

UPDATED 2019 BEST ROAD MARATHON TIMES FOR ROAD CLUB CHAMPIONSHIPS.

Female

3:02:20 Vicki Ingham - London
3:03:03 Caroline Stanzel - Berlin
3:29:02 Sarah Swift - London
3:32:45 Paula Barker - North Dorset
3:36:53 Helen Draper - London
3:44:29 Izabela Shylock – Manchester
4:01:02 Mel Carroll - Abingdon
4:06:22 Emma Livermore - Manchester
4:12:24 Kate Redman - Bournemouth
4:14:24 Emily Cox - Bournemouth
4:15:49 Luretta Spearing - North Dorset
4:23:33 Laura Cornwell - Bournemouth
4:25:59 Penny Jarvis - London
4:39:49 Emma Shore - North Dorset
5:44:36 Marion Frampton - Isle of Wight

Male

2:24:07 Sean Hogan - London
2:50:07 Paul Currah - Manchester
2:52:42 Neil Sexton - Chester
2:58:39 Joe Godden - Loch Ness
3:00:11 Chris Stratford - Manchester
3:05:07 Tim Jones - Chester
3:07:57 Colin Somers - Brighton
3:08:13 Stephen Ogles - Manchester
3:11:12 Dave Cartwright - London
3:11:28 Greg Fairhall - London
3:17:20 Matt Robbins - Manchester
3:18:33 Tom Marshall - Bournemouth
3:26:54 Jason Mumford - Manchester
3:31:53 Esref Ozdemir - London
3:32:41 Rupert Tory - London
3:43:26 Khalil Ghabaee - Manchester
3:44:51 Pete Portnoi - Limassol
3:45:41 Nigel Redman - Southampton
3:46:20 Dale Holland - Amsterdam
3:50:13 Derek Wingrove - North Dorset
3:52:27 David Calton - Southampton
3:57:09 Graham Dennison - Abingdon
3:57:35 Stephen Fox - Manchester
4:09:55 Graeme Beckett - Goodwood
4:11:39 Bob Frampton - Southampton
4:16:48 Jim Cartwright - Manchester
5:10:41 James Allen – Bournemouth
5:32:59 Mark Tiller - Liverpool