	Ellen, Bastiani	3:51:59	London	2016	
130	F	32	Kelly, Moore	3:52:14	London	2016	
131	M	99	Trembath, Robert	3:53:07	Duchy	2013	
132	M	100	Leo, Cas	3:53:09	Duchy	2012	
133	F	33	Shorland, Narina	3:54:08	Shakespeare	2015	
134	M	101	Wigram, Tim	3:54:10	Cornish	2013	
135	M	102	Baldwin, Mike	3:54:54	Duchy	2012	
136	M	103	Smith, Brian	3:55:28	Cornish	2008	

137	M	104	Kershaw, David	3:55:31	Florence	2014	
138	M	105	Holman, Tony	3:55:44	Duchy	2006	
139	M	106	Timms, Ian	3:56:06	London	2015	
140	F	34	Astill, Naomi	3:56:08	London	2019	
141	F	35	Thomas, Alison	3:57:03	London	2017	
142	M	107	Ellis, Andrew	3:57:03	Cornish	2019	
143	F	36	Cardell, Timothea	3:57:37	Duchy	2004	
144	M	108	Round, Matthew	3:57:56	London	2015	
145	F	37	Merrett, Trish	3:58:33	London	2011	
146	F	38	Poultney, Melissa	3:58:40	Cornish	2019	
147	F	39	La Brash, Angela	3:59:33	Edinburgh	2013	
148	M	109	McCallum, Stuart	4:00:02	Duchy	2012	
149	M	110	Date, Malcolm	4:00:11	London	2009	
150	M	111	Francis, Desmond	4:00:14	Duchy	2009	
151	M	112	Elgar, Simon	4:00:17	London	2015	
152	M	113	Sneyd, Paul	4:01:22	Duchy	2013	
153	F	40	Such, Louise	4:01:57	Duchy	2009	
154	F	41	Clare, Helen	4:02:35	London	2012	
155	M	114	Goulbourn, Mark	4:02:57	London	2013	
156	M	115	Wright, David	4:03:08	Duchy	2013	
157	F	42	Markey, Anne	4:03:12	Edinburgh	2009	
158	F	43	Sullivan, Sharon	4:03:59	London	2013	
159	M	116	Bastian, Adrian	4:05:45	Duchy	2013	
160	M	117	Rowe, Phil	4:05:55	London	2006	
161	M	118	Backhouse, Stuart	4:07:24	Newport	2021	
162	F	44	Nicoll, Ruth	4:07:39	Edinburgh	2008	
163	M	119	Humphrey, Irwin	4:07:49	Cornish	2015	
164	M	120	Thomas, Alan	4:07:55	Cornish	2012	
165	F	45	Daniel, Carolyn	4:08:41	London	2021	
166	F	46	Lee, Becky	4:09:05	London	2015	
167	M	121	Uren, Darren	4:09:09	Cornish	2025	
168	F	47	Warren, Diane	4:09:38	London	2017	
169	M	122	Thomas, Andrew	4:10:11	London	2008	
170	M	123	Cudmore, Nathan	4:10:27	Cornish	2025	
171	M	124	Fraser, Glen	4:10:51	Cornish	2005	
172	F	48	Lund-Lack, Sarah	4:11:13	Shakespeare	2015	
173	F	49	Forbes, Jennifer	4:12:37	London	2023	
174	F	50	Cliff, Naomi	4:13:02	Duchy	2008	
175	M	125	Penhaul, Chunky	4:13:28	Berlin	2022	
176	F	51	Lewis, Caroline	4:13:33	London	2008	
177	F	52	Newing, Sarah	4:13:56	Dartmoor Vale	2012	
178	F	53	Pegg, Rachel	4:14:34	London	2016	
179	F	54	Buckland, Jennifer	4:14:40	London	2025	
180	F	55	Grobler, Marlene	4:14:41	Manchester	2022	
181	M	126	Collier, Rich	4:15:22	London	2024	
182	F	56	Holland, Jo	4:15:23	Stratford	2019	
183	M	127	Haynes, Howard	4:16:33	Cornish	2009	

184	F	57	Adams, Elaine	4:17:35	London	2021	
185	M	128	Lewis, Jules	4:17:37	Shakespeare	2011	
186	M	129	Merrett, Graham	4:19:29	Cornish	2013	
187	M	130	Ford, Robert	4:19:39	New York	2009	
188	M	131	Johns, Philip	4:20:06	Cornish	2019	
189	F	58	Bills, Kelly	4:20:29	Cornish	2023	
190	F	59	Osborn, Kathryn	4:20:51	Paris	2010	
191	F	60	Chapman, Susan	4:20:55	Edinburgh	2013	
192	F	61	Rowat, Sharon	4:21:12	Newport	2024	
193	M	132	Nancarrow, David	4:21:17	Duchy	2012	
194	M	133	Campbell, Chris	4:21:36	Brighton	2022	
195	M	134	Drew, Jonathan	4:21:37	Paris	2009	
196	M	135	Peters, Nicholas	4:22:45	Cornish	2025	0:05:01
197	F	62	Green, Nichola	4:22:50	London	2016	
198	M	136	Collett, Richard	4:24:25	London	2019	
199	F	63	Wade, Faye	4:24:55	London	2011	
200	M	137	James, Andrew	4:26:09	Cornish	2022	
201	F	64	Ferguson, Ana	4:27:26	Edinburgh	2013	
202	M	138	Scott, David	4:29:19	Tresco	2008	
203	F	65	Booth, Denise	4:29:23	London	2008	
204	F	66	Martin, Kelly	4:30:02	London	2015	
205	M	139	Hocking, Daniel	4:30:18	London	2024	
206	F	67	Berwick, Holly	4:30:44	London	2019	
207	M	140	Hardy, James	4:31:10	London	2016	
208	F	68	Turner, Glynnis	4:31:30	Edinburgh	2014	
209	F	69	Renowden, Zoe	4:31:32	Cornish	2019	
210	F	70	Beman, Lynn	4:31:57	Edinburgh	2013	
211	F	71	Billington, Melanie	4:32:23	Edinburgh	2013	
212	F	72	Senior, Anne	4:33:15	Edinburgh	2012	
213	F	73	Haghani, Laura	4:33:46	Cornish	2025	
214	F	74	Rouncefield, Carol	4:34:44	London	2011	
215	F	75	Ellen, Emily	4:35:15	London	2018	
216	M	141	Evans, Alun	4:36:21	Edinburgh	2016	
217	F	76	Wills, Kerry	4:37:06	London	2013	
218	F	77	Fitt, Michelle	4:37:54	Cornish	2022	
219	F	78	Jelf, Michelle	4:39:58	London	2015	
220	F	79	Olliver, Louise	4:40:36	Newport	2024	
221	F	80	O'Keefe, Jackie	4:40:41	Paris	2008	
222	F	81	Tonkin, Jane	4:40:47	London	2004	
223	F	82	Carter, Nikki	4:42:18	Edinburgh	2014	
224	F	83	Lewis Willis, Deborah	4:42:21	London	2016	
225	M	142	Drewett, Toby	4:43:13	London	2019	
226	F	84	Mills, Helen	4:43:54	Edinburgh	2013	
227	M	143	Baker, Ben	4:44:40	Cornish	2013	
228	M	144	Breakwell, Curtis	4:45:11	Cornish	2016	
229	F	85	Gibbard, Helen	4:45:56	Edinburgh	2009	
230	M	145	Smith, Stuart	4:46:02	Stevenage	2024	

231	F	86	Connon, Naomi	4:47:15	Cornish	2017	
232	F	87	Stevens, Carol	4:47:33	Edinburgh	2013	
233	F	88	Gore, Jamie	4:47:56	Valencia	2024	
234	F	89	Iivonen-Gray, Katri	4:48:06	London	2018	
235	F	90	Hicks, Katie	4:48:10	Edinburgh	2012	
236	F	91	Nimmo, Donna	4:48:20	London	2014	
237	M	146	Stanford, Joseph	4:48:29	Cornish	2023	
238	F	92	Rochford, Hayley	4:48:41	Edinburgh	2013	
239	F	93	Jones, Amanda	4:51:31	London	2015	
240	F	94	Culley, Carol	4:52:22	Edinburgh	2013	
241	M	147	Bristow, Don	4:52:27	Cornish	2004	
242	F	95	Walton, Nancy	4:56:54	London	2008	
243	F	96	Richardson, Samira	4:57:03	London	2016	
244	F	97	Roskilly, Michelle	4:57:47	Cornish	2012	
245	F	98	Long, Fran	4:58:28	Cornish	2019	
246	F	99	Rogers, Tear	5:01:49	London	2025	
247	F	100	Willcocks, Jayne	5:01:55	London	2007	
248	F	101	Cheel, Amanda	5:02:00	Ottawa	2013	
249	F	102	Phillips, Ruth	5:02:48	Stratford	2019	
250	F	103	Allen, Sarah	5:03:41	London	2023	
251	M	148	Mangion, Santino	5:06:43	Cornish	2025	
252	F	104	Kirk, Jo	5:08:40	London	2012	
253	M	149	Rendle, Antony	5:09:00	London	2024	
254	F	105	Whear, Emily	5:10:09	London	2015	
255	F	106	Williams, Laura	5:10:23	London	2019	
256	F	107	Johns, Sarah	5:12:51	London	2021	
257	F	108	Park, Sarah	5:13:20	London	2014	
258	M	150	Roskruge, Martin	5:14:47	London	2013	
259	F	109	Pearce, Deborah	5:15:16	London	2017	
260	F	110	Kenney, Charlotte	5:17:05	London	2018	
261	F	111	Pascoe, Wendy	5:17:11	Cornish	2012	
262	F	112	Jelbert, Ruth	5:17:51	London	2009	
263	F	113	Cattran-Dunlop, Helen	5:17:52	London	2023	
264	F	114	Stone, Claire	5:18:13	London	2022	
265	F	115	Coldrick, Deborah	5:19:16	Edinburgh	2013	
266	F	116	Baldwin, Sarah	5:20:05	London	2011	
266	M	151	Brennan, Tom	5:20:05	Duchy	2009	
268	F	117	Armstrong, Maxine	5:22:56	Edinburgh	2014	
269	F	118	Brennan, Valerie	5:23:38	Duchy	2009	
270	F	119	Sarah, Tregarthen	5:23:49	London	2013	
271	F	120	Nimmo, Karen	5:28:44	Paris	2011	
271	M	152	Wright, Mike	5:28:44	Paris	2011	
273	F	121	Johns, Emma	5:28:46	London	2024	
274	M	153	McCartney, Innes	5:28:57	Newport	2024	
275	F	122	Hocking, Deborah	5:29:20	London	2025	
276	F	123	Bidgood, Claire	5:30:06	Edinburgh	2013	
277	F	124	Atkinson, Anita	5:30:21	Edinburgh	2013	

278	F	125	Newcombe, Jo	5:30:31	London	2015	
279	F	126	Reid, Michelle	5:32:05	London	2009	
280	M	154	Carter, Tim	5:33:13	London	2011	
281	F	127	Mackintosh, Susie	5:33:47	London	2014	
282	M	155	Cornish, Trevor	5:34:03	Brighton	2024	
283	F	128	Henry, Naila	5:34:24	London	2012	
284	F	129	Kirk, Debbie	5:35:23	London	2011	
285	F	130	Trevena, Suzanne	5:35:30	London	2008	
286	M	156	De Rozarieux, Nathan	5:38:10	London	2018	
287	M	157	Bolitho, Robert	5:42:25	London	2022	
288	F	131	Radley, Tracey	5:43:43	London	2025	
289	F	132	Richards, Jackie	5:46:47	London	2010	
290	F	133	Osborne, Jenny	5:47:21	Shakespeare	2015	
291	F	134	Elgar, Rebecca	5:47:24	London	2017	
292	F	135	Hocking, Stacey	5:48:15	London	2018	
293	F	136	Williams, Emily	5:48:43	London	2015	
294	F	137	Bolitho, Julie	5:52:23	Dublin	2022	
295	F	138	Watkins, Yvonne	5:54:31	Cornish	2025	
296	F	139	Uren, Gina	5:56:31	London	2017	
297	F	140	Quick, Louise	5:59:05	London	2009	
298	F	141	Leo, Olivia	6:00:15	London	2014	
299	F	142	Parker, Debi	6:02:13	London	2017	
300	F	143	Lay, Jo	6:03:19	London	2019	
301	F	144	Dixon, Sam	6:07:03	London	2022	
302	F	145	Wilkinson, Hannah	6:19:38	London	2019	
303	F	146	Baldwin, Charlotte	6:19:39	London	2014	
304	F	147	Nancarrow, Karen	6:19:47	London	2014	
305	F	148	Moore, Teresa	6:20:35	London	2022	
306	F	149	Collier, Samantha	6:29:38	London	2025	
307	F	150	Pollard, Jean	6:32:38	London	2013	
308	F	151	Kearney, Samantha	6:41:56	London	2025	
309	F	152	Robinson, Samantha	6:42:14	London	2024	
310	F	153	Evans, Julie	6:47:03	Brighton	2013	
311	F	154	Smitheram, Kirsty	7:01:16	London	2014	
312	F	155	Cook, Kate	8:10:00	London	2013	