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

43	M	42	Murrant, Kieran	3:08:48	Duchy	2013	
44	F	2	Kenworthy, Sarah	3:09:31	Duchy	2012	
45	M	43	Philpotts, Bob	3:10:56	Cardiff	2006	
46	M	44	Burrows, Anthony	3:11:26	London	2010	
47	M	45	Knowles, Simon	3:11:43	Stratford	2015	
48	M	46	Gill, Stuart	3:11:45	Cornish	2014	
49	M	47	Wilding, David	3:12:39	Brighton	2022	
50	M	48	Williams, Mark	3:13:21	Barcelona	2025	
51	M	49	Davies, Max	3:13:30	London	2024	
52	F	3	Savage, Faye	3:15:10	London	2014	
53	F	4	Ruetsch, Fiona	3:15:20	Edinburgh	2012	
54	F	5	Goldsworthy, Rachel	3:15:35	London	2011	
55	M	50	Manning, James	3:16:32	London	2016	
56	F	6	Bennett, Charlotte	3:16:59	London	2015	
57	M	51	Burford, Lee	3:17:07	Valencia	2025	
58	M	52	Grose, Simon	3:18:00	London	2000	
59	M	53	Masters, Nick	3:18:54	London	2017	
60	M	54	Goodwin, Samuel	3:19:07	Manchester	2026	0:13:56
61	M	55	Walker, Murray	3:19:14	Manchester	2017	
62	M	56	Lowdon, John	3:20:51	London	2017	
63	M	57	Webb, Sean	3:20:52	Cornish	2006	
64	F	7	Nicholas, Melissa	3:22:28	London	2023	
65	M	58	Lewarne, Mark	3:22:33	Duchy	2005	
66	F	8	Jose, Amy	3:22:35	London	2016	
67	F	9	Angilley, Jayne	3:22:53	Duchy	2009	
68	M	59	Jukes, Andy	3:23:41	Cornish	2013	
69	M	60	Young, Curtis	3:23:49	London	2017	
70	M	61	Hayes, Curtis	3:24:37	Manchester	2025	
71	M	62	Wall, Alex	3:25:19	London	2014	
72	M	63	Lewis, Martyn	3:25:30	Duchy	2012	
73	F	10	Harrison-Webb, Debbie	3:25:57	Newport	2021	
74	M	64	Guffick, Dave	3:26:19	London	2024	
75	M	65	Eldon, Jon	3:26:32	Manchester	2023	
76	M	66	Hicks, Sam	3:27:29	Duchy	2005	
77	M	67	Ward, Kevin	3:27:52	London	2026	
78	M	68	Smith, Derek	3:27:56	London	2008	
79	M	69	Allan, Paul	3:28:07	Manchester	2023	
80	M	70	Attwood, James	3:28:10	Duchy	2013	
81	M	71	King, Kevin	3:29:09	Stratford	2015	
82	M	72	Hill, Terry	3:29:20	Duchy	2008	
83	M	73	Waring, Chris	3:29:21	London	2015	
84	F	11	Medlock, Kirsty	3:29:29	Abingdon	2026	0:05:15
85	M	74	Fletcher, Simon	3:29:58	Duchy	2005	
86	F	12	Friday, Lisa	3:31:03	London	2012	
87	M	75	Cooling, Steve	3:32:27	Florence	2014	
88	M	76	Silver, Kevin	3:32:31	Manchester	2023	
89	F	13	Knowles, Helen	3:33:00	Duchy	2012	

90	M	77	Shepherd, Alan	3:34:20	Isle of Wight	1995	
91	M	78	Twiggs, Tim	3:34:30	London	2024	
92	F	14	Howard, Sophie	3:35:20	London	2021	
93	F	15	Williams, Maria	3:35:41	Duchy	2011	
94	M	79	Heather, Daniel	3:37:03	Manchester	2025	
95	F	16	Rudd, Nikki	3:37:06	Edinburgh	2014	
96	M	80	Blight, Andrew	3:37:24	Edinburgh	2012	
97	M	81	Jeffs, Simon	3:37:40	London	2022	
98	M	82	Hegarty, Alan	3:37:43	Cornish	2007	
99	M	83	Wilcock, Paul	3:37:44	Newport	2021	
100	F	17	Simmons, Andrea	3:37:48	New York	2025	
101	F	18	O'Neill, Fiona	3:38:26	Abingdon	2026	0:07:52
102	F	19	Caddy, Arianna	3:38:35	London	2026	
103	F	20	Manners, Melodie	3:38:45	Cornish	2022	
104	M	84	Orchard, Mike	3:39:04	New Forest	2006	
105	F	21	Gerrard, Corinne	3:39:11	Berlin	2022	
106	M	85	Hynard, Mark	3:39:28	Cornish	2007	
107	F	22	Kirby, Alysia	3:39:32	London	2008	
108	M	86	Savage, Jon	3:39:37	Cornish	2017	
109	M	87	Balmer, Luke	3:40:45	Duchy	2009	
110	M	88	Corrigan, Steve	3:41:13	London	2012	
111	M	89	Whitehouse, Mike	3:41:54	Brighton	2022	
112	M	90	Maclaren, Steve	3:41:56	Loch Ness	2025	
113	F	23	Tossell, Rebecca	3:42:54	Newport	2019	
114	M	91	Townend, Stewart	3:43:01	Cornish	2008	
115	M	92	Humbles, Frazer	3:43:23	Manchester	2025	
116	M	93	Moore, Andy	3:44:02	Shakesphere	2015	
117	F	24	Lamerton, Sharon	3:44:03	Stratford	2019	
118	M	94	Newcombe, Giles	3:44:17	London	2015	
119	M	95	Smith, Andrew	3:44:52	London	2008	
120	F	25	Spencer-Smith, Andrea	3:45:11	Duchy	2013	
121	F	26	Gillespie, Rebecca	3:45:46	Cornish	2008	
122	M	96	Beer, Joseph	3:46:15	London	2024	
122	F	27	Mitchell, Debbie	3:46:15	London	2024	
124	F	28	Burns, Julia	3:46:42	Stratford	2016	
125	M	97	Batchelor, David	3:46:43	Cornish	2017	
126	F	29	Paull, Lucy	3:47:14	Florence	2014	
127	F	30	Hume-Rothery, Gabrielle	3:48:16	London	2024	
128	M	98	James, John	3:48:24	London	2021	
129	M	99	Ellis, Andrew	3:49:07	Great Welsh Marathon	2026	0:07:56
130	F	31	Bowker, Rachel	3:49:40	Shakesphere	2015	
131	M	100	Luckhurst, Will	3:50:00	Cornish	2017	
132	M	101	Curtis, Oisin	3:50:08	Edinburgh	2022	
133	M	102	Humphrey, Thomas	3:50:16	London	2008	
134	M	103	Kennett-Parsons, Joe	3:50:31	Cornish	2016	
135	M	104	Weare, Mike	3:51:08	Edinburgh	2014	
136	M	105	Penberthy, Michael	3:51:43	Cornish	2008	

137	F	32	Ellen, Bastiani	3:51:59	London	2016	
138	F	33	Kelly, Moore	3:52:14	London	2016	
139	M	106	Trembath, Robert	3:53:07	Duchy	2013	
140	M	107	Leo, Cas	3:53:09	Duchy	2012	
141	F	34	Shorland, Narina	3:54:08	Shakesphere	2015	
142	M	108	Wigram, Tim	3:54:10	Cornish	2013	
143	M	109	Baldwin, Mike	3:54:54	Duchy	2012	
144	M	110	Smith, Brian	3:55:28	Cornish	2008	
145	M	111	Kershaw, David	3:55:31	Florence	2014	
146	M	112	Holman, Tony	3:55:44	Duchy	2006	
147	M	113	Timms, Ian	3:56:06	London	2015	
148	F	35	Astill, Naomi	3:56:08	London	2019	
149	F	36	Thomas, Alison	3:57:03	London	2017	
150	F	37	Cardell, Timothea	3:57:37	Duchy	2004	
151	M	114	Round, Matthew	3:57:56	London	2015	
152	F	38	Greef, Amy	3:58:05	London	2026	
153	F	39	Turner, Teigan	3:58:21	London	2026	
154	F	40	Merrett, Trish	3:58:33	London	2011	
155	F	41	Poultney, Melissa	3:58:40	Cornish	2019	
156	F	42	La Brash, Angela	3:59:33	Edinburgh	2013	
157	M	115	McCallum, Stuart	4:00:02	Duchy	2012	
158	M	116	Date, Malcolm	4:00:11	London	2009	
159	M	117	Francis, Desmond	4:00:14	Duchy	2009	
160	M	118	Elgar, Simon	4:00:17	London	2015	
161	M	119	Sneyd, Paul	4:01:22	Duchy	2013	
162	F	43	Such, Louise	4:01:57	Duchy	2009	
163	F	44	Clare, Helen	4:02:35	London	2012	
164	M	120	Goulbourn, Mark	4:02:57	London	2013	
165	M	121	Wright, David	4:03:08	Duchy	2013	
166	F	45	Markey, Anne	4:03:12	Edinburgh	2009	
167	F	46	Sullivan, Sharon	4:03:59	London	2013	
168	M	122	Bastian, Adrian	4:05:45	Duchy	2013	
169	M	123	Rowe, Phil	4:05:55	London	2006	
170	M	124	Backhouse, Stuart	4:07:24	Newport	2021	
171	F	47	Nicoll, Ruth	4:07:39	Edinburgh	2008	
172	M	125	Humphrey, Irwin	4:07:49	Cornish	2015	
173	M	126	Thomas, Alan	4:07:55	Cornish	2012	
174	F	48	Haghani, Laura	4:08:01	Manchester	2026	0:25:45
175	F	49	Daniel, Carolyn	4:08:41	London	2021	
176	F	50	Lee, Becky	4:09:05	London	2015	
177	M	127	Uren, Darren	4:09:09	Cornish	2025	
178	F	51	Warren, Diane	4:09:38	London	2017	
179	M	128	Thomas, Andrew	4:10:11	London	2008	
180	M	129	Cudmore, Nathan	4:10:27	Cornish	2025	
181	M	130	Fraser, Glen	4:10:51	Cornish	2005	
182	F	52	Lund-Lack, Sarah	4:11:13	Shakesphere	2015	
183	F	53	Forbes, Jennifer	4:12:37	London	2023	

184	F	54	Cliff, Naomi	4:13:02	Duchy	2008	
185	M	131	Penhaul, Chunky	4:13:28	Berlin	2022	
186	F	55	Lewis, Caroline	4:13:33	London	2008	
187	F	56	Newing, Sarah	4:13:56	Dartmoor Vale	2012	
188	F	57	Pegg, Rachel	4:14:34	London	2016	
189	F	58	Buckland, Jennifer	4:14:40	London	2025	
190	F	59	Grobler, Marlene	4:14:41	Manchester	2022	
191	M	132	Collier, Rich	4:15:22	London	2024	
192	F	60	Holland, Jo	4:15:23	Stratford	2019	
193	M	133	Haynes, Howard	4:16:33	Cornish	2009	
194	F	61	Adams, Elaine	4:17:35	London	2021	
195	M	134	Lewis, Jules	4:17:37	Shakesphere	2011	
196	M	135	Merrett, Graham	4:19:29	Cornish	2013	
197	M	136	Ford, Robert	4:19:39	New York	2009	
198	M	137	Johns, Philip	4:20:06	Cornish	2019	
199	F	62	Bills, Kelly	4:20:29	Cornish	2023	
200	F	63	Osborn, Kathryn	4:20:51	Paris	2010	
201	F	64	Chapman, Susan	4:20:55	Edinburgh	2013	
202	F	65	Rowat, Sharon	4:21:12	Newport	2024	
203	M	138	Nancarrow, David	4:21:17	Duchy	2012	
204	M	139	Campbell, Chris	4:21:36	Brighton	2022	
205	M	140	Drew, Jonathan	4:21:37	Paris	2009	
206	M	141	Peters, Nicholas	4:22:45	Cornish	2025	
207	F	66	Green, Nichola	4:22:50	London	2016	
208	M	142	Collett, Richard	4:24:25	London	2019	
209	F	67	Wade, Faye	4:24:55	London	2011	
210	M	143	James, Andrew	4:26:09	Cornish	2022	
211	F	68	Ferguson, Ana	4:27:26	Edinburgh	2013	
212	M	144	Scott, David	4:29:19	Tresco	2008	
213	F	69	Booth, Denise	4:29:23	London	2008	
214	F	70	Martin, Kelly	4:30:02	London	2015	
215	M	145	Hocking, Daniel	4:30:18	London	2024	
216	F	71	Berwick, Holly	4:30:44	London	2019	
217	M	146	Hardy, James	4:31:10	London	2016	
218	F	72	Turner, Glynnis	4:31:30	Edinburgh	2014	
219	F	73	Renowden, Zoe	4:31:32	Cornish	2019	
220	F	74	Beman, Lynn	4:31:57	Edinburgh	2013	
221	F	75	Billington, Melanie	4:32:23	Edinburgh	2013	
222	F	76	Senior, Anne	4:33:15	Edinburgh	2012	
223	F	77	Gore, Jamie	4:34:06	London	2026	0:13:50
224	F	78	Rouncefield, Carol	4:34:44	London	2011	
225	F	79	Ellen, Emily	4:35:15	London	2018	
226	M	147	Evans, Alun	4:36:21	Edinburgh	2016	
227	F	80	Wills, Kerry	4:37:06	London	2013	
228	F	81	Fitt, Michelle	4:37:54	Cornish	2022	
229	M	148	Glenville, Adam	4:39:19	London	2026	
230	F	82	Jelf, Michelle	4:39:58	London	2015	

231	F	83	Olliver, Louise	4:40:36	Newport	2024	
232	F	84	O'Keeffe, Jackie	4:40:41	Paris	2008	
233	F	85	Tonkin, Jane	4:40:47	London	2004	
234	F	86	Baker-Martin, Claire	4:42:09	London	2026	
235	F	87	Carter, Nikki	4:42:18	Edinburgh	2014	
236	F	88	Lewis Willis, Deborah	4:42:21	London	2016	
237	M	149	Drewett, Toby	4:43:13	London	2019	
238	F	89	Mills, Helen	4:43:54	Edinburgh	2013	
239	M	150	Baker, Ben	4:44:40	Cornish	2013	
240	M	151	Breakwell, Curtis	4:45:11	Cornish	2016	
241	F	90	Gibbard, Helen	4:45:56	Edinburgh	2009	
242	M	152	Smith, Stuart	4:46:02	Stevenage	2024	
243	M	153	Nicholas, Robert	4:46:51	London	2026	
244	F	91	Connon, Naomi	4:47:15	Cornish	2017	
245	F	92	Stevens, Carol	4:47:33	Edinburgh	2013	
246	F	93	Iivonen-Gray, Katri	4:48:06	London	2018	
247	F	94	Hicks, Katie	4:48:10	Edinburgh	2012	
248	F	95	Nimmo, Donna	4:48:20	London	2014	
249	M	154	Stanford, Joseph	4:48:29	Cornish	2023	
250	F	96	Rochford, Hayley	4:48:41	Edinburgh	2013	
251	F	97	Jones, Amanda	4:51:31	London	2015	
252	F	98	Culley, Carol	4:52:22	Edinburgh	2013	
253	M	155	Bristow, Don	4:52:27	Cornish	2004	
254	F	99	Powell, Sue	4:54:15	Chicago	2026	
255	F	100	Walton, Nancy	4:56:54	London	2008	
256	F	101	Richardson, Samira	4:57:03	London	2016	
257	F	102	Roskilly, Michelle	4:57:47	Cornish	2012	
258	F	103	Long, Fran	4:58:28	Cornish	2019	
259	F	104	Rogers, Tear	5:01:49	London	2025	
260	F	105	Willcocks, Jayne	5:01:55	London	2007	
261	F	106	Cheel, Amanda	5:02:00	Ottawa	2013	
262	F	107	Phillips, Ruth	5:02:48	Stratford	2019	
263	F	108	Thomas, Sarah	5:03:41	London	2023	
264	M	156	Mangion, Santino	5:06:43	Cornish	2025	
265	F	109	Kirk, Jo	5:08:40	London	2012	
266	M	157	Rendle, Antony	5:09:00	London	2024	
267	F	110	Whear, Emily	5:10:09	London	2015	
268	F	111	Williams, Laura	5:10:23	London	2019	
269	F	112	Johns, Sarah	5:12:51	London	2021	
270	F	113	Park, Sarah	5:13:20	London	2014	
271	M	158	Roskruge, Martin	5:14:47	London	2013	
272	F	114	Pearce, Deborah	5:15:16	London	2017	
273	F	115	Kenney, Charlotte	5:17:05	London	2018	
274	F	116	Pascoe, Wendy	5:17:11	Cornish	2012	
275	F	117	Jelbert, Ruth	5:17:51	London	2009	
276	F	118	Cattran-Dunlop, Helen	5:17:52	London	2023	
277	F	119	Stone, Claire	5:18:13	London	2022	

278	F	120	Coldrick, Deborah	5:19:16	Edinburgh	2013	
279	F	121	Baldwin, Sarah	5:20:05	London	2011	
279	M	159	Brennan, Tom	5:20:05	Duchy	2009	
281	F	122	Trewhella, Madaleine	5:20:33	London	2026	
282	F	123	Payne, Kelly	5:21:30	London	2026	
283	F	124	Armstrong, Maxine	5:22:56	Edinburgh	2014	
284	F	125	Brennan, Valerie	5:23:38	Duchy	2009	
285	F	126	Sarah, Tregarthen	5:23:49	London	2013	
286	F	127	Nimmo, Karen	5:28:44	Paris	2011	
286	M	160	Wright, Mike	5:28:44	Paris	2011	
288	F	128	Johns, Emma	5:28:46	London	2024	
289	M	161	McCartney, Innes	5:28:57	Newport	2024	
290	F	129	Hocking, Deborah	5:29:20	London	2025	
291	F	130	Bidgood, Claire	5:30:06	Edinburgh	2013	
292	F	131	Atkinson, Anita	5:30:21	Edinburgh	2013	
293	F	132	Newcombe, Jo	5:30:31	London	2015	
294	F	133	Reid, Michelle	5:32:05	London	2009	
295	M	162	Carter, Tim	5:33:13	London	2011	
296	F	134	Mackintosh, Susie	5:33:47	London	2014	
297	M	163	Cornish, Trevor	5:34:03	Brighton	2024	
298	F	135	Henry, Naila	5:34:24	London	2012	
299	F	136	Kirk, Debbie	5:35:23	London	2011	
300	F	137	Trevena, Suzanne	5:35:30	London	2008	
301	M	164	De Rozarieux, Nathan	5:38:10	London	2018	
302	M	165	Blackburn, Simon	5:40:01	London	2026	
302	F	138	Casey, Helen	5:40:01	London	2026	
304	M	166	Bolitho, Robert	5:42:25	London	2022	
305	F	139	Radley, Tracey	5:43:43	London	2025	
306	F	140	Richards, Jackie	5:46:47	London	2010	
307	F	141	Osborne, Jenny	5:47:21	Shakesphere	2015	
308	F	142	Elgar, Rebecca	5:47:24	London	2017	
309	F	143	Hocking, Stacey	5:48:15	London	2018	
310	F	144	Williams, Emily	5:48:43	London	2015	
311	F	145	Smitheram, Jo	5:50:40	London	2026	
312	F	146	Bolitho, Julie	5:52:23	Dublin	2022	
313	F	147	Watkins, Yvonne	5:54:31	Cornish	2025	
314	F	148	Uren, Gina	5:56:31	London	2017	
315	F	149	Quick, Louise	5:59:05	London	2009	
316	F	150	Leo, Olivia	6:00:15	London	2014	
317	F	151	Parker, Debi	6:02:13	London	2017	
318	M	167	Gill, David	6:02:45	London	2025	
319	F	152	Lay, Jo	6:03:19	London	2019	
320	F	153	Dixon, Samantha	6:07:03	London	2022	
321	F	154	Wilkinson, Hannah	6:19:38	London	2019	
322	F	155	Baldwin, Charlotte	6:19:39	London	2014	
323	F	156	Nancarrow, Karen	6:19:47	London	2014	
324	F	157	Moore, Teresa	6:20:35	London	2022	

325	M	168	Brooks, Alex	6:21:25	Lighthouse	2025	
326	F	158	Collier, Samantha	6:29:38	London	2025	
327	F	159	Pollard, Jean	6:32:38	London	2013	
328	F	160	Kearney, Sam	6:41:56	London	2025	
329	F	161	Robinson, Samantha	6:42:14	London	2024	
330	F	162	Evans, Julie	6:47:03	Brighton	2013	
331	F	163	Smitheram, Kirsty	7:01:16	London	2014	
332	F	164	Burrell, Jessica	7:36:20	London	2026	
333	F	165	Cook, Kate	8:10:00	London	2013	