

Shelton Striders Club Records (Male) - Progression										
1 Mile	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
1986		4:43.0 J May								
2015			06:00 C Guilfoyle 05:49 M West	05:54 I Bell 05:14 M Lynas		06:08 A Bradley	06:15 A Bradley	07:06 D Keegan		
2016	04:52 J Martin				06:48 R Wheatcroft					
2017		4:42 M Kerr								
3KM	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
1991		8:59.4 D Rouse								
2016				16:32 L Bremner						
2017	12:31 J Surgay			14:56 L Bremner						
5KM	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
1989		15:15 M Flowers								
2015	24:03 F Holmes 21:20 J Martin 19:13 S Glossop		20:01 S Hawkins 20:01 T Spate 18:40 M Bailey 17:54 M Darling 17:50 T Wahid	24:47 R Green 20:34 I Bell 17:20 M Lynas	29:35 N Shipley 20:05 C Pooley	21:08 A Bradley	27:31 G Mayfield	24:17 D Keegan	38:17 G Pickering	27:00 G Barratt
2016	16:54 J Martin				10:00 Richie Wheatcroft	20:53 C Pooley	20:01 A Bradley			
5 Mile	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
1991		25:18 D Rouse								
2015	36:46 C Turley 34:04 J Realey		33:09 M West 29:47 M Darling	34:18 I Bell	36:40 D Green 33:56 C Pooley	34:58 A Bradley	46:40 A Simons	35:23 R Booth		
2016	28:44 J Martin			29:24 M Lynas	32:31 R Wheatcroft				54:09 S Aynsley	
10KM	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
1989		31:32 M Flowers								
2015	44:30 J Realey 44:03 C Turley 43:18 J Realey 41:38 J Martin		44:29 P Brunt 43:30 S Atkinson 36:15 M Darling 36:06 T Wahid	41:30 R Wheatcroft 35:07 M Lynas	40:04 C Pooley	42:47 A Bradley	59:42 A Simons	54:07 D Keegan	1:10:32 S Aynsley	
2016	41:34 L Regan						42:39 A Bradley			
2017									1:09:34 S Aynsley	
8 Mile	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
1987		43:34 I Carter								
15k	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
2015			1:06:10 S Emerton							
2016		1:09:01 R Hobson		58:54 M Lynas						
2017		1:05:37 A Powell								
10 Mile	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
1986		53:17 M Flowers								
2015			1:02:09 M Darling	00:59:46 M Lynas		1:18:06 A Bradley				
2016					1:06:53 Richie Wheatcroft	1:12:24 Chris Pooley				
20km	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
2011		1:14:14 S Cooper								
2015	1:42:10 J Realey		1:35:50 P Brunt			1:45:00 D Thornton	1:54:43 P Webster	1:45:00 H Sloan		
2016				1:27:10 T Spate	1:27:40 R Wheatcroft					
2017				1:24:50 M West			1:31:02 D Thornton	1:42:15 J Thornton		
½ Marathon	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
1986		1:10:55 M Flowers								
2015	1:43:28 J Realey		1:35:35 M West 1:20:15 T Wahid	1:41:37 M Smith 1:29:15 R Wheatcroft 1:17:18 M Lynas	1:44:11 W Stevenson 1:32:26 C Pooley 1:30:03 R Wheatcroft	1:32:07 A Bradley	2:06:52 P Webster	1:57:49 D Keegan		
2016	1:24:12 S White						1:32:04 A Bradley			
20 Miles	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
2015	2:48:07 J Realey	1:58:03 S Pearce	2:11:03 M Darling	2:25:34 R Wheatcroft 2:01:32 M Lynas			3:05:00 P Webster			
2016					2:23:42 R Wheatcroft		2:30:56 A Bradley			
Marathon	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
1990		2:29:59 P Hahn								
2015	3:40:35 J Realey		4:53:29 P Brunt 2:52:58 M Darling	5:20:39 A Brooks 3:09:27 R Wheatcroft		4:39:51 A Bradley 3:55:43 D Thornton 3:38:04 A Bradley		5:20:43 H Sloan 3:20:29 R Booth	4:07:28 B Mitchell	
2016				2:39:08 M Lynas	4:05:16 S Baxter 3:08:48 R Wheatcroft		3:23:43 A Bradley			
50k	U20M	Senior male	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
1991		3:10:58 P Hahn								
2015									6:40:35 B Mitchell	
2016				3:22:36 M Lynas						