

## Malvern Buzzards Running Club – Club Records (Updated 2<sup>nd</sup> January 2026)

Endurance Event	Female Record	Holder	Date/Venue	Link
Mile	8:26:05	Jacqui Wilson	5/5/25 Bannister Community Mile	<a href="https://www.titaniumracetiming.co.uk/results/6147/myresults/260450">https://www.titaniumracetiming.co.uk/results/6147/myresults/260450</a>
5K	19:35	Rachel Fawke	23/7/25 Fast and Furious 5k series	<a href="https://www.pitchero.com/clubs/kidderminsterstourportac/news/fast--furious-2025-5k-series-2929821.html">https://www.pitchero.com/clubs/kidderminsterstourportac/news/fast--furious-2025-5k-series-2929821.html</a>
5 miles	41:49	Linda Blake	3 November 2024 - Guy Fawkes 5 (Tewkesbury)	<a href="https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1128771">https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1128771</a>
10K	41:22	Vikki Sivertsen*	9 Dec 2018 – Telford 10k	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=57851">https://thepowerof10.info/athletes/profile.aspx?athleteid=57851</a>
12K	52:08	Vikki Sivertsen*	30 Jan 2022 - Not the Roman IX 12K	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=57851">https://thepowerof10.info/athletes/profile.aspx?athleteid=57851</a>
10 miles	1:10:47	Ali Webb	19 Feb 2023 – Hereford Ten Mile Race	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=552068">https://thepowerof10.info/athletes/profile.aspx?athleteid=552068</a>
Half Marathon	89:16	Rachel Fawke	12/10/25 Manchester Half Marathon	<a href="https://www.runbritainrankings.com/results/results.aspx?meetingid=737856&amp;pagenum=6">https://www.runbritainrankings.com/results/results.aspx?meetingid=737856&amp;pagenum=6</a>
30K	2:39:26	Kate Dolphin	1/3/25 Rhayader Round the Lakes	<a href="https://www.racetecresults.com/myresults.aspx?uid=61-632-2-345422">https://www.racetecresults.com/myresults.aspx?uid=61-632-2-345422</a>
Marathon	3:20:45	Alison Owens	28 April 2019 - London	<a href="https://results.london-marathon.co.uk/2019/?pid=start&amp;pidp=start">https://results.london-marathon.co.uk/2019/?pid=start&amp;pidp=start</a>
50K	04:46.40	Ali Webb	10 June 2023 – Church Stretton Running Festival (50k)	<a href="https://www.ukacgroup.com/raceresults-1?pgid=lit0k7wr-4df36335-9809-4889-867d-b331be9614a1">https://www.ukacgroup.com/raceresults-1?pgid=lit0k7wr-4df36335-9809-4889-867d-b331be9614a1</a>
50 miles	11:41:43	Kate Dolphin	27 July 2024 Lakeland 50	<a href="https://results.opentracking.co.uk/event/24lakeland50?individuals=false&amp;teams=false&amp;gender=Female&amp;stage=null&amp;classes=null&amp;group=null">https://results.opentracking.co.uk/event/24lakeland50?individuals=false&amp;teams=false&amp;gender=Female&amp;stage=null&amp;classes=null&amp;group=null</a>
100K	11:28:44	Ali Webb	13 July 2024 - Race to the Stones	<a href="https://results.resultsbase.net/myresults.aspx?uid=8-20426-1-680001&amp;g=2">https://results.resultsbase.net/myresults.aspx?uid=8-20426-1-680001&amp;g=2</a>
Track and Field Event	Female Record	Holder	Date/Venue	Link
100m	17:80	Lily Price	14 May 2022 – Stourport (Worcestershire County Champs)	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=935911">https://thepowerof10.info/athletes/profile.aspx?athleteid=935911</a>
200m	35.3	Ally Fletcher	8 Sep 2022 – Gloucester Open Track	<a href="https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1075048">https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1075048</a>
400m	73:10	Sophie Gleghorn	10/5/25 Worcestershire County Track and Field Championship Stourport	<a href="https://www.thepowerof10.info/results/resultslookup.aspx?datefrom=10-May-2025&amp;dateto=10-May-2025&amp;terraintypecodes=TIDEX&amp;venue=Stourport">https://www.thepowerof10.info/results/resultslookup.aspx?datefrom=10-May-2025&amp;dateto=10-May-2025&amp;terraintypecodes=TIDEX&amp;venue=Stourport</a>

800m	2.50.4	Ally Fletcher	8 Sep 2022 – Gloucester Open Track	<a href="https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1075048">https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1075048</a>
1500m	5.35.5	Ally Fletcher	13 Sep 2022 – Gloucester Open Track	<a href="https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1075048">https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1075048</a>
Mile	6:18:0	Ally Fletcher	24 August 2022 – Hereford County 1 mile track race	Verified with Herefordshire AA Se
3000m Race Walk	21.47.87	Theresa May	14 May 2022 – Stourport (Worcestershire County Champs)	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=1112123">https://thepowerof10.info/athletes/profile.aspx?athleteid=1112123</a>
3000m	12.09.1	Ally Fletcher	8 Sep 2022 – Gloucester Open Track	<a href="https://www.gloucesterac.co.uk/competition-events/club-races-events/open-meetings/">https://www.gloucesterac.co.uk/competition-events/club-races-events/open-meetings/</a>
5000m	20.11	Ally Fletcher	19 Oct 2022 – Dudley (Track event verified with organisers – PoT error)	<a href="https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1075048">https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1075048</a>
Long Jump	2.15m	Sarah Turner	13 May 2023 – Stourport (Worcestershire County Champs)	<a href="https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1079573">https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1079573</a>
Discus	18.95m	Clare Wood*	14 May 2022 – Stourport (Worcestershire County Champs)	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=953162">https://thepowerof10.info/athletes/profile.aspx?athleteid=953162</a>
Shot Putt	5.87m	Elizabeth (Lily) Price	10/5/25 Worcestershire County Track and Field Championship Stourport	<a href="https://www.thepowerof10.info/results/resultslookup.aspx?datefrom=10-May-2025&amp;dateto=10-May-2025&amp;terraintypecodes=TIDEX&amp;venue=Stourport">https://www.thepowerof10.info/results/resultslookup.aspx?datefrom=10-May-2025&amp;dateto=10-May-2025&amp;terraintypecodes=TIDEX&amp;venue=Stourport</a>
Javelin	12.80m	Elizabeth (Lily) Price	10/5/25 Worcestershire County Track and Field Championship Stourport	<a href="https://www.thepowerof10.info/results/resultslookup.aspx?datefrom=10-May-2025&amp;dateto=10-May-2025&amp;terraintypecodes=TIDEX&amp;venue=Stourport">https://www.thepowerof10.info/results/resultslookup.aspx?datefrom=10-May-2025&amp;dateto=10-May-2025&amp;terraintypecodes=TIDEX&amp;venue=Stourport</a>
<b>Endurance Event</b>	<b>Male Record</b>	<b>Holder</b>	<b>Date/Venue</b>	<b>Link</b>
Mile	05:02	Shane Jackson	30 Aug 2024 - Meteor Mile	<a href="https://www.runbritainrankings.com/runners/profile.aspx?athleteid=1232600">https://www.runbritainrankings.com/runners/profile.aspx?athleteid=1232600</a>
5K	16:39	Carl Salmon	2/4/25 1 <sup>st</sup> race in the Hereford 5k series	<a href="https://static1.squarespace.com/static/6160bb1217088202c5786606/t/67f63d52883d582f95fde25e/1744190802497/5k+r1.pdf">https://static1.squarespace.com/static/6160bb1217088202c5786606/t/67f63d52883d582f95fde25e/1744190802497/5k+r1.pdf</a>
5 miles	27:29	Adam Wilson	21 January 2024 - Linda Franks 5 (Cheltenham)	<a href="https://www.runbritainrankings.com/runners/profile.aspx?athleteid=1008270">https://www.runbritainrankings.com/runners/profile.aspx?athleteid=1008270</a>

10K	34:10	Adam Wilson	12 March 2023 - Chester 10k	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=903979">https://thepowerof10.info/athletes/profile.aspx?athleteid=903979</a>
10 miles	56:53	Dave Lawrence	18 February 2024 – Hereford Ten Mile Race	<a href="https://static1.squarespace.com/static/6160bb1217088202c5786606/t/65d1ecc615f0d83121f5c2e5/1708256455601/Final+%285%29.pdf">https://static1.squarespace.com/static/6160bb1217088202c5786606/t/65d1ecc615f0d83121f5c2e5/1708256455601/Final+%285%29.pdf</a>
Half Marathon	1:16:08	Carl Salmon	16/2/25 Half Marathon Village Bakery	<a href="https://runcheshire.niftyentries.com/Results/Village-Bakery-Wrexham-Half-Marathon-2025/1441/1">https://runcheshire.niftyentries.com/Results/Village-Bakery-Wrexham-Half-Marathon-2025/1441/1</a>
30K	1:56:54	Carl Salmon	4 March 2023 - Rhayader Round the Lakes 30K	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=1008270">https://thepowerof10.info/athletes/profile.aspx?athleteid=1008270</a>
20 miles	2:05:00	Carl Salmon	23/3/25 Fission 20	<a href="https://drive.google.com/file/d/1h9lc2KXBoJFHuVyEj675nlp-ljbuYGBS/view">https://drive.google.com/file/d/1h9lc2KXBoJFHuVyEj675nlp-ljbuYGBS/view</a>
Marathon	2:39:31	Dave Lawrence	27/4/25 TCS London Marathon	<a href="https://results.tcslondonmarathon.com/2025/?pid=search">https://results.tcslondonmarathon.com/2025/?pid=search</a>
50K	03:50:20	Henry Walker	24 March 2024 - Canalathon 50k, Sowerby Bridge	<a href="https://my.raceresult.com/282477/#2_78DEF1">https://my.raceresult.com/282477/#2_78DEF1</a>
50 miles	07:55:01	Adam Wilson	20 May 2023 – North Downs Way 50	<a href="https://www.centurionrunning.com/raceresult/628b44b9e6dee91d5d3a329b">https://www.centurionrunning.com/raceresult/628b44b9e6dee91d5d3a329b</a>
100K	10:57:44	Tim Alford	5/7/25 Serpent Trail 100k on South Downs	<a href="https://www.sportident.co.uk/results/FreedomRacing/2025/SerpentTrail/">https://www.sportident.co.uk/results/FreedomRacing/2025/SerpentTrail/</a>
100 miles	18:56:16	Adam Wilson	14 October 2023 - Autumn 100	<a href="https://track.trail.live/event/pd100-23/leaders?route=14592&amp;show=elapsed&amp;units=km">https://track.trail.live/event/pd100-23/leaders?route=14592&amp;show=elapsed&amp;units=km</a>
<b>Track and Field Event</b>	<b>Male Record</b>	<b>Holder</b>	<b>Date/Venue</b>	<b>Link</b>
100m	13.7	Shane Jackson	1 August 2024 - Worcester AC Open Meeting	<a href="https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1232600">https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1232600</a>
200m	27.8	Shane Jackson	1 August 2024 - Worcester AC Open Meeting	<a href="https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1232600">https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1232600</a>
400m	62:00	Shane Jackson	1 August 2024 - Worcester AC Open Meeting	<a href="https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1232600">https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1232600</a>
800m	2:18:1	Carl Salmon	1 August 2024 - Worcester AC Open Meeting	<a href="https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1008270">https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1008270</a>
1500m	2:18:1	Carl Salmon	1 August 2024 - Worcester AC Open Meeting	<a href="https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1008270">https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1008270</a>
Mile	4:54.6	Shane Jackson	3/9/2025 Gloucester AC September Open	<a href="https://sf8cee63ce15754c7.jimcontent.com/download/version/1757077839/module/12370581995/name/Glos%20AC%20Open%20September%202025%20Final%20Results.xls">https://sf8cee63ce15754c7.jimcontent.com/download/version/1757077839/module/12370581995/name/Glos%20AC%20Open%20September%202025%20Final%20Results.xls</a>

3000m	9:41.3	Shane Jackson	3/9/2025 Gloucester AC September Open	<a href="https://sf8cee63ce15754c7.jimcontent.com/download/version/1757077839/module/12370581995/name/Glos%20AC%20Open%20September%202025%20Final%20Results.xls">https://sf8cee63ce15754c7.jimcontent.com/download/version/1757077839/module/12370581995/name/Glos%20AC%20Open%20September%202025%20Final%20Results.xls</a>
5000m	17:07:8	Adam Wilson	7 September 2021 – Gloucester Open Meeting	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=903979">https://thepowerof10.info/athletes/profile.aspx?athleteid=903979</a>
10000m	35:40.62	Adam Wilson	25 August 2023 – Redditch (Edgar Nicholls Open, inc Midland & Worcestershire 10000m Championships)	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=903979">https://thepowerof10.info/athletes/profile.aspx?athleteid=903979</a>
42195m	4:20:31	Adam Dyson	9 July 2022 - Gloucester Track Races - Marathon	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=906637">https://thepowerof10.info/athletes/profile.aspx?athleteid=906637</a>
50000	4:41:06	Simeon Foreman	8 July 2023 – Gloucester Track Races	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=302456">https://thepowerof10.info/athletes/profile.aspx?athleteid=302456</a>
110m Hurdle	30.9	Martin Reed-Darby	25 Apr 2024 - Worcester Open Meeting	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=874147">https://thepowerof10.info/athletes/profile.aspx?athleteid=874147</a>
400m Hurdle	94.93	Simeon Foreman	13 May 2023 – Stourport (Worcestershire County Champs)	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=302456">https://thepowerof10.info/athletes/profile.aspx?athleteid=302456</a>
2000m Steeplechase	7:17:58	Adam Wilson	14 May 2022 – Stourport (Worcestershire County Champs)	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=903979">https://thepowerof10.info/athletes/profile.aspx?athleteid=903979</a>
Long Jump	4.13m	Paul Dolphin	14 May 2022 – Stourport (Worcestershire County Champs)	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=920434">https://thepowerof10.info/athletes/profile.aspx?athleteid=920434</a>
High Jump	1.32m	Nigel Reade	12/8/2025 Worcester Athletics High jump	<a href="https://www.thepowerof10.info/athletes/profile.aspx?ukaurn=3300245">https://www.thepowerof10.info/athletes/profile.aspx?ukaurn=3300245</a>
Discus	20.81m DT2k	Jack Young	13 May 2023 – Stourport (Worcestershire County Champs)	<a href="https://www.thepowerof10.info/athletes/profile.aspx?athleteid=942450">https://www.thepowerof10.info/athletes/profile.aspx?athleteid=942450</a>
Shot Putt	7.13 m SP6K	Andy Rickard	11 May 2024 – Worcestershire County Champs (Stourport)	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=924103">https://thepowerof10.info/athletes/profile.aspx?athleteid=924103</a>
Javelin	18.87m	Eric Price*	14 May 2022 – Stourport (Worcestershire County Champs)	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=951953">https://thepowerof10.info/athletes/profile.aspx?athleteid=951953</a>

\*Indicates the record holder is no longer a member of the club.

## Club records information and process

Members can submit requests for inclusion in club records via emailing Club Secretary directly themselves ([secretary@malvernbuzzards.uk](mailto:secretary@malvernbuzzards.uk)). Submissions from third parties will not be accepted.

The Secretary will then verify record claims on Power of Ten (PoT)/ Run Britain or Race results.

Only FIRST CLAIM members can hold club records.

Members must have entered the event as a Buzzard and records cannot be claimed for performances prior to joining the club.

Events must be licenced and competitive, such as formal race or championship/open track and field events. ParkRun is not included in MBRC club records as it is not a race.

Events must have a recognised distance by PoT/England Athletics.

The Club Secretary will update the records on the website on a periodic basis.