

Men's Constable Handicap All-Time List - 6.37 miles
(Men and Women In Combined Race after 2011)

GEORGE	BAKER	32.42	1986	GST
STUART	SPOONER	33.54	1987	
SHAUN	PICKERING	34.22	2003	
PHIL	TAYLOR	35.20	2007	
JOHN	JACKSON	35.26	1988	
EDDIE	KNAPP	35.45	1986	
DARREN	WILLIAMS	36.04	2003	
JOHN	POTTER	36.12	1987	
KEN	GILSON	36.22	1993	
OWEN	FLAGE	36.23	1991	
STEVE	ARNOLD	36.26	1989	
SCOTT	HARGREAVES	36.31	2018	
STEVE	COOK	36.36	1994	
DARREN	JEMISON	36.40	1994	
GRAHAM	HARDY	36.54	1988	
DARREN	SHARPE	37.10	2007	
MELVIN	BLACKFORD	37.14	1985	
STEVEN	O'NEILL	37.16	1998	
DARREN	SHARPE	37.17	2006	GST
PETER	GULC	37.18	2011	
NICK	HELLEWELL	37.30	2012	
IAN	BURDEKIN	37.40	1987	
ADAM	FOZZARD	37.40	2001	
IAN	WALKER	37.43	1987	
PETE	WILLIAMS	37.43	1993	
ROBERT	PRATT	37.48	1994	
PETER	GARLAND	37.50	1989	
JOHN	NORTON	37.52	1984	
GEOFF	DOWSON	38.05	1996	
GEOFF	WILSON	38.05	1989	
BRUCE	ALLISON	38.11	1988	
PHILLIP	DEWBERRY	38.28	1996	GST
DENNIS	O'NEILL	38.30	1989	
CHRIS	PHELPS	38.32	2005	
KEVIN	LEWIS	38.54	1997	
BRAM	HOOPER	39.04	1985	
JOHN	CRAMP	39.06	1991	
JOSH	TAYLOR	39.23	2018	
NICK	JORDAN	39.26	2019	
TONY	PHILLIPS	39.29	1991	
MARC	CORNER	39.33	2011	
PAUL	EDMUNDSON	39.42	1985	
CHRIS	TAYLOR	39.43	1989	
ANDY	POTTER	39.45	1985	
SYD	WARLEY	39.45	1991	
JOHN	BOBCZUK	39.54	1997	GST
STUART	ATKINSON (a)	40.00	1994	
JOHN	NOLAN	40.00	1989	
BOB	EYRE	40.06	1985	
COLIN	PARCELL	40.20	1985	
DAVE	ROBINS	40.26	1989	
NICK	JOHNSON	40.35	1991	
GRAHAM	HAWKINS	40.54	1986	
STEWART	EMMS	40.58	1985	
DOUG	BATTY	41.02	2002	

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JAMES	PICKERING	41.03	2003
SIMON	ELLERKER	41.04	2016
JAMES	BRIGGS	41.06	2023
DAVID	FOSTER	41.15	1988
KEVIN	RAFFERTY	41.17	1992
ADAM	THOMAS	41.33	2023
EMMA	BROWN	41.42	2013
RODDY	RHODES	41.47	1987
BARRY	CLIFTON	41.48	1989
ANDY	GODFREY	41.57	1989
TREVOR	SHEARD	41.59	1986
RAY	ROBINSON	42.01	1993
TONY	SMITH	42.01	2013
JOHN	WOODVINE	42.03	1993
LEWIS	DALE	42.07	2017
TOM	MULLEN	42.07	2019
ROY	MILLINGTON	42.12	1987
COLIN	HOLLINGSWORTH	42.14	1984
MATT	PILLING	42.28	2016
RAY	NICHOLSON	42.30	1984
BOB	PALMER	42.34	1984
DEREK	WALKER	42.38	1984
BARRY	SCOTT	42.55	1984
PAUL	GOOD	42.57	2023
ANTHONY	MILNER	43.00	1984
DAN	CAWTHORN	43.01	2021
KEVIN	RICHARDSON	43.04	2000
GEOFF	SIMPSON	43.09	1986
STEVE	BUCKLEY	43.15	1986
ANDY	BAKER	43.18	2014
MARTIN	SMITH	43.18	2010
SIMON	WALTERS	43.18	2022
DAVE	ROLLINSON	43.28	1989
STEVE	WILSON	43.36	2023
TOM	McDONALD	43.43	2007
ALAN	FELDBERG	43.54	2023
DENNIS	BRIGGS	44.02	1986
ALAN	WHITEHEAD	44.03	2000
MARTIN	THOMPSON	44.04	1984
RICHARD	BLAKE	44.05	1986
HARRY	CARE	44.05	1985
MARTIN	ALLANSON	44.10	2000
BILL	GRAVES	44.11	1985
PETER	BROWN	44.14	1986
JOHN	MACK	44.14	1989
MELVYN	PARES	44.21	1985
RICHARD	McKENZIE	44.22	1991
MARTIN	BOOTH	44.28	2015
DAVE	FUSSEY	44.29	1984
STEPHEN	GIBB	44.30	1985
TONY	BICKENSON	44.32	1984
MARTIN	HUTCHINSON	44.38	2019
MARK	WOODLEY	44.38	2014
IAN	KING	44.52	1985
JAMES	RILEY	44.59	2013

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TOM	WOODHOUSE	45.06	2022
GERRY	PILLING	45.13	1986
JO	DAGNAN	45.14	2021
IAN	JOHNSON	45.16	1984
NICK	CRAGGS	45.17	2019
CATHY	WOOD	45.17	2013
PAUL	PATRICA	45.24	1986
MIKE	CONSTABLE	45.26	1985
SEON	MARTIN	45.30	1997
KEN	KNIGHT	45.45	1987
ADAM	DYAS	45.58	2023
JANET	POTTER	46.19	2013
MIRIAM	IRELAND	46.56	2023
GARRY	HOLDSWORTH	47.12	1986
RICHARD	KIRKPATRICK	47.24	2022
KARON	COLLEY	47.30	2011
ALLAN	McFARLANE	47.33	2021
MICAH	GIBSON	47.38	2023
DAVE	MORRIS	47.38	1985
BOB	SMITH	47.56	1984
GRAHAM	WATSON	48.00	1991
GEORGE	WRIGHT	48.00	1991
MARTIN	DAVIS	48.03	2001
CLARE	GUMMERSON	48.06	2022
SARAH	WOOD	48.12	2015
DAVE	WHITTARD	48.16	1985
SIMON	PORTER	48.24	2016
ANGELIKA	CORNER	48.30	2011
ANTHONY	WESTON	48.41	1987
ANTHONY	HUGHES	48.48	2016
ALAN	COULSON	48.59	1984
LEIGH	FULTON	48.59	1998
EMMA	ARTLEY	49.10	2015
SIMON	BEKKER	49.11	2023
JUDY	ALLISON	49.48	2011
DIANE	PALMER	50.07	2017
DAVE	BOND	50.11	2023
CAT	MOVERLEY	50.11	2022
KERRY	WHITEHEAD	50.17	2021
ALLAN	CLAYTON	50.18	2016
MOLLIE	HOLEHOUSE	50.24	2017
EMILY	CARVER	50.25	2016
DAMIAN	PROBETT	50.27	2023
DAVE	ROTHWELL	50.34	1984
MARTIN	McPHEAT	50.49	2018
STUART	GENT	50.58	2022
TIM	PULESTON	51.00	2016
LUKE	DUFFILL	51.02	2022
KELLY	PALMER	51.04	2018
DAVE	WRIGHT	51.08	1984
JUSTINE	SUTCLIFFE	51.20	2016
EMMA	RICHARDSON	51.23	2022
RACHEL	PITCHFORTH	51.26	2023
DAVE	SUTCLIFFE	51.35	1988
SARAH	HARDCASTLE	51.38	2013

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VERONA	PETTY	51.43	2013	
BEN	SMITH	51.51	2018	
PETER	ROYAL	52.04	2014	
JASON	POINTEZ	52.24	2016	
DOMINIQUE	WEBSTER	52.28	2017	
GILLIAN	TAYLOR	53.02	2021	
KARA	MAINPRIZE	53.08	2022	
MICHELLE	ROLLINSON	53.12	2013	
ANDREA	PARKER	53.29	2013	
ANDREW	GIBSON	53.44	2022	
CHRIS	JOHNSON	53.59	2013	
STUART	ATKINSON (b)	54.04	2015	
PATRICIA	BIELBY	54.09	2021	
MARK	LOFT	54.12	2017	
TRACY	DONALDSON	54.17	2013	
ZENA	BOREMAN	54.21	2011	
DAVID	PLAYFORTH	54.42	2009	
APRIL-MARIE	EXLEY	54.43	2017	
ANDREW	MARR	54.49	2022	
HEIDI	BAKER	54.57	2017	
KAY	WALTERS	55.41	2022	
BECKY	GILBANK	55.55	2017	
ZOE	ELLIS	55.57	2019	
TOM	FYNN	55.58	2022	
JANE	WELBOURN	56.59	2022	
VICKIE	ELLERKER	57.35	2015	
ELLIS	HODGES	57.47	2022	
STUART	BOWES	58.24	2018	
DAVE	PRING	59.05	2019	
MEGAN	SAYWELL	59.11	2011	
LISA	ATKIN	59.16	2013	
JENNIFER	KILBURN	59.37	2021	
NIGEL	KITCHING	59.44	2017	GST
SUSAN	BOND	60.12	2022	
BECKY	LAWRY	60.44	2021	
LYNDA	GENT	61.48	2018	
PAULINE	SMITH	62.51	2014	
SHARON	BOWES	63.24	2018	
SARAH	MARR	63.39	2022	
AMANDA	TINDALL	63.56	2014	
SAM	ADAMS	64.41	2019	
SUSAN	REECE	64.44	2019	
EMMA	CHOAT	65.11	2023	
ANNE	KELLY	65.13	2021	
NICOLA	FOWLER	65.14	2021	
SANDRA	ORLANDO	66.25	2017	
CHARLOTTE	JALLOW	68.15	2023	
ROBERT	CALTHORPE	68.25	2019	
MARY	YATES	68.50	2023	
CASEY	REECE	69.33	2019	
ELIZABETH	INGLE	70.34	2021	
LUCINDA	GIBSON	71.57	2021	
JANET	DOWNES	72.22	2022	
CATHERINE	BRITTAN	72.46	2023	
CAROLINE	STRATHEARN	73.50	2016	

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ANTONIO	VICENTE	75.04	2014
TINA	CALTHORPE	78.36	2017