

Malvern Buzzards Running Club – Club Records (Updated 7th September 2026)

Endurance Event	Female Record	Holder	Date/Venue	Link
Mile	6:14	Sophie Gleghorn	28/08/2026	https://runabc.co.uk/meteor-mile
Mile	8:26'5	Jacqui Wilson	5/5/25 Bannister Community Mile	https://www.titaniumracetiming.co.uk/results/6147/myresults/260450
5K	19:35	Rachel Fawke	23/7/25 Fast and Furious 5k series	https://www.pitchero.com/clubs/kidderminsterstourportac/news/fast--furious-2025-5k-series-2929821.html
5 miles	41:49	Linda Blake	3 November 2024 - Guy Fawkes 5 (Tewkesbury)	https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1128771
10K	41:22	Vikki Sivertsen*	9 Dec 2018 – Telford 10k	https://thepowerof10.info/athletes/profile.aspx?athleteid=57851
12K	52:08	Vikki Sivertsen*	30 Jan 2022 - Not the Roman IX 12K	https://thepowerof10.info/athletes/profile.aspx?athleteid=57851
10 miles	1:10:47	Ali Webb	19 Feb 2023 – Hereford Ten Mile Race	https://thepowerof10.info/athletes/profile.aspx?athleteid=552068
Half Marathon	89:16	Rachel Fawke	12/10/25 Manchester Half Marathon	https://www.runbritainrankings.com/results/results.aspx?meetingid=737856&pagenum=6
30K	2:39:26	Kate Dolphin	1/3/25 Rhayader Round the Lakes	https://www.racetecresults.com/myresults.aspx?uid=61-632-2-345422
Marathon	3:20:45	Alison Owens	28 April 2019 - London	https://results.london-marathon.co.uk/2019/?pid=start&pidp=start
50K	04:46.40	Ali Webb	10 June 2023 – Church Stretton Running Festival (50k)	https://www.ukacgroup.com/raceresults-1?pgid=lit0k7wr-4df36335-9809-4889-867d-b331be9614a1
50 miles	11:41:43	Kate Dolphin	27 July 2024 Lakeland 50	https://results.opentracking.co.uk/event/24lakeland50?individuals=false&teams=false&gender=Female&stage=null&classes=null&group=null

100K	11:28:44	Ali Webb	13 July 2024 - Race to the Stones	https://results.resultsbase.net/myresults.aspx?uid=8-20426-1-680001&g=2
Track and Field Event	Female Record	Holder	Date/Venue	Link
100m	17:80	Lily Price	14 May 2022 – Stourport (Worcestershire County Champs)	https://thepowerof10.info/athletes/profile.aspx?athleteid=935911
200m	35.3	Ally Fletcher	8 Sep 2022 – Gloucester Open Track	https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1075048
400m	73:10	Sophie Gleghorn	10/5/25 Worcestershire County Track and Field Championship Stourport	https://www.thepowerof10.info/results/resultslookup.aspx?datefrom=10-May-2025&dateto=10-May-2025&terrainypecodes=TIDEX&venue=Stourport
800m	2.50.4	Ally Fletcher	8 Sep 2022 – Gloucester Open Track	https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1075048
1500m	5.35.5	Ally Fletcher	13 Sep 2022 – Gloucester Open Track	https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1075048
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)	https://thepowerof10.info/athletes/profile.aspx?athleteid=1112123
3000m	12.09.1	Ally Fletcher	8 Sep 2022 – Gloucester Open Track	https://www.gloucesterac.co.uk/competition-events/club-races-events/open-meetings/
5000m	20.11	Ally Fletcher	19 Oct 2022 – Dudley (Track event verified with organisers – PoT error)	https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1075048
Long Jump	2.15m	Sarah Turner	13 May 2023 – Stourport (Worcestershire County Champs)	https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1079573

Discus	18.95m	Clare Wood*	14 May 2022 – Stourport (Worcestershire County Champs	https://thepowerof10.info/athletes/profile.aspx?athleteid=953162
Shot Putt	5.87m	Elizabeth (Lily) Price	10/5/25 Worcestershire County Track and Field Championship Stourport	https://www.thepowerof10.info/results/resultslookup.aspx?datefrom=10-May-2025&dateto=10-May-2025&terrainpecodes=TIDEX&venue=Stourport
Javelin	12.80m	Elizabeth (Lily) Price	10/5/25 Worcestershire County Track and Field Championship Stourport	https://www.thepowerof10.info/results/resultslookup.aspx?datefrom=10-May-2025&dateto=10-May-2025&terrainpecodes=TIDEX&venue=Stourport
Endurance Event	Male Record	Holder	Date/Venue	Link
Mile	05:02	Shane Jackson	30 Aug 2024 - Meteor Mile	https://www.runbritainrankings.com/runners/profile.aspx?athleteid=1232600
5K	16:39	Carl Salmon	2/4/25 1 st race in the Hereford 5k series	https://static1.squarespace.com/static/6160bb1217088202c5786606/t/67f63d52883d582f95fde25e/1744190802497/5k+r1.pdf
5 miles	27:29	Adam Wilson	21 January 2024 - Linda Franks 5 (Cheltenham)	https://www.runbritainrankings.com/runners/profile.aspx?athleteid=1008270
10K	34:10	Adam Wilson	12 March 2023 - Chester 10k	https://thepowerof10.info/athletes/profile.aspx?athleteid=903979
10 miles	56:53	Dave Lawrence	18 February 2024 – Hereford Ten Mile Race	https://static1.squarespace.com/static/6160bb1217088202c5786606/t/65d1ecc615f0d83121f5c2e5/1708256455601/Final+%285%29.pdf
Half Marathon	1:16:08	Carl Salmon	16/2/25 Half Marathon Village Bakery	https://runcheshire.niftyentries.com/Results/Village-Bakery-Wrexham-Half-Marathon-2025/1441/1
30K	1:56:54	Carl Salmon	4 March 2023 - Rhayader Round the Lakes 30K	https://thepowerof10.info/athletes/profile.aspx?athleteid=1008270

20 miles	2:05:00	Carl Salmon	23/3/25 Fission 20	https://drive.google.com/file/d/1h9lc2KXBoJFHuVyEj675nlp-ljbuYGBS/view
Marathon	2:39:31	Dave Lawrence	27/4/25 TCS London Marathon	https://results.tcslondonmarathon.com/2025/?pid=search
50K	03:50:20	Henry Walker	24 March 2024 - Canalathon 50k, Sowerby Bridge	https://my.raceresult.com/282477/#2_78DEF1
50 miles	07:55:01	Adam Wilson	20 May 2023 – North Downs Way 50	https://www.centurionrunning.com/raceresult/628b44b9e6dee91d5d3a329b
100K	10:57:44	Tim Alford	5/7/25 Serpent Trail 100k on South Downs	https://www.sportident.co.uk/results/FreedomRacing/2025/SerpentTrail/
100 miles	18:56:16	Adam Wilson	14 October 2023 - Autumn 100	https://track.trail.live/event/pd100-23/leaders?route=14592&show=elapsed&units=km
Track and Field Event	Male Record	Holder	Date/Venue	Link
100m	13.7	Shane Jackson	1 August 2024 - Worcester AC Open Meeting	https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1232600
200m	27.8	Shane Jackson	1 August 2024 - Worcester AC Open Meeting	https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1232600
400m	62:00	Shane Jackson	1 August 2024 - Worcester AC Open Meeting	https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1232600
800m	2:18:1	Carl Salmon	1 August 2024 - Worcester AC Open Meeting	https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1008270
1500m	2:18:1	Carl Salmon	1 August 2024 - Worcester AC Open Meeting	https://www.thepowerof10.info/athletes/profile.aspx?athleteid=1008270
Mile	4:54.6	Shane Jackson	3/9/2025 Gloucester AC September Open	https://sf8cee63ce15754c7.jimcontent.com/download/version/1757077839/module/12370581995/name/Glos%20AC%20Open%20September%202025%20Final%20Results.xls

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

Shot Putt	7.13 m SP6K	Andy Rickard	11 May 2024 – Worcestershire County Champs (Stourport)	https://thepowerof10.info/athletes/profile.aspx?athleteid=924103
Javelin	18.87m	Eric Price*	14 May 2022 – Stourport (Worcestershire County Champs)	https://thepowerof10.info/athletes/profile.aspx?athleteid=951953

*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). 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.