

## Sandra Brown Ultra record

### Group A

#### Marathon – 50 km

1. 1982 Winchester marathon
2. 1983 RWA 100km, walked 50km, Chelmsford
3. Masters and Maidens Marathon, Guildford
4. 1984 Winter Tanners 30 miles
5. Seven Sisters Marathon
6. London Marathon
7. Polytechnic Marathon, Windsor
8. 1985 Winter Tanners 30 miles
9. Punchbowl 30 miles
10. London Marathon
11. 1987 London Marathon
12. Sri Chinmoy Marathon
13. 1989 Basildon 50km
14. Plymouth 50km
15. 1991 Basildon 50km
16. Victoria Park 50km
17. 1992 Gatliff 50km
18. 1993 Winter Tanners 30 miles
19. Battersea Park Marathon
20. Luton Marathon
21. 1994 Basildon 50km
22. 1995 Punchbowl 30 miles
23. Plymouth 50km
24. Hereford (30 miles of 50 mile race)
25. Luton Marathon
26. 1996 Winter Tanners 30 miles
27. Punchbowl 30 miles
28. 1997 Basildon 50km
29. 2003 LDWA Mendip Magic 27 miles
30. Bath Pearls 27 miles
31. 2004 Bath Beat 26.5 miles
32. B&W LDWA Mendip walk 26 + miles
33. 2005 Bath Pearls 27 miles
34. 2006 Bourges 24h, 50.673kms: race stopped after 6 hours due to snow
35. Norfolk LDWA Poppyline 26.9 miles
36. 2007 Bath Beat 26.7 miles
37. 2009 Winter Tanners 30 miles, 6h 47m
38. 2011 Salisbury 54321 42kms/marathon cross country walk
39. 2012 Dorset LDWA Cerne Giant 31 miles [marshals]
40. 2013 RWA National 50kms, Coventry [W60 World Best 5.29.04]
41. Salisbury 54321 50kms
42. Sidmouth Saunter 30m [LDWA]
43. 2016 Founders Challenge, London LDWA, 27miles, 7h 08m
44. 2017 Dorset LDWA Cerne Giant 31 miles [marshals] 7h 39m
45. 2018 Dorset LDWA Duddle West 26.6m 6h 57m
46. 2019 Dutch 50kms race-walking championship, Tilburg, W70 WBP 6h.09m 48s
47. 2021 Dorset LDWA Cerne Giant 30 [31] miles challenge

## Group B

51kms – 100km

1. 1981 Surrey Summits 100kms
2. 1982 Surrey Summits 100km
3. 1983 Wessex 50 miles
4. Plymouth – Dawlish 42 miles
5. Manchester – Blackpool 52 miles
6. Hastings – Brighton 38 miles
7. London – Brighton 53 miles
- [7a 1984 Grantham – Lincoln and back 55 miles (training)]
8. Plymouth – Dawlish 42 miles
9. Lincolnshire 100km
10. LDWA Cambridge 50 miles
11. 1985 Surrey Summits 100km
12. 1987 Surrey Summits 100km
13. Manchester – Blackpool 52 miles
14. 1988 Surrey Summits 100km
15. Lincolnshire 100km
16. 1989 Bogle Stroll, Manchester 55 miles
17. 1990 Bogle Stroll, Manchester 55 miles
18. 1991 Punchbowl 33 miles
19. Nottingham 100 km
20. Manchester – Blackpool 50 miles
21. London – Brighton 55 miles
22. 1992 Punchbowl 33.5 miles
23. Surrey Summits Marshalls 100 km
24. Nottingham 100 km
25. 1993 Punchbowl 33.5 miles
26. Manchester – Blackpool 50 miles
27. 1994 Punchbowl 33.5 miles
28. Manchester – Blackpool 50 miles
29. Grantham Canal Run 33 miles
30. 1996 Surrey Summits 100km
31. Wellington Boot 100km
32. 1998 SWC/RRC London – Brighton walk 55miles
33. 2001 Dordrecht Kennedy walk 50 miles
34. 2003 SEAC Centenary London – Brighton walk 50.4 miles
35. 2004 LDWA Norfolk Poppyline 52.6 miles
36. 2005 LDWA Chilterns 100, sweeping 50 miles
37. 2008 LDWA Norfolk Poppyline 52.4 miles
38. 2009 LDWA Dorset Duddle 33m
39. 2010 LDWA Norfolk Not for Nothing Fifty 50.2 miles
40. LDWA Dorset Giant 100 kms
41. 2011 LDWA Norfolk Winter Poppyline 50 miles
42. LDWA Dorset Giant's Daughter 33 miles
43. 2012 LDWA Norfolk Winter Poppyline 53 miles
44. Centurions Diamond Jubilee Trail 60kms group walk
45. 2013 LDWA Norfolk Winter Poppyline 53 miles
46. LDWA Dorset Giant 100 kms [marshals' walk]
47. LDWA Dorset Duddle Weymouth – Swanage 33m [marshals' walk]
48. 2014 LDWA Norfolk Winter Poppyline 50 miles
49. LDWA Dorset Duddle Weymouth – Swanage 33m [marshals' walk: 7h 16m]
50. LDWA Marches Wenlock Olympian Walk 50.5 miles [14h 31m]

51. 2015 LDWA Norfolk Winter Poppyline 50 miles 12h 50m
52. 2017 LDWA Norfolk Winter Poppyline 52 miles 11h 49m
53. LDWA Dorset Duddle Weymouth – Swanage 33m [marshals' walk] 8h 05m
54. 2019 LDWA Norfolk Winter Poppyline 51 miles 13h 12m
55. 2022 LDWA Norfolk Winter Poppyline 52.1 miles 15h 27m
56. 2023 LDWA Roundhay, Leeds, 52 miles, 19h 07m
57. Dorset LDWA Group St Edwards Way Wareham – Shaftesbury 33 miles
58. 2024 LDWA Norfolk Winter Poppyline 52 miles 17h 50m
59. LDWA Wiltshire “Chips n’ Ham” 50 [52m] walk, 19h 20m

#### Group C

101 km – 100 miles

1. 1984 Roubaix 28 hours, completed 143 kms
- [2. 1986 South Downs Way, completed 82 miles]
3. 1989 Tour du Var 107.5km
- [4. 1990 Coulsdon – Brighton and back, about 80 miles training]
5. 1992 Ile d’Oleron 24 hours, completed 130km
- [6. 2001 IOW: Jill Green’s birthday group walk, joined for 65 miles]
7. 2004 Capital Ring, 78 miles route around London (London LDWA Group)
8. 2022 Gloucester track 24h, 116.8kms, 72.6 miles
9. 2024 LDWA Speyside 100, completed 78.1m in 31h 26m [unwell after covid following K6 6 days]
10. GB Ultras Hope Trail 36h Newnham Park, Plymouth, 90 miles in 37.29.47

#### Group D

100 miles [LDWA and other cross-country 100s are routinely longer]

1. 1982 Pilgrims Way LDWA 100, 28h 50m
2. Leicester RWA & Centurions 100
3. 1983 Snowdonia LDWA 100
4. 1984 St Oedenrode Continental Centurions 100
5. Dartmoor LDWA 100
6. Leicester RWA & Centurions
7. 1985 St Oedenrode Continental Centurions 100
8. Yorkshire Dales LDWA 100
9. Blackheath Rainer 100
10. 1987 Ewhurst SWC RWA Centurions 100
11. 1988 Leicester RWA Centurions 100
12. 1989 Hendon Met PRWC RWA Centurions 100
13. 1990 Leicester RWA Centurions 100
14. 1992 Leicester RWA Centurions 100
15. 1993 St Oedenrode Continental Centurions 100
16. 1994 Leicester RWA Centurions 100
17. 1995 Battersea Park, London RWA Centurions 100
18. 1996 Rotterdam/Schiedam Continental Centurions 100
19. Colchester RWA Centurions 100
20. 1998 Manx RWA Centurions 100
21. 1999 Weert Continental Centurions 100
22. Auckland, NZ Centurions 100
23. Battersea Park, London RWA Centurions 100
24. Melbourne, Australian Centurions 100
25. 2000 Schiedam Continental Centurions 100

26. Golden, Colorado, USA Centurions 100
27. 2001 Colchester RWA Centurions 100
28. 2002 Schiedam Continental Centurions 100
29. 2003 Newmarket SWC RWA Centurions 100
30. 2004 Exmoor LDWA 100
31. Schiedam Continental Centurions 100
32. Colchester RWA Centurions 100
33. 2005 Chilterns Landmarks LDWA 100, 28h 52m
34. Weert Continental Centurions 100
35. King's Lynn RWA Centurions 100
36. 2006 Northumbria LDWA 100
37. IOMVAC RWA Centurions 100
38. 2008 Yoredale LDWA 100 30h 29m
39. Schiedam Continental Centurions 100
40. Milton Keynes RWA Centurions 100
41. 2009 LDWA Wessex 100 28h 04m
42. Newmarket Barclay Bicentenary RWA Centurions 100
43. 2010 LDWA Heart of Scotland 100 30h 32m
44. Colchester RWA Centurions 100 miles
45. 2011 LDWA Housman 100 [Marches LDWA Group] 31h 41m
46. SWC, RWA, Centurions' centenary 100, Lingfield Park
47. RWV 46<sup>th</sup> Nijmegen to Rotterdam 29h inc café stops
48. 2012 Centurion Running Thames Path 100 24.50.40
49. LDWA Games and 40<sup>th</sup> anniversary 100, 29h 09m
50. Schiedam Continental Centurions 100, 20.30.23 [40<sup>th</sup> Centurion 100]
51. Marches LDWA Much Wenlock Olympian 100 [in 2012 MW Olympian Games programme]
52. Colchester RWA Centurions 100
53. 2013 LDWA Camel-Teign 100, 28h 50m
54. IOMVAC RWA Centurions 100
55. RWV 48<sup>th</sup> Nijmegen to Rotterdam, 29h inc café stops
56. 2014 LDWA S Wales Valleys 100, 33h 47m
57. RWV Continental Centurions 100, Schiedam, 21.19.17
58. Southend AC RWA Centurions 100 miles, 20.40.32 W65 World best
59. RWV 49<sup>th</sup> Nijmegen to Rotterdam, 29h inc café stops [my 161<sup>st</sup> event of 100 miles or more]
60. 2015 LDWA E Lancs Red Rose 100, 36h 24m
61. Centurion Running South Downs Way 100 25.49.37
62. IOM 100 Miles EWA Centurions Castletown 20.57.26
63. RWV 50<sup>th</sup> Nijmegen to Rotterdam, 29h inc café stops
64. Centurion Running Autumn 100 [TP/Ridgeway] 24.36.42
65. 2016 LDWA Dorset 100, 29h 58m
66. Redcar Blast Centurions/RWA 100 21.10.06
67. RWV 51<sup>st</sup> Nijmegen to Rotterdam, 29h inc café stops
68. African Centurions inaugural 100, Robben Island, Cape Town, AC9 22.22.14
69. 2017 LDWA North Yorks 100, 34h 04m
70. OLAT Continental Centurions, Weert, 22.07.25
71. Sint Annen 100 miles, Groningen province, 26.27.11 [3<sup>rd</sup> overall, 2<sup>nd</sup> lady; run with 30h limit]
72. Bury St Edmunds Centurions/RWA 100 21h 44m 15s [50<sup>th</sup> Centurion 100 world-wide]
73. RWV 52<sup>nd</sup> Nijmegen to Rotterdam, 29h inc café stops
74. Legends Bello Gallico 100 miles trail, Oud Heverlee, Belgium. Jt 3<sup>rd</sup> lady. 30h 01m [36h limit]
75. 2018 LDWA Kent Cinque Ports 100, 34h 27m
76. RWV Continental Centurions 100, Schiedam 21.55.25 [RWV's 90<sup>th</sup> anniversary year]
77. Challenge Running Essex 100 [103.2 miles trail.] 1<sup>st</sup> lady 25.01.46 [run with 30h limit]
78. Douglas IOM Centurions/RWA track 100 22.05.01
79. LAT 80<sup>th</sup> anniversary Nijmegen – Amersfoort – Utrecht - Amsterdam 180kms (trail walk, 35h)
80. RWV 53<sup>rd</sup> Nijmegen to Rotterdam, 29h inc café stops
81. Centurion Running Autumn 100 [TP/Ridgeway] 26.00.42

82. 2019 Atlas Running Dublin to Belfast 107 miles, 27h 50m 03.4 [walked; 36h limit] [my 200<sup>th</sup> event of 100 miles or more]
83. LDWA Hadrian's 100, 35h 36m
84. OLAT Continental Centurions 100, Weert, 22.22.34 W70 World best performance
85. IOM 100 Miles Centurions/RWA Castletown 3 legs circuit 22.42.39
86. Robin Hood 100 [103m trail] 27h 11m [30h limit]
87. 2021 LDWA Virtual Sir Fynwy 100 [102+ miles] 31h 30m [20<sup>th</sup> LDWA 100]
88. Gloucester 100 miles in 27h 24m 53s (track 48h: 164.109 kms, 101.972 miles in 48h)
89. 2022 LDWA Trans-Pennine 100 [101 miles] 44h 30m
90. 2023 LDWA EBB Elephant, Bear & Bull 100, 100.6 miles 36h 33m

#### Group E

##### 24 /28 Hours (with 100 miles or more)

1. 1984 Chorley AC 24 hours 131 miles 583 y [100 miles split 17h 08m 10s]
2. Brussels 24 hr walk 174km
3. Coatbridge 24 hrs 120 miles 335 y
4. 1987 Chorley 24 hrs 119 miles
5. 1988 Preston 24 hrs 114 miles 238y
6. 1989 Milton Keynes 24 hrs indoors 106miles 491 y
7. Rouen 24 hr walk 185.26 km
8. Hull AC 24 hrs 105 miles 439y
9. Roubaix 28 hrs walk 211.42 km
10. Sri Chinmoy 24 hrs 108 miles 403 y
11. 1990 Chateau Thierry 24 hrs walk 179.984 km
12. Bazancourt 24 hrs walk 180.256 km
13. Bar le Duc 24 hrs walk 168.185 km
14. Rouen 24 hrs walk 179.395 km
15. Dijon 24 hrs walk 196.476 km
16. Roubaix 28 hrs walk 218.65 km
17. Etrechy 24 hrs walk 193.306 km
18. 1991 Lagny 24 hrs walk 183.5km
19. Bazancourt 24 hrs walk 188 km
20. Dijon 24 hrs walk 193.29 km
21. Vallorbe 24 hrs walk 200 km, 24.04.20 (world best)
22. 1992 Bazancourt 24 hrs walk 196 km
23. Sri Chinmoy 24 hrs 209.127 km
24. 1993 Basle 24 hrs IAU European Championship 186.112 km
25. Battersea Park 24 hrs 184 km
26. Sri Chinmoy 24 hrs 133 miles 1110 y, 215.068kms
27. 1994 Bazancourt 24 hrs walk 176 km
28. Szeged (Hung) 24 hrs IAU 188.1 km
29. 1995 Lagny 24 hrs walk 189.962 km
30. Roubaix 28 hrs walk 212.240 km
31. Sri Chinmoy 24 hrs 123 miles 1453 y
32. 1996 Courcon 24 hrs IAU 212.701 km
33. 1997 Basle 24 hrs IAU 188.182 kms
34. Solihull 24 hrs 197.710 kms
35. Ware RWA 24 hrs walk 194.758 kms (world best)
36. 1998 Dijon 24 hrs walk 188.987 kms 24.22.20
37. Doncaster 24 hrs 120 miles 246 yards
38. Fleurbaix 24 hrs IAU 194 .032 kms
39. Roubaix 28 hrs walk, 211.650 kms, 28.08.21
40. Sri Chinmoy Tooting Bec track 24 hrs 183.781 kms (114 m 345 y)
41. 1999 Bar le Duc 24 hrs walk 180 kms, 23.54.49

42 Dijon 24 hrs walk 177.974 kms, 23.55.34  
 43 Doncaster 24 hours, walked 107 miles 1269 yds; 173.360 kms (100 miles, 20.30.50)  
 44 Auckland, NZ, Sri Chinmoy 24 hrs/ NZ Centurions: walked 164.6 kms (100 miles 19.00.47)  
 45 Sri Chinmoy Tooting Bec track 24 hrs 168.105 kms (100 miles 21.57.44)  
 46 Bombaye – Dalhem, Belgium 200 kms (26.13; 161.12 kms: 20.29)  
 47 2000 Torcy 24 hrs walk (ladies, 170.595 kms: 21.19.30)  
 48 Perpignan 24 hrs walk, 183.242 kms, 23.46.27  
 49 Bar le Duc 24 hrs walk, 168 kms, 23.43.01  
 50 Dijon 24 hrs walk, 192.658 kms, 24.02.46  
 51 Doncaster 24 hrs, 109 miles 948 yds, 24 hrs  
 52 Newmarket 24 hrs RWA walk, 114 miles, 23.38.24  
 53 Sri Chinmoy Tooting Bec track 24 hrs, 162.8 kms (101 miles 280 yds; 100 miles 21.35.31)  
 54 Uden 24 hours IAU 176.036 kms  
 55 2001 Chateau Thierry 24 hrs walk, 166.214 kms, 24.08.42  
 56 Bar le Duc 24 hrs walk, 180 kms, 23.59.38  
 57 Doncaster 24 hrs, 112 miles 499 yds, 24 hrs  
 58 Feschoux, Belg 24 hrs walk, 170.017 kms, 24.02.19  
 59 Genting, Malaysia 24 hrs walk, 182.032 kms, 24 hrs  
 60 Roubaix 28 hrs walk, 216.570 kms, 28.03.57  
 61 2002 Hull 24 hrs, 112 miles 1121 yds (181.272 kms,) 24 hrs  
 62 Blackpool 24 hrs RWA, 186.324 kms (100 miles 20.27.27)  
 63 Roubaix 28hrs walk, 219.1kms, 28.04.49  
 64 2003 Bernouville 24 hrs walk, 170kms (ladies' distance) 21.33.23  
 65 Roubaix 28hrs walk, 222.310 kms, 28.06.19 (100 miles est. 19.28.39)  
 66 Sri Chinmoy Tooting Bec track 24 hrs, 179.842 kms (111 miles 1318 yds; 100 miles 21.05.55) GB Championship  
 67 2004 Rouen 24h walk, 198kms, 24.14.13 (100 miles est 19.10.40)  
 68 Brno IAU World/European 24h, 176.146kms  
 69 2005 Worscach, Austria World/European 24h, 180.22023 kms  
 70 Self-Transcendence Tooting Bec track 24h, 199.248kms (123m 1420y). GB championships; W55 record  
 71 2006 Bar le Duc European trophy, 170kms 20.49.11 (1<sup>st</sup> lady and England 1<sup>st</sup> ladies team)  
 72 Self-Transcendence Tooting Bec 24h, 200.138km (124m 634y). W55 GB record  
 73 2007 Bourges 24h walk, 170 kms (3<sup>rd</sup> lady, French champs) 21.28.31  
 74 Drummondville (Canada) IAU 24h world champs, 192.71 kms, 16<sup>th</sup> lady (perhaps 194.47 kms)  
 75 2008 Chateau Thierry, 170.2kms walk (2<sup>nd</sup> lady) 21.59.35  
 76 Dijon, 170.617kms walk (1<sup>st</sup> lady, 170km course record) 21.24.50  
 77 St Thibault des Vignes 24h walk, 190.702 kms, 23.59.51, 1<sup>st</sup> lady, 2<sup>nd</sup> overall  
 78 Self-Transcendence Tooting Bec track 24h, 117m 226y  
 79 2009 Bourges 24h, 175.956kms, 1<sup>st</sup> lady  
 80 Keswick, Commonwealth 24h championship, 187.119kms [GB W60 best]  
 81 2010 Bourges 24h, 187.549kms, 1<sup>st</sup> lady in French Champs [World W60 race-walking best; course record]  
 82 Perth, North Inch Park, Sri Chinmoy 24h, 175.055kms  
 83 Roubaix 28h walk, 211.685 kms, 28.03.14  
 84 2011 Chateau Thierry 24h, 169.265kms  
 85 Monaco No Finish Line 24h, 180.578kms  
 86 2013 Roubaix 28h, 60<sup>th</sup> edition. 200.429 kms [2<sup>nd</sup> lady.]  
 87 2014 Wadelincourt [Belg] 24h, 189.949kms [World W65 race-walking record; 30<sup>th</sup> win in Paris-Colmar qualifier races.]  
 88 2015 Bourges 24h, 180.450kms  
 89 St Thibault des Vignes 24h, 175.225kms  
 90 2016 Bourges 24h, 178.889kms 1<sup>st</sup> lady, 6<sup>th</sup> overall  
 91 Chateau Thierry 24h, French champs, 171.237kms, 1<sup>st</sup> lady, 8<sup>th</sup> overall  
 92 Schiedam 24h, 177.669 kms in 24.06.16 [100 miles in 21.08.28]  
 93 Wadelincourt 24h, 175.101kms, 1<sup>st</sup> lady, 5<sup>th</sup> overall.  
 94 2017 Bourges 24h & French championship, 1<sup>st</sup> lady, 8<sup>th</sup> overall, 177.027 kms  
 95 Crawley British Ultrafest 24h track, 2<sup>nd</sup> lady, 8<sup>th</sup> overall [walked] 174.346kms

- 96 Monaco No Finish Line 24h, 2<sup>nd</sup> lady [walked] 181.120 kms [112.85 miles]
- 97 2018 Bourges 24h, 2<sup>nd</sup> lady, 169.359kms
- 98 Chateau Thierry 24h, 1<sup>st</sup> lady, 169.450 kms
- 99 Crawley AIM 24h track, 4<sup>th</sup> lady, 6<sup>th</sup> overall, 173.2 kms
- 100 Monaco No Finish Line 24h, 1<sup>st</sup> lady, 4<sup>th</sup> overall 170.095kms
- 101 2019 Bourges 24h & French championship, 176.568 kms, 1<sup>st</sup> lady
- 102 Chateau Thierry 24h, 168.527 kms, 1<sup>st</sup> lady, 6<sup>th</sup> overall
- 103 Crawley 24h track, 100 miles 22.31.06, 24h 169.289 kms
- 104 Belfast 24h run IAU W70 WBP 24h 182.62kms (113.5 miles), 100 miles 21h 15m 33s

Group F

MULTI DAY with 100 miles +

- 1 1985 Montauban 48 hrs 273.38 km
- 2 1988 Blackpool 48 hrs 163 miles 897 y
- 3 1989 Epernay – Colmar, completed 220 km
- 4 Blackpool 48 hrs 181 miles 1099 y
- 5 1990 Chalons – Colmar 340 km
- 6 1991 Surgeres 48 hrs 307.038 km
- 7 Chalons – Colmar 340.5 km
- 8 1992 Chalons – Colmar 342 km
- 9 1994 Cologne 48 hrs 306.222 km
- 10 Gibson Ranch Sacramento 6 day 426 miles
- 11 1995 Lands End – John O’ Groats 840 miles [solo effort to Guinness Book of Records standards]
- 12 1996 Nanango AUS 1000 miles
- 13 Odessa 48 hrs 312.4 kms
- 14 2000 RWV Millenniumtocht rond-Rotterdam 200 kms
- 15 2007 Surgeres 48h 327.52674km (GB W55 record)
- 16 2017 Liverpool – Leeds Canal Race 130 miles (walked, 34h 52m, 38h limit)
- 17 2021 Kennet – Avon Canal Race 145 miles (walked 43h 55m, 45h limit)
- 18 2022 EMU International 6 days race, Balaton, Hungary: W70 GB 48 hr record 230.113kms; W70 6 days WBP 610.064kms
- 19 2023 Vallon Pont d’Arc, Ardeche, France 6 days: 556.177 kms; 161.709 kms in 31h 03m 01s
- 20 Gloucester 48h track: 174 kms in 32h 32m.30s; 100 miles in 29h 40m 08s
- 21 EMU Balaton 6 days: 589.160 kms; 161.798 kms [180 laps] in 29h 04m 43s.
- 22 2024 K6 6 days Czech Republic Konstantinovy Lazny: 573.994 kms W75 WR; 100 miles in 27.00 29; WR at 12h, 100kms, 24h, 100 miles; British W75 at 48h.
- 23 EMU Balaton 6 days, GOMU World Championship. 565.427 kms; W75 48h world record 247+ kms.

Group G

100 miles Race-walk UK Centurions 1911

- 1 1982 Leicester 22.18.24 (C 735)
- 2 1984 Leicester 18.36.24 (GB best)
- 3 1987 Ewhurst 22.32.40
- 4 1988 Leicester 21.11.14
- 5 1989 Hendon 19.56.17
- 6 1990 Leicester 18.56.46
- 7 1992 Leicester 18.50.29
- 8 1993 London 20.09.05 (24 hr race)
- 9 1994 Leicester 19.09.17
- 10 1995 London 21.37.21
- 11 1996 Colchester 19.42.53

- 12 1997 Ware 19.27.15 (24 hr track race)
- 13 1998 Manx 19.32.26
- 14 1999 Battersea Park, London 20.01.49
- 15 2000 Newmarket 20.16.43 (24 hr race)
- 16 2001 Colchester 20.36.45
- 17 2002 Blackpool 20.27.27 (24 hr track race)
- 18 2003 Newmarket 20.23.25
- 19 2004 Colchester 19.17.28 (W55 best)
- 20 2005 King's Lynn 19.25.07
- 21 2006 IOMVAC 19.28.38
- 22 2008 Milton Keynes 19.59.29 (track race)
- 23 2009 Newmarket 19.57.24 (W60 best)
- 24 2010 Colchester 20.23.30
- 25 2011 Lingfield Park 20.18.23
- 26 2012 Colchester 20.45.03
- 27 2013 IOMVAC 19.57.50
- 28 2014 Southend AC/Centurions 20.40.32 [W65 track record]
- 29 2015 IOM Castletown 20.57.26 [3<sup>rd</sup> lady; 1<sup>st</sup> W65; W65 road best]
- 30 2016 Redcar Blast 21.10.06 [1<sup>st</sup> lady]
- 31 2017 Bury St Edmunds 21.44.15 [2<sup>nd</sup> lady] [50<sup>th</sup> Centurion 100 worldwide]
- 32 2018 IOM Douglas 22.05.01 (track race)
- 33 2019 IOM Castletown 3 legs circuit 22.42.39 [2<sup>nd</sup> lady, 1<sup>st</sup> W70]

#### Group H

##### 100 miles Race-walk NL – Continental Centurions

- 1 1984 St Oedenrode 21.05.07 (Continental C 131)
- 2 1985 St Oedenrode 21.44.45
- 3 1993 St Oedenrode 19.22.22
- 4 1996 Schiedam 19.33.21
- 5 1999 Weert 19.46.37
- 6 2000 Schiedam 20.41.01
- 7 2002 Schiedam 20.18.54
- 8 2004 Schiedam 19.18.08
- 9 2005 Weert 20.19.30
- 10 2008 Schiedam 20.14.23
- 11 2012 Schiedam 20.30.23 [40<sup>th</sup> Centurion 100 worldwide; 1<sup>st</sup> overall in race]
- 12 2014 Schiedam 21 19 17 [1<sup>st</sup> lady, 3<sup>rd</sup> overall and 1<sup>st</sup> 65+]
- 13 2016 Schiedam 21.08.28
- 14 2017 Weert 22.07.25
- 15 2018 Schiedam 21.55.25
- 16 2019 Weert 22.22.34 [W70 WBP]

#### Group I

##### 100 miles Centurion race-walk – Other

1. 1999 Auckland, NZ Centurion event 19.00.47 (world best) (24 hr race) (NZ C 4)
2. 2000 Melbourne, Aus Centurion event 19.14.56 (AUS C 36)
3. 2000 Golden, Colorado, USA Centurion 21.50.57 (USA C 50)
4. 2001 Genting, Malaysia, inaugural Malaysian Centurion event; 182.032 kms (Asian record, 24 hr race; no time given at 100 miles but Centurion awards made) (MALAYSIA C 7)
5. 2016 African Centurion inaugural event, Robben Island, Cape Town 22.22.14 (AC 9)



## Group J

### LDWA 100 miles

1. 1982 Pilgrims [North Downs Guildford to Canterbury]
2. 1983 Snowdonia
3. 1984 Dartmoor
4. 1985 Yorkshire Dales
5. 2004 Exmoor
6. 2005 Chilterns
7. 2006 Northumbria
8. 2008 Yorkshire Dales
9. 2009 Wessex
10. 2010 Heart of Scotland (10<sup>th</sup> 100 badge)
11. 2011 Housman Hundred, Marches Group
12. 2012 Olympic Games and LDWA 40<sup>th</sup> anniversary London to Windsor
13. 2013 Camel – Teign (Cornwall & Devon)
14. 2014 S Wales Valleys
15. 2015 E Lancs Red Rose
16. 2016 Dorset
17. 2017 North Yorks
18. 2018 Kent Cinque Ports
19. 2019 Hadrian's Hundred, Northumberland, Durham Pennines
20. 2021 Virtual Sir Fynwy (organized by South Wales Group, walked in Dorset, 20<sup>th</sup> 100 badge)
21. 2022 Trans-Pennine (Dark Peak, South Yorkshire)
22. 2023 EBB Elephant, Bear & Bull 100 (Birmingham and South)

## Note

### Centurion affiliations:

1. 21-22 Aug 1982 Leicester, England 22:18:24 British Centurion 735
2. May 1984 St Oedenrode, Holland 21.05.07 Continental Centurion 131
3. 10-11 July 1999 Auckland, NZ 19:00:47 New Zealand Centurion 4
4. 18-19 Sept 1999 Melbourne, Australia 19:14:56 Australian Centurion 36
5. 19-20 Sept 2000 Golden, Colorado 21.50.57 American Centurion 50
6. 25-26 Aug 2001 Genting Highlands, Malaysia 182.032 km Malaysian C 7
7. 22-23 October 2016 Robben Island, Cape Town, South Africa, African Centurion 9