

Down Tow Up Flow Half Marathon

Course Records

All Men	Name	Time	Team	Category	Year
1	SHUTE, Rupert	1:17:45	Reading Road Runners	Mens Open	2011
All Ladies					
1	BAUMBER, Annie	1:28:20	Bracknell Forest Runners	Womens Open	2010
MV40					
1	HART, Simon	1:19:31	Havering Mayesbrook AC	MV40	2011
WV40					
1	PARDOE, Karmen	1:28:45		WV40	2011
MV50					
1	SIRS, Nick	1:28:01	Exeter Harriers	MV50	2011
WV50					
1	KIRK, Lesley	1:45:43	Stratford Upon Avon AC	WV50	2009
MV60					
1	BAGULEY, Chris	1:42:48		MV60+	2011
WV60					
1	PEPPER, Anne	1:54:20		WV60+	2011

Times from 2007 not included for record purposes due to changes in the course necessitated by the flooding.

