

**Stage 1 Records
Male**

Position	Time	Name	Club	Year
1	01:14:00	DAVIS Mike	Stroud & District AC	1999
2	01:14:10	WOODS Guy	Team Bath AC	1995
3	01:14:35	HALLETT Clive	Bristol Orienteering Club	1995
4	01:15:04	RAY Tim	Wells City Harriers	1995
5	01:15:53	ROPER Dave	Cheltenham & County Harriers	2010
6	01:15:58	ROPER Dave	Cheltenham & County Harriers	2014
7	01:16:03	WOODS Guy	Team Bath AC	1996
8	01:16:32	DAVIS Mike	Stroud & District AC	2002
9	01:16:56	BARRY Nick	CLC Striders	2018
10	01:17:07	KESTERTON David	Halesowen A&CC	2008

Female

Position	Time	Name	Club	Year
1	01:26:00	GRANGER Annabel	Bristol & West AC	2018
2	01:26:17	HALLISAY Claire	Bristol & West AC	2015
3	01:28:32	SANZO JESSIE	Bristol & West AC	2019
4	01:29:45	PARK Tara	Cheltenham & County Harriers	2003
5	01:29:53	KENT Laura	Cheltenham & County Harriers	2006
6	01:30:02	BLACKMORE Fiona	Team Bath AC	2016
7	01:31:00	VUAGNIAUX Alison	Team Bath AC	2002
8	01:31:22	BELL Eilidh	Team Bath AC	2018
9	01:32:01	CARY Racheal	CLC Striders	2015
10	01:32:15	HOOGESTEGER Denise	Wells City Harriers	1997

**Stage 2 Records
Male**

Position	Time	Name	Club	Year
1	01:15:44	JONES Owain	Bristol & West AC	2019
2	01:18:22	MOTT Oli	Cheltenham & County Harriers	2018
3	01:19:57	BAILEY Anthony	Cheltenham & County Harriers	2016
4	01:20:06	JONES Dan	Team Bath AC	2016
5	01:20:48	HAYDAY Rob	Corsham Running Club	2000
6	01:21:16	MILLWARD Steve	Gloucester AC	2011
7	01:21:40	DAVIS Mike	Stroud & District AC	1995
8	01:21:56	JONES Dan	Team Bath AC	2014
9	01:22:08	STOPFORD Lee	Stroud & District AC	2019
10	01:22:11	HAWKINS Andy	Chippenham Harriers	2003

Female

Position	Time	Name	Club	Year
1	01:28:25	KENT Laura	Cheltenham & County Harriers	2008
2	01:28:51	GRANGER Annabel	Bristol & West AC	2013
3	01:32:50	CROMBIE-HICKS SHONA	Tewkesbury Running Club	2019
4	01:33:02	RICHENS Lucy	Westbury Harriers	2014
5	01:33:17	GITTOES Marianne	Chepstow Harriers AC	2010
6	01:33:22	CRAMP Fiona	Bitton Road Runners	2013
7	01:33:30	KENT Laura	Cheltenham & County Harriers	2007
8	01:35:07	THOMPSON Jo	Team Bath AC	2010
9	01:35:54	BROWNING Gill	Team Bath AC	2006
10	01:36:14	O'DONOGHUE Catie	Bristol & West AC	2018

Stage 3 Records
Male

Position	Time	Name	Club	Year
1	00:53:18	TOWLER Mike	Avon Valley Runners	2019
2	00:54:37	MILLWARD Steve	Gloucester AC	2013
3	00:55:26	WITHEY Matt	Stroud & District AC	2010
4	00:55:51	BANCROFT Jack	Wells City Harriers	2015
5	00:56:08	JONES Andy	Cheltenham & County Harriers	2019
6	00:56:11	DIXON Josh	Stroud & District AC	2018
7	00:56:26	MUNDINANO Miguel	Cheltenham & County Harriers	2013
8	00:56:37	LANDON Guy	Team Bath AC	2015
9	00:56:58	DAVEY Craig	Team Bath AC	2006
10	00:56:59	MILLWARD Steve	Gloucester AC	2016

Female

Position	Time	Name	Club	Year
1	01:01:40	EATON Naomi	Stroud & District AC	2016
2	01:02:02	MOTT Hilary	Cheltenham & County Harriers	2018
3	01:02:09	WOOD Georgia	Team Bath AC	2011
4	01:02:49	EATON Naomi	Stroud & District AC	2014
5	01:03:23	GITTOES Marianne	Chepstow Harriers AC	2009
6	01:03:33	MATTHEWS Keith	Chepstow Harriers AC	2014
7	01:03:48	BLACKMORE Fiona	Bitton Road Runners	2014
8	01:04:10	NIXON Anne	U/A	2004
9	01:04:19	HUGHES Katie	Westbury Harriers	2014
10	01:04:53	MARSDEN Debbie	Westbury Harriers	2010

**Stage 4 Records
Male**

Position	Time	Name	Club	Year
1	01:16:33	JONES Owain	Bristol & West AC	2018
2	01:17:37	HUGHES Garry	Stroud & District AC	2015
3	01:18:20	DAVIS Mike	Stroud & District AC	1998
4	01:19:25	ROPER Dave	Cheltenham & County Harriers	2016
5	01:19:55	BENNETT Andy	Chippenham Harriers	2002
6	01:19:55	GORE Andy	Cheltenham & County Harriers	2002
7	01:20:14	BRADLEY Jeremy	Cheltenham & County Harriers	2011
8	01:20:32	MORLEY Ben	Great Western Runners	2011
9	01:20:55	OGILVY Dean	Reading Road Runners	1998
10	01:21:21	HUGHES Garry	Stroud & District AC	2014

Female

Position	Time	Name	Club	Year
1	01:30:01	TUCKER Zoe	Bitton Road Runners	2005
2	01:30:51	GOODHEAD Kate	Bristol & West AC	2013
3	01:32:00	MONAHAN Sian	Bristol & West AC	2006
4	01:32:02	PROSSER Clare	Wells City Harriers	2015
5	01:32:40	PROSSER Clare	Wells City Harriers	2013
6	01:34:27	MONAHAN Sian	U/A	2004
7	01:34:49	JACKSON Robyn	Dursley & District AC	2018
8	01:36:04	HAWKINS Caroline	Team Bath AC	2008
9	01:36:35	HAWKINS Caroline	Team Bath AC	2011
10	01:36:51	HAWKINS Caroline	Team Bath AC	2010

**Stage 5 Records
Male**

Position	Time	Name	Club	Year
1	01:10:17	HUGHES Garry	Dursley & District AC	2008
2	01:10:40	BROMHALL Clive	Thornbury Running Club	2007
3	01:10:57	TOWLER Michael	Avon Valley Runners	2018
4	01:11:11	ROBINSON Dan	Stround & District AC	2011
5	01:11:28	DALGLEISH Joe	Stround & District AC	2012
6	01:11:56	FISHER Tom	Avon Valley Runners	2011
7	01:12:22	WOODS Alec	Team Bath AC	1999
8	01:13:05	WOODS Alec	Bristol & West AC	2006
9	01:13:26	BROMHALL Clive	Thornbury Running Club	2008
10	01:14:12	MORLEY Ben	Great Western Runners	2009

Female

Position	Time	Name	Club	Year
1	01:24:13	SADLER Angie	Cheltenham & County Harriers	2004
2	01:24:31	JONES Wendy	Cirencester AC	2005
3	01:24:52	CROMBIE-HICKS Shona	Tewkesbury Running Club	2018
4	01:25:05	SADLER Angie	Cheltenham & County Harriers	2003
5	01:25:38	BELYAVIN Julia	Bristol & West AC	2016
6	01:26:02	PORTER Lynette	Bitton Road Runners	2014
7	01:26:24	CARTER Jenny	Team Bath AC	2011
8	01:26:39	SADLER Angie	Cheltenham & County Harriers	2002
9	01:26:50	THOMPSON Jo	Team Bath AC	2009
10	01:26:54	JOHNSON Sally	Town & County Harriers	2014

**Stage 6 Records
Male**

Position	Time	Name	Club	Year
1	00:56:26	BANCROFT Jack	Wells City Harriers	2016
2	00:57:01	TOWLER Michael	Avon Valley Runners	2016
3	00:59:00	HUGHES Garry	Dursley & District AC	2004
4	00:59:10	MOTT Oli	Cheltenham & County Harriers	2016
5	00:59:54	ANDERSON Dan	Dursley & District AC	2018
6	01:00:58	BIALOGONSKI Maciej	Bristol & West AC	2019
7	01:01:04	BANCROFT Jack	Wells City Harriers	2014
8	01:01:05	KAIGHIN Andrew	Cheltenham & County Harriers	2011
9	01:01:20	STOTT Matthew	Chepstow Harriers AC	2013
10	01:01:24	CUSACK Pete	Chippenham Harriers	2011

Female

Position	Time	Name	Club	Year
1	01:07:18	FELTON Rachel	Stroud & District AC	2012
2	01:08:45	BROWN Helen	Forest of Dean AC	2015
3	01:09:36	BARRY Liza	CLC Striders	2015
4	01:10:04	LEE Catherine	Westbury Harriers	2014
5	01:10:18	TURNBULL Jessica	Stroud & District AC	2002
6	01:10:49	STEIN Liz	Stroud & District AC	2003
7	01:11:15	JOHNSON Sally	Town & County Harriers	2013
8	01:11:32	CROMBIE-HICKS Shona	Cheltenham & County Harriers	2016
9	01:11:36	NIXON Ann	Forest of Dean AC	2003
10	01:12:42	HORCUM Cordula	Chippenham Harriers	2018

Stage 7 Records
Male

Position	Time	Name	Club	Year
1	00:45:51	HUGHES Garry	Dursley & District AC	2011
2	00:47:34	TOWLER Michael	Avon Valley Runners	2015
3	00:48:08	SPEAKE Wayne	Wells City Harriers	2002
4	00:50:26	DAVIS Graeme	Stroud & District AC	2006
5	00:50:40	MAXWELL Chris	Chippenham Harriers	2011
6	00:50:42	HARDING Graham	Town & Country Harriers	2011
7	00:50:42	DUXBURY Mike	Town & Country Harriers	2002
8	00:50:45	FEWSTER Tom	Great Western Runners	2008
9	00:50:45	DEAMER Andrew	Wells City Harriers	2010
10	00:50:47	CUSICK Pete	Chippenham Harriers	2013

Female

Position	Time	Name	Club	Year
1	00:52:08	ROBERTSON Iona	Headington Road Runners	2002
2	00:52:33	FINES Helen	Bristol & West AC	2009
3	00:53:51	MEARES Liz	Stroud & District AC	2000
4	00:54:42	WASSELL Jane	Chippenham Harriers	2002
5	00:54:46	SVANE Katrine	Team Bath AC	2015
6	00:54:54	HARGRAVES Gemma	Almost Athletes	2016
7	00:55:30	TURNBULL Jessica	Cheltenham & County Harriers	2003
8	00:55:32	SVANE Katrine	Team Bath AC	2016
9	00:56:05	WASSELL Jane	Stroud & District AC	2012
10	00:56:11	WASSELL Jane	Stroud & District AC	2014

**Stage 8 Records
Male**

Position	Time	Name	Club	Year
1	01:14:27	JONES Owain	Bristol & West AC	2016
2	01:15:15	HUGHES Garry	Dursley & District AC	2006
3	01:18:46	NOCK Bill	Halesowen A&CC	2005
4	01:18:48	LOWE Tom	Cheltenham & County Harriers	2014
5	01:19:58	HEWITT Mathew	Chippenham Harriers	1997
6	01:20:11	O'DOHERTY Mick	Bristol & West AC	2006
7	01:20:15	NOCK Bill	Halesowen A&CC	2006
8	01:20:23	LEANEY Stuart	Chippenham Harriers	2013
9	01:20:39	NOCK Bill	Halesowen A&CC	2008
10	01:20:40	BUCKINGHAM Alan	Team Bath AC	2013

Female

Position	Time	Name	Club	Year
1	01:28:17	GRANGER Annabel	U/A	2004
2	01:29:13	MOORE Jenny	Wells City Harriers	2009
3	01:29:43	COOK Cathy	Cirencester AC	2005
4	01:31:10	TURNBULL Jessica	Cheltenham & County Harriers	2005
5	01:31:25	SAMZO Jessie	Bristol & West AC	2018
6	01:32:04	MCGREGOR Laura	Avon Valley Runners	2015
7	01:33:04	MARCHANT Zina	Team Bath AC	1999
8	01:33:24	MOORE Jenny	Wells City Harriers	2010
9	01:33:52	BARRY Liza	CLC Striders	2011
10	01:34:11	MAXWELL Michelle	Chippenham Harriers	2012

**Stage 9 Records
Male**

Position	Time	Name	Club	Year
1	00:56:14	BROMHALL Clive	Bristol & West AC	2006
2	00:58:18	TOWLER Michael	Avon Valley Runners	2014
3	01:00:15	TOWLER Michael	Avon Valley Runners	2011
4	01:00:25	BRACKLEY Ross	Cheltenham & County Harriers	2016
5	01:00:27	ROSE Steve	Team Bath AC	2011
6	01:00:56	BEAZER Geoff	Bitton Road Runners	1999
7	01:01:00	BRADLEY Jeremy	Cheltenham & County Harriers	2006
8	01:01:03	ROBINSON Steve	Cheltenham & County Harriers	2005
9	01:01:04	AKED Pete	Reading Road Runners	1999
10	01:01:28	GARRAWAY Kevin	Ridgeway Road Runners	1997

Female

Position	Time	Name	Club	Year
1	01:04:07	RUSH Holly	Team Bath AC	2005
2	01:07:46	NEWING Lisa	Bitton Road Runners	2006
3	01:07:48	GOLDING Robyn	Westbury Harriers	2010
4	01:08:26	WINTER Hayley	Gloucester AC	2013
5	01:08:28	SPENCE Jo	Yeovil Town RRC	1999
6	01:09:44	NEWING Lisa	Bitton Road Runners	2005
7	01:10:19	BOYNE Coreene	Chippenham Harriers	1997
8	01:10:41	WINTER Hayley	Gloucester AC	2014
9	01:10:42	CONWAY Claire	Wye Valley Runners	2011
10	01:10:46	BAXTER Sarah	Team Bath AC	2013

**Stage 10 Records
Male**

Position	Time	Name	Club	Year
1	00:59:50	TOWLER Michael	Avon Valley Runners	2012
2	01:00:51	URQUHART Niall	Bath Amphibians Triathlon Club	2000
3	01:00:53	O'DOHERTY Mick	Westbury Harriers	2003
4	01:01:03	WOODS Guy	Team Bath AC	2004
5	01:01:14	SHEFFIELD Allister	Team Bath AC	2011
6	01:01:15	BLEWITT Dan	Town & Country Harriers	2000
7	01:01:35	PENNY Brian	Team Bath AC	2008
8	01:01:40	SHEFFIELD Allister	Team Bath AC	2010
9	01:02:02	HALLETT Clive	Bristol Orienteering Klub	2000
10	01:02:04	STURGESS-DURDEN Luke	Team Bath AC	2015

Female

Position	Time	Name	Club	Year
1	01:05:12	LINDSAY Amanda	Team Bath AC	1999
2	01:05:27	RUSH Holly	Team Bath AC	2007
3	01:06:36	RUSH Holly	Team Bath AC	2014
4	01:06:44	BREWER Jo	Cheltenham & County Harriers	2006
5	01:06:44	RUSH Holly	Team Bath AC	2013
6	01:07:20	FINES Helen	Forest of Dean AC	2003
7	01:08:18	FINES Helen	Forest of Dean AC	2005
8	01:08:34	FiNES Helen	Bristol & West AC	2006
9	01:09:37	NICHOLLS Wendy	Cirencester AC	2015
10	01:09:51	FINES Helen	U/A	2004