

**RACE RECORDS**  
**MEN'S BEST 50:29**  
David Wardle, 2007  
**WOMEN'S BEST 1:00:11**  
Georgia Schwiening, 2018  
Caroline Brooks, 2019

**2022 WINNERS**  
**FIRST MAN 54:57**  
Adam Bowler  
North Herts Road Runners  
**FIRST WOMAN 1:02:12**  
Samantha Cullen  
Eye Community Runners

