

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	2026 Progress
1	M	1	Morant, Jordan	2:35:34	London	2017	
2	M	2	Gardner, Jacob	2:36:32	London	2026	0:00:18
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	
8	M	8	Rowe, Liam	2:44:38	New York	2025	
9	M	9	Bennett, Edmund	2:47:40	Malaga	2025	
10	M	10	Rosenfeld, Thomas	2:47:51	London	2025	
11	M	11	McQuillen-Wright, Chris	2:48:59	London	2004	
12	M	12	Barnes, Peter	2:49:34	Newport	2024	
13	M	13	Abraham, Scott	2:50:23	London	2016	
14	M	14	Purvis, Lloyd	2:51:22	Dusseldorf	2016	
15	M	15	Warmington, Paul	2:52:28	Valencia	2025	
16	M	16	Barrett, Chris	2:53:56	Berlin	2022	
17	M	17	Hagan, Steven	2:54:31	Barnstaple	2025	
18	M	18	Savage, Rich	2:55:11	Spacecoast	2014	
19	M	19	Timms, Simon	2:55:41	London	2014	
20	F	1	Paull, Emma	2:56:41	London	2017	
21	M	20	Reid, Alan	2:57:07	London	2009	
22	M	21	Fuller, Stephen	2:57:30	London	2019	
23	M	22	Wherry, Steve	2:57:32	London	2019	
24	M	23	Newman, Jack	2:58:54	Prague	2026	
25	M	24	Marsden, Stanley	2:59:02	Manchester	2026	0:08:16
26	M	25	Horswell, Richard	2:59:11	London	2012	
27	M	26	Summers, Jake	2:59:57	Valencia	2025	
28	M	27	Tonkin, Craig	3:01:23	London	2011	
29	M	28	Mayes, Richard	3:01:46	London	2016	
30	M	29	Tullett, Adam	3:03:01	Duchy	2010	
31	M	30	Curtis, Matt	3:03:38	Edinburgh	2012	
32	M	31	Dowrick, Mike	3:03:48	London	2013	
32	M	31	Goodreid, Ian	3:03:48	London	2010	
34	M	33	Turton, Dominic	3:04:09	Newport	2024	
35	M	34	Medlock, Bradley	3:04:50	London	2019	
36	M	35	Stephens, Jeremy	3:06:05	Duchy	2007	
37	M	36	Wyatt, Steve	3:07:00	Cornish	2007	
38	M	37	Curnow, Ian	3:07:52	Newport	2025	
39	M	38	Holmes, Elliot	3:07:55	Manchester	2026	
40	M	39	Murrant, Kieran	3:08:48	Duchy	2013	
41	F	2	Kenworthy, Sarah	3:09:31	Duchy	2012	
42	M	40	O'Neill, Liam	3:10:15	Cornish	2024	

43	M	41	Philpotts, Bob	3:10:56	Cardiff	2006	
44	M	42	Burrows, Anthony	3:11:26	London	2010	
45	M	43	Knowles, Simon	3:11:43	Stratford	2015	
46	M	44	Gill, Stuart	3:11:45	Cornish	2014	
47	M	45	Wilding, David	3:12:39	Brighton	2022	
48	M	46	Williams, Mark	3:13:21	Barcelona	2025	
49	M	47	Davies, Max	3:13:30	London	2024	
50	F	3	Savage, Faye	3:15:10	London	2014	
51	F	4	Ruetsch, Fiona	3:15:20	Edinburgh	2012	
52	F	5	Goldsworthy, Rachel	3:15:35	London	2011	
53	M	48	Manning, James	3:16:32	London	2016	
54	F	6	Bennett, Charlotte	3:16:59	London	2015	
55	M	49	Burford, Lee	3:17:07	Valencia	2025	
56	M	50	Grose, Simon	3:18:00	London	2000	
57	M	51	Masters, Nick	3:18:54	London	2017	
58	M	52	Goodwin, Samuel	3:19:07	Manchester	2026	0:13:56
59	M	53	Walker, Murray	3:19:14	Manchester	2017	
60	M	54	Lowdon, John	3:20:51	London	2017	
61	M	55	Webb, Sean	3:20:52	Cornish	2006	
62	F	7	Nicholas, Melissa	3:22:28	London	2023	
63	M	56	Lewarne, Mark	3:22:33	Duchy	2005	
64	F	8	Jose, Amy	3:22:35	London	2016	
65	F	9	Angille, Jayne	3:22:53	Duchy	2009	
66	M	57	Jukes, Andy	3:23:41	Cornish	2013	
67	M	58	Young, Curtis	3:23:49	London	2017	
68	M	59	Hayes, Curtis	3:24:37	Manchester	2025	
69	M	60	Wall, Alex	3:25:19	London	2014	
70	M	61	Lewis, Martyn	3:25:30	Duchy	2012	
71	F	10	Harrison-Webb, Debbie	3:25:57	Newport	2021	
72	M	62	Guffick, Dave	3:26:19	London	2024	
73	M	63	Eldon, Jon	3:26:32	Manchester	2023	
74	M	64	Hicks, Sam	3:27:29	Duchy	2005	
75	M	65	Ward, Kevin	3:27:52	London	2026	
76	M	66	Smith, Derek	3:27:56	London	2008	
77	M	67	Allan, Paul	3:28:07	Manchester	2023	
78	M	68	Attwood, James	3:28:10	Duchy	2013	
79	M	69	King, Kevin	3:29:09	Stratford	2015	
80	M	70	Hill, Terry	3:29:20	Duchy	2008	
81	M	71	Waring, Chris	3:29:21	London	2015	
82	M	72	Fletcher, Simon	3:29:58	Duchy	2005	
83	F	11	Friday, Lisa	3:31:03	London	2012	
84	M	73	Cooling, Steve	3:32:27	Florence	2014	
85	M	74	Silver, Kevin	3:32:31	Manchester	2023	
86	F	12	Medlock, Kirsty	3:32:59	Manchester	2026	0:01:45
87	F	13	Knowles, Helen	3:33:00	Duchy	2012	
88	M	75	Shepherd, Alan	3:34:20	Isle of Wight	1995	
89	M	76	Twiggs, Tim	3:34:30	London	2024	

90	F	14	Howard, Sophie	3:35:20	London	2021	
91	F	15	Williams, Maria	3:35:41	Duchy	2011	
92	M	77	Heather, Daniel	3:37:03	Manchester	2025	
93	F	16	Rudd, Nikki	3:37:06	Edinburgh	2014	
94	M	78	Blight, Andrew	3:37:24	Edinburgh	2012	
95	M	79	Jeffs, Simon	3:37:40	London	2022	
96	M	80	Hegarty, Alan	3:37:43	Cornish	2007	
97	M	81	Wilcock, Paul	3:37:44	Newport	2021	
98	F	17	Simmons, Andrea	3:37:48	New York	2025	
99	F	18	Caddy, Arianna	3:38:35	London	2026	
100	F	19	Manners, Melodie	3:38:45	Cornish	2022	
101	M	82	Orchard, Mike	3:39:04	New Forest	2006	
102	F	20	Gerrard, Corinne	3:39:11	Berlin	2022	
103	M	83	Hynard, Mark	3:39:28	Cornish	2007	
104	F	21	Kirby, Alysia	3:39:32	London	2008	
105	M	84	Savage, Jon	3:39:37	Cornish	2017	
106	M	85	Balmer, Luke	3:40:45	Duchy	2009	
107	M	86	Corrigan, Steve	3:41:13	London	2012	
108	M	87	Whitehouse, Mike	3:41:54	Brighton	2022	
109	M	88	Maclaren, Steve	3:41:56	Loch Ness	2025	
110	F	22	Tossell, Rebecca	3:42:54	Newport	2019	
111	M	89	Townend, Stewart	3:43:01	Cornish	2008	
112	M	90	Humbles, Frazer	3:43:23	Manchester	2025	
113	M	91	Moore, Andy	3:44:02	Shakespeare	2015	
114	F	23	Lamerton, Sharon	3:44:03	Stratford	2019	
115	M	92	Newcombe, Giles	3:44:17	London	2015	
116	M	93	Smith, Andrew	3:44:52	London	2008	
117	F	24	Spencer-Smith, Andrea	3:45:11	Duchy	2013	
118	F	25	Gillespie, Rebecca	3:45:46	Cornish	2008	
119	M	94	Beer, Joseph	3:46:15	London	2024	
119	F	26	Mitchell, Debbie	3:46:15	London	2024	
121	F	27	O'Neill, Fiona	3:46:18	Cornish	2025	
122	F	28	Burns, Julia	3:46:42	Stratford	2016	
123	M	95	Batchelor, David	3:46:43	Cornish	2017	
124	F	29	Paull, Lucy	3:47:14	Florence	2014	
125	F	30	Hume-Rothery, Gabrielle	3:48:16	London	2024	
126	M	96	James, John	3:48:24	London	2021	
127	M	97	Ellis, Andrew	3:49:07	Great Welsh Marathon	2026	0:07:56
128	F	31	Bowker, Rachel	3:49:40	Shakespeare	2015	
129	M	98	Luckhurst, Will	3:50:00	Cornish	2017	
130	M	99	Curtis, Oisin	3:50:08	Edinburgh	2022	
131	M	100	Humphrey, Thomas	3:50:16	London	2008	
132	M	101	Kennett-Parsons, Joe	3:50:31	Cornish	2016	
133	M	102	Weare, Mike	3:51:08	Edinburgh	2014	
134	M	103	Penberthy, Michael	3:51:43	Cornish	2008	
135	F	32	Ellen, Bastiani	3:51:59	London	2016	
136	F	33	Kelly, Moore	3:52:14	London	2016	

137	M	104	Trembath, Robert	3:53:07	Duchy	2013	
138	M	105	Leo, Cas	3:53:09	Duchy	2012	
139	F	34	Shorland, Narina	3:54:08	Shakesphere	2015	
140	M	106	Wigram, Tim	3:54:10	Cornish	2013	
141	M	107	Baldwin, Mike	3:54:54	Duchy	2012	
142	M	108	Smith, Brian	3:55:28	Cornish	2008	
143	M	109	Kershaw, David	3:55:31	Florence	2014	
144	M	110	Holman, Tony	3:55:44	Duchy	2006	
145	M	111	Timms, Ian	3:56:06	London	2015	
146	F	35	Astill, Naomi	3:56:08	London	2019	
147	F	36	Thomas, Alison	3:57:03	London	2017	
148	F	37	Cardell, Timothea	3:57:37	Duchy	2004	
149	M	112	Round, Matthew	3:57:56	London	2015	
150	F	38	Greef, Amy	3:58:05	London	2026	
151	F	39	Turner, Teigan	3:58:21	London	2026	
152	F	40	Merrett, Trish	3:58:33	London	2011	
153	F	41	Poultney, Melissa	3:58:40	Cornish	2019	
154	F	42	La Brash, Angela	3:59:33	Edinburgh	2013	
155	M	113	McCallum, Stuart	4:00:02	Duchy	2012	
156	M	114	Date, Malcolm	4:00:11	London	2009	
157	M	115	Francis, Desmond	4:00:14	Duchy	2009	
158	M	116	Elgar, Simon	4:00:17	London	2015	
159	M	117	Sneyd, Paul	4:01:22	Duchy	2013	
160	F	43	Such, Louise	4:01:57	Duchy	2009	
161	F	44	Clare, Helen	4:02:35	London	2012	
162	M	118	Goulbourn, Mark	4:02:57	London	2013	
163	M	119	Wright, David	4:03:08	Duchy	2013	
164	F	45	Markey, Anne	4:03:12	Edinburgh	2009	
165	F	46	Sullivan, Sharon	4:03:59	London	2013	
166	M	120	Bastian, Adrian	4:05:45	Duchy	2013	
167	M	121	Rowe, Phil	4:05:55	London	2006	
168	M	122	Backhouse, Stuart	4:07:24	Newport	2021	
169	F	47	Nicoll, Ruth	4:07:39	Edinburgh	2008	
170	M	123	Humphrey, Irwin	4:07:49	Cornish	2015	
171	M	124	Thomas, Alan	4:07:55	Cornish	2012	
172	F	48	Haghani, Laura	4:08:01	Manchester	2026	0:25:45
173	F	49	Daniel, Carolyn	4:08:41	London	2021	
174	F	50	Lee, Becky	4:09:05	London	2015	
175	M	125	Uren, Darren	4:09:09	Cornish	2025	
176	F	51	Warren, Diane	4:09:38	London	2017	
177	M	126	Thomas, Andrew	4:10:11	London	2008	
178	M	127	Cudmore, Nathan	4:10:27	Cornish	2025	
179	M	128	Fraser, Glen	4:10:51	Cornish	2005	
180	F	52	Lund-Lack, Sarah	4:11:13	Shakesphere	2015	
181	F	53	Forbes, Jennifer	4:12:37	London	2023	
182	F	54	Cliff, Naomi	4:13:02	Duchy	2008	
183	M	129	Penhaul, Chunky	4:13:28	Berlin	2022	

184	F	55	Lewis, Caroline	4:13:33	London	2008	
185	F	56	Newing, Sarah	4:13:56	Dartmoor Vale	2012	
186	F	57	Pegg, Rachel	4:14:34	London	2016	
187	F	58	Buckland, Jennifer	4:14:40	London	2025	
188	F	59	Grobler, Marlene	4:14:41	Manchester	2022	
189	M	130	Collier, Rich	4:15:22	London	2024	
190	F	60	Holland, Jo	4:15:23	Stratford	2019	
191	M	131	Haynes, Howard	4:16:33	Cornish	2009	
192	F	61	Adams, Elaine	4:17:35	London	2021	
193	M	132	Lewis, Jules	4:17:37	Shakespeare	2011	
194	M	133	Merrett, Graham	4:19:29	Cornish	2013	
195	M	134	Ford, Robert	4:19:39	New York	2009	
196	M	135	Johns, Philip	4:20:06	Cornish	2019	
197	F	62	Bills, Kelly	4:20:29	Cornish	2023	
198	F	63	Osborn, Kathryn	4:20:51	Paris	2010	
199	F	64	Chapman, Susan	4:20:55	Edinburgh	2013	
200	F	65	Rowat, Sharon	4:21:12	Newport	2024	
201	M	136	Nancarrow, David	4:21:17	Duchy	2012	
202	M	137	Campbell, Chris	4:21:36	Brighton	2022	
203	M	138	Drew, Jonathan	4:21:37	Paris	2009	
204	M	139	Peters, Nicholas	4:22:45	Cornish	2025	
205	F	66	Green, Nichola	4:22:50	London	2016	
206	M	140	Collett, Richard	4:24:25	London	2019	
207	F	67	Wade, Faye	4:24:55	London	2011	
208	M	141	James, Andrew	4:26:09	Cornish	2022	
209	F	68	Ferguson, Ana	4:27:26	Edinburgh	2013	
210	M	142	Scott, David	4:29:19	Tresco	2008	
211	F	69	Booth, Denise	4:29:23	London	2008	
212	F	70	Martin, Kelly	4:30:02	London	2015	
213	M	143	Hocking, Daniel	4:30:18	London	2024	
214	F	71	Berwick, Holly	4:30:44	London	2019	
215	M	144	Hardy, James	4:31:10	London	2016	
216	F	72	Turner, Glynnis	4:31:30	Edinburgh	2014	
217	F	73	Renowden, Zoe	4:31:32	Cornish	2019	
218	F	74	Beman, Lynn	4:31:57	Edinburgh	2013	
219	F	75	Billington, Melanie	4:32:23	Edinburgh	2013	
220	F	76	Senior, Anne	4:33:15	Edinburgh	2012	
221	F	77	Gore, Jamie	4:34:06	London	2026	0:13:50
222	F	78	Rouncefield, Carol	4:34:44	London	2011	
223	F	79	Ellen, Emily	4:35:15	London	2018	
224	M	145	Evans, Alun	4:36:21	Edinburgh	2016	
225	F	80	Wills, Kerry	4:37:06	London	2013	
226	F	81	Fitt, Michelle	4:37:54	Cornish	2022	
227	M	146	Glenville, Adam	4:39:19	London	2026	
228	F	82	Jelf, Michelle	4:39:58	London	2015	
229	F	83	Olliver, Louise	4:40:36	Newport	2024	
230	F	84	O'Keeffe, Jackie	4:40:41	Paris	2008	

231	F	85	Tonkin, Jane	4:40:47	London	2004	
232	F	86	Baker-Martin, Claire	4:42:09	London	2026	
233	F	87	Carter, Nikki	4:42:18	Edinburgh	2014	
234	F	88	Lewis Willis, Deborah	4:42:21	London	2016	
235	M	147	Drewett, Toby	4:43:13	London	2019	
236	F	89	Mills, Helen	4:43:54	Edinburgh	2013	
237	M	148	Baker, Ben	4:44:40	Cornish	2013	
238	M	149	Breakwell, Curtis	4:45:11	Cornish	2016	
239	F	90	Gibbard, Helen	4:45:56	Edinburgh	2009	
240	M	150	Smith, Stuart	4:46:02	Stevenage	2024	
241	M	151	Nicholas, Robert	4:46:51	London	2026	
242	F	91	Connon, Naomi	4:47:15	Cornish	2017	
243	F	92	Stevens, Carol	4:47:33	Edinburgh	2013	
244	F	93	Iivonen-Gray, Katri	4:48:06	London	2018	
245	F	94	Hicks, Katie	4:48:10	Edinburgh	2012	
246	F	95	Nimmo, Donna	4:48:20	London	2014	
247	M	152	Stanford, Joseph	4:48:29	Cornish	2023	
248	F	96	Rochford, Hayley	4:48:41	Edinburgh	2013	
249	F	97	Jones, Amanda	4:51:31	London	2015	
250	F	98	Culley, Carol	4:52:22	Edinburgh	2013	
251	M	153	Bristow, Don	4:52:27	Cornish	2004	
252	F	99	Walton, Nancy	4:56:54	London	2008	
253	F	100	Richardson, Samira	4:57:03	London	2016	
254	F	101	Roskilly, Michelle	4:57:47	Cornish	2012	
255	F	102	Long, Fran	4:58:28	Cornish	2019	
256	F	103	Rogers, Tear	5:01:49	London	2025	
257	F	104	Willcocks, Jayne	5:01:55	London	2007	
258	F	105	Cheel, Amanda	5:02:00	Ottawa	2013	
259	F	106	Phillips, Ruth	5:02:48	Stratford	2019	
260	F	107	Thomas, Sarah	5:03:41	London	2023	
261	M	154	Mangion, Santino	5:06:43	Cornish	2025	
262	F	108	Kirk, Jo	5:08:40	London	2012	
263	M	155	Rendle, Antony	5:09:00	London	2024	
264	F	109	Whear, Emily	5:10:09	London	2015	
265	F	110	Williams, Laura	5:10:23	London	2019	
266	F	111	Johns, Sarah	5:12:51	London	2021	
267	F	112	Park, Sarah	5:13:20	London	2014	
268	M	156	Roskruge, Martin	5:14:47	London	2013	
269	F	113	Pearce, Deborah	5:15:16	London	2017	
270	F	114	Kenney, Charlotte	5:17:05	London	2018	
271	F	115	Pascoe, Wendy	5:17:11	Cornish	2012	
272	F	116	Jelbert, Ruth	5:17:51	London	2009	
273	F	117	Cattran-Dunlop, Helen	5:17:52	London	2023	
274	F	118	Stone, Claire	5:18:13	London	2022	
275	F	119	Coldrick, Deborah	5:19:16	Edinburgh	2013	
276	F	120	Baldwin, Sarah	5:20:05	London	2011	
276	M	157	Brennan, Tom	5:20:05	Duchy	2009	

278	F	121	Trehwella, Madaleine	5:20:33	London	2026	
279	F	122	Payne, Kelly	5:21:30	London	2026	
280	F	123	Armstrong, Maxine	5:22:56	Edinburgh	2014	
281	F	124	Brennan, Valerie	5:23:38	Duchy	2009	
282	F	125	Sarah, Tregarthen	5:23:49	London	2013	
283	F	126	Nimmo, Karen	5:28:44	Paris	2011	
283	M	158	Wright, Mike	5:28:44	Paris	2011	
285	F	127	Johns, Emma	5:28:46	London	2024	
286	M	159	McCartney, Innes	5:28:57	Newport	2024	
287	F	128	Hocking, Deborah	5:29:20	London	2025	
288	F	129	Bidgood, Claire	5:30:06	Edinburgh	2013	
289	F	130	Atkinson, Anita	5:30:21	Edinburgh	2013	
290	F	131	Newcombe, Jo	5:30:31	London	2015	
291	F	132	Reid, Michelle	5:32:05	London	2009	
292	M	160	Carter, Tim	5:33:13	London	2011	
293	F	133	Mackintosh, Susie	5:33:47	London	2014	
294	M	161	Cornish, Trevor	5:34:03	Brighton	2024	
295	F	134	Henry, Naila	5:34:24	London	2012	
296	F	135	Kirk, Debbie	5:35:23	London	2011	
297	F	136	Trevena, Suzanne	5:35:30	London	2008	
298	M	162	De Rozarieux, Nathan	5:38:10	London	2018	
299	M	163	Blackburn, Simon	5:40:01	London	2026	
299	F	137	Casey, Helen	5:40:01	London	2026	
301	M	164	Bolitho, Robert	5:42:25	London	2022	
302	F	138	Radley, Tracey	5:43:43	London	2025	
303	F	139	Richards, Jackie	5:46:47	London	2010	
304	F	140	Osborne, Jenny	5:47:21	Shakespeare	2015	
305	F	141	Elgar, Rebecca	5:47:24	London	2017	
306	F	142	Hocking, Stacey	5:48:15	London	2018	
307	F	143	Williams, Emily	5:48:43	London	2015	
308	F	144	Smitheram, Jo	5:50:40	London	2026	
309	F	145	Bolitho, Julie	5:52:23	Dublin	2022	
310	F	146	Watkins, Yvonne	5:54:31	Cornish	2025	
311	F	147	Uren, Gina	5:56:31	London	2017	
312	F	148	Quick, Louise	5:59:05	London	2009	
313	F	149	Leo, Olivia	6:00:15	London	2014	
314	F	150	Parker, Debi	6:02:13	London	2017	
315	M	165	Gill, David	6:02:45	London	2025	
316	F	151	Lay, Jo	6:03:19	London	2019	
317	F	152	Dixon, Samantha	6:07:03	London	2022	
318	F	153	Wilkinson, Hannah	6:19:38	London	2019	
319	F	154	Baldwin, Charlotte	6:19:39	London	2014	
320	F	155	Nancarrow, Karen	6:19:47	London	2014	
321	F	156	Moore, Teresa	6:20:35	London	2022	
322	M	166	Brooks, Alex	6:21:25	Lighthouse	2025	
323	F	157	Collier, Samantha	6:29:38	London	2025	
324	F	158	Pollard, Jean	6:32:38	London	2013	

325	F	159	Kearney, Sam	6:41:56	London	2025	
326	F	160	Robinson, Samantha	6:42:14	London	2024	
327	F	161	Evans, Julie	6:47:03	Brighton	2013	
328	F	162	Smitheram, Kirsty	7:01:16	London	2014	
329	F	163	Burrell, Jessica	7:36:20	London	2026	
330	F	164	Cook, Kate	8:10:00	London	2013	