

Stage	Men's record	Ladies Record
1	Henry Church, 2017, 1:36:05	Sharon Rastelli, 2013, 1:55:44
2	Simon Bowers, 2014, 1:35:57	Emily Nott, 2013, 1:56:01
3	Mark Garrett, 2015, 1:09:52	Emily Nott, 2011, 1:19:18
	David Witnall - virtual 2020 1:09:27	
4	James Thomas, 2015, 1:30:20	Trudy Compton, 2013, 2:00:56
5	Nick Duncan, 2015, 1:37:19	Amelia Culshaw, 2018 1:46:32
6	Steve Priestnall, 2016, 1:22:18	Teresa Hazelwood, 2014, 1:30:20
7	Nick Duncan, 2013, 1:02:22	Kim Withycomb 2008, 1:09:11
8	Simon Bowers, 2011,1:41:18	Amelia Culshaw, 2017, 1:46:59
9	James Thomas, 2014, 1:09:02	Rhi Brown, 2008, 1:24:39
10	John Buck, 2013, 1:25:01,	Jo Wood, 2008, 1:32:43