

## Green Belt Relay - Stage Records

Year	Stage	Distance	Name	Team	Time	Category
2022	1	12.7	Richard Ollington	Thames Hare & Hounds	01:10:09	Overall (men)
2005	1	12.7	Sonia O'Sullivan	Millennium	01:13:04	Overall (women)
2023	1	12.7	Martin Alvarez-Espinar	Thames Hare & Hounds	01:13:16	V40 Men
2005	1	12.7	Sonia O'Sullivan	Millennium	01:13:04	V35 Women
2010	1	12.7	Howard Gleave	Ranelagh	01:17:21	V50 Men
2007	1	12.7	Dee Smale	Stragglers	01:26:41	V45 Women
<b>Year</b>	<b>Stage</b>	<b>Distance</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Category</b>
2023	2	9.42	Nick Twomey	Ranelagh	00:55:20	Overall (men)
2022	2	9.42	Natalie Seymour	Thames Hare & Hounds	01:00:34	Overall (women)
2016	2	9.42	Simon Barrett	Serpentine	00:56:14	V40 Men
2022	2	9.42	Natalie Seymour	Thames Hare & Hounds	01:00:34	V35 Women
2023	2	9.42	Joseph Gonzalez-Armas	26.2 RRC	00:58:05	V50 Men
2018	2	9.42	Fiona Slevin-Brown	Sandhurst	01:07:23	V45 Women
<b>Year</b>	<b>Stage</b>	<b>Distance</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Category</b>
2022	3	11.2	James McMullan	Thames Hare & Hounds	01:04:12	Overall (men)
2023	3	11.2	Sarah Palmer	Ranelagh	01:16:33	Overall (women)
2018	3	11.2	Simon Barrett	Thames Hare & Hounds	01:06:23	V40 Men
2023	3	11.2	Claire Altmann	Thames Hare & Hounds	01:19:33	V35 Women
2019	3	11.2	Will Parry	London Front Runners	01:17:30	V50 Men
2018	3	11.2	Jacky Balfour	BMF Bushy Park	01:22:49	V45 Women
<b>Year</b>	<b>Stage</b>	<b>Distance</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Category</b>
2017	4	12.2	James McMullan	Thames Hare & Hounds	01:11:10	Overall (men)
2004	4	12.2	Barbara Yff	Serpentine	01:23:21	Overall (women)
2022	4	12.2	Martin Alvarez-Espinar	Thames Hare & Hounds	01:14:29	V40 Men
2007	4	12.2	Louise Watson	Millennium	01:26:52	V35 Women
2018	4	12.2	Ben Reynolds	Thames Hare & Hounds	01:18:02	V50 Men
2016	4	12.2	Ange Norris	Dulwich Runners	01:32:44	V45 Women
<b>Year</b>	<b>Stage</b>	<b>Distance</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Category</b>
2023	5	13.5	James Hoad	Thames Hare & Hounds	01:13:50	Overall (men)
2007	5	13.5	Gaby Reynolds	Sutton Striders	01:28:09	Overall (women)
2017	5	13.5	Kirit Patel	London Front Runners	01:20:54	V40 Men
2023	5	13.5	Gaby Reynolds	Sutton Striders	01:28:09	V35 Women
2019	5	13.5	Dave Dixon	British Airways	01:31:45	V50 Men
2017	5	13.5	Marie Synott-Wells	Ranelagh	01:42:48	V45 Women
<b>Year</b>	<b>Stage</b>	<b>Distance</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Category</b>
2018	6	8.5	James Gillanders	London Front Runners	00:50:06	Overall (men)
2019	6	8.5	Rebekah Edgar	Thames Hare & Hounds	00:55:29	Overall (women)
2018	6	8.5	James Gillanders	London Front Runners	00:50:06	V40 Men
2019	6	8.5	Rebekah Edgar	Thames Hare & Hounds	00:55:29	V35 Women
2023	6	8.5	Michael Morris	Ranelagh	00:57:47	V50 Men
2019	6	8.5	Sophie Biggs	Stragglers	00:59:29	V45 Women
<b>Year</b>	<b>Stage</b>	<b>Distance</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Category</b>
2019	7	12	Richard Ollington	Thames Hare & Hounds	01:02:21	Overall (men)
2019	7	12	Rose Harvey	Clapham Chasers	01:14:05	Overall (women)
2008	7	12	Shaun Whelan	London Front Runners	01:06:19	V40 Men
2017	7	12	Alexi Shaw	Dulwich Runners	01:15:39	V35 Women
2016	7	12	Jonathan Ratcliffe	Stock Exchange	01:09:44	V50 Men
2019	7	12	Jacky Balfour	Misfits	01:26:57	V45 Women
<b>Year</b>	<b>Stage</b>	<b>Distance</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Category</b>
2019	8	10.65	James McMullan	Thames Hare & Hounds	00:58:02	Overall (men)
2006	8	10.65	Rachel Townsend	Stock Exchange	01:03:51	Overall (women)
2018	8	10.65	Matt Jones	Thames Hare & Hounds	01:00:10	V40 Men
2012	8	10.65	Louise Watson	Millennium	01:08:23	V35 Women
2023	8	10.65	Crispin Allen	Stragglers	01:04:06	V50 Men
2011	8	10.65	Cathy Ulliot	Brighton & Hove City	01:12:02	V45 Women
<b>Year</b>	<b>Stage</b>	<b>Distance</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Category</b>
2019	9	10.2	Matt Jones	Thames Hare & Hounds	00:58:23	Overall (men)
2023	9	10.2	Anna Lawson	Clapham Chasers	01:01:59	Overall (women)
2019	9	10.2	Matt Jones	Thames Hare & Hounds	00:58:23	V40 Men
2007	9	10.2	Anna McLaughlin	Ranelagh	01:07:50	V35 Women
2019	9	10.2	David Symons	Thames Hare & Hounds	01:05:13	V50 Men
2017	9	10.2	Ange Norris	Dulwich Runners	01:13:54	V45 Women
<b>Year</b>	<b>Stage</b>	<b>Distance</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Category</b>
2019	10	9	Gordon Pearce	Thames Hare & Hounds	00:54:25	Overall (men)
2023	10	9	Harriet Preedy	Queens Park Harriers	01:04:25	Overall (women)
2018	10	9	Dan Domeniconi	SHAEF Shifters	00:58:37	V40 Men
2018	10	9	Becky Hall	Ranelagh	01:06:05	V35 Women
2018	10	9	Duncan Wright	British Airways	01:01:49	V50 Men
2019	10	9	Andrea Pickup	Dulwich Runners	01:07:18	V45 Women
<b>Year</b>	<b>Stage</b>	<b>Distance</b>	<b>Name</b>	<b>Team</b>	<b>Time</b>	<b>Category</b>
2007	11	7.5	Graham Brook	Stragglers	00:43:22	Overall (men)
2007	11	7.5	Zara Hyde- Peters	Stock Exchange	00:46:49	Overall (women)
2016	11	7.5	Andrew Reeves	Serpentine	00:44:15	V40 Men
2007	11	7.5	Zara Hyde-Peters	Stock Exchange	00:46:49	V35 Women
2010	11	7.5	Bob Harrison	Millennium	00:48:34	V50 Men
2012	11	7.5	Ange Norris	Dulwich Runners	00:53:40	V45 Women

## Green Belt Relay - Stage Records

Year	Stage	Distance	Name	Team	Time	Category
2011	12	10.9	Richard Phillips	Serpentine	00:59:36	Overall (men)
2010	12	10.9	Teresa Gaillard de Laubenque	Dulwich Runners	01:08:39	Overall (women)
2015	12	10.9	Andrew Reeves	Serpentine	01:02:38	V40 Men
2010	12	10.9	Teresa Gaillard de Laubenque	Dulwich Runners	01:08:39	V35 Women
2018	12	10.9	Ben Reynolds	Thames Hare & Hounds	01:05:23	V50 Men
2016	12	10.9	Ange Norris	Dulwich Runners	01:17:26	V45 Women
Year	Stage	Distance	Name	Team	Time	Category
2019	13	6.6	Glenn Hughes	Serpentine	00:35:38	Overall (men)
2018	13	6.6	Natasha Sheel	Serpentine	00:41:58	Overall (women)
2022	13	6.6	Gavin Brandie	Clapham Chasers	00:38:36	V40 Men
2018	13	6.6	Karen Ellison	Stock Exchange	00:45:29	V35 Women
2022	13	6.6	Crispin Allen	Stragglers	00:40:04	V50 Men
2017	13	6.6	Sue Hall	Stragglers	00:47:08	V45 Women
Year	Stage	Distance	Name	Team	Time	Category
2023	14	9.41	Alastair Matheson	Queens Park Harriers	00:51:06	Overall (men)
2023	14	9.41	Katy Hedgethorpe	Thames Hare & Hounds	01:04:24	Overall (women)
2023	14	9.41	Gareth Williams	Ranelagh	00:57:22	V40 Men
2023	14	9.41	Eleanor Simmons	Dulwich Runners	01:14:08	V35 Women
2023	14	9.41	Kevin Murray	Serpentine	01:00:49	V50 Men
2023	14	9.41	Eleanor Simmons	Dulwich Runners	01:14:08	V45 Women
Year	Stage	Distance	Name	Team	Time	Category
2019	15	9.4	Richard Ollington	Thames Hare & Hounds	00:53:17	Overall (men)
2023	15	9.4	Gaby Reynolds	Sutton Striders	00:59:19	Overall (women)
2023	15	9.4	Mark Herbert	Ranelagh	00:59:05	V40 Men
2023	15	9.4	Gaby Reynolds	Sutton Striders	00:59:19	V35 Women
2019	15	9.4	Dean Morley	Stragglers	01:03:07	V50 Men
2022	15	9.4	Maria Jovani	British Airways	01:11:17	V45 Women
Year	Stage	Distance	Name	Team	Time	Category
2019	16	13.1	James Hoad	Thames Hare & Hounds	01:15:48	Overall (men)
2023	16	13.1	Steph McCall	Clapham Chasers	01:27:53	Overall (women)
2003	16	13.1	Hugh Jones	Ranelagh	01:19:41	V40 Men
2008	16	13.1	Karine Pradier	Serpentine	01:29:58	V35 Women
2007	16	13.1	Nick Brown	Dulwich Runners	01:28:53	V50 Men
2012	16	13.1	Carys Mills	Stragglers	01:39:42	V45 Women
Year	Stage	Distance	Name	Team	Time	Category
2019	17	10.5	Paddy Roddy	Thames Hare & Hounds	00:55:08	Overall (men)
2011	17	10.5	Lucie Custance	Serpentine	01:05:28	Overall (women)
2016	17	10.5	Simon Barrett	Serpentine	00:59:24	V40 Men
2003	17	10.5	Phyllis Flynn	Stragglers	01:08:10	V35 Women
2016	17	10.5	Jonathan Ratcliffe	Stock Exchange	01:04:27	V50 Men
2002	17	10.5	Jane Davies	Epsom & Ewell Harriers	01:14:49	V45 Women
Year	Stage	Distance	Name	Team	Time	Category
2022	18	9.7	Martin Alvarez-Espinar	Thames Hare & Hounds	01:00:22	Overall (men)
2022	18	9.7	Katie Lysons	Clapham Chasers	01:07:36	Overall (women)
2022	18	9.7	Martin Alvarez-Espinar	Thames Hare & Hounds	01:00:22	V40 Men
2019	18	9.7	Melissah Gibson	Ealing Eagles	01:15:39	V35 Women
2019	18	9.7	Steve Ramek	26.2 RRC	01:10:49	V50 Men
2023	18	9.7	Sarah Winter	Stragglers	01:20:20	V45 Women
Year	Stage	Distance	Name	Team	Time	Category
2019	19	8.4	Gordon Pearce	Thames Hare & Hounds	00:53:02	Overall (men)
2019	19	8.4	Megan Roberts	Serpentine	01:02:00	Overall (women)
2019	19	8.4	Pete Gregorowski	Stragglers	00:55:48	V40 Men
2022	19	8.4	Charlotte Firth	Clapham Chasers	01:02:54	V35 Women
2023	19	8.4	Paul Knechtl	British Airways	00:58:05	V50 Men
2019	19	8.4	Sophie Biggs	Stragglers	01:03:19	V45 Women
Year	Stage	Distance	Name	Team	Time	Category
2019	20	6	Chris Wright	Serpentine	00:31:07	Overall (men)
2022	20	6	Natalie Seymour	Thames Hare & Hounds	00:35:32	Overall (women)
2017	20	6	Simon Barrett	Serpentine	00:32:30	V40 Men
2017	20	6	Alexi Shaw	Dulwich Runners	00:37:32	V35 Women
2023	20	6	Michael Morris	Ranelagh	00:36:47	V50 Men
2019	20	6	Andrea Pickup	Dulwich Runners	00:40:01	V45 Women
Year	Stage	Distance	Name	Team	Time	Category
2019	21	8.4	Jack Brotchie	Stock Exchange	00:46:41	Overall (men)
2019	21	8.4	Rebekah Edgar	Thames Hare & Hounds	00:54:10	Overall (women)
2008	21	8.4	Mark Forrest	London Front Runners	00:47:59	V40 Men
2019	21	8.4	Rebekah Edgar	Thames Hare & Hounds	00:54:10	V35 Women
2017	21	8.4	Dean Morley	Stragglers	00:53:02	V50 Men
2011	21	8.4	Cathy Ulliot	Brighton & Hove City	00:55:57	V45 Women
Year	Stage	Distance	Name	Team	Time	Category
2022	22	7.1	Neil Chisholm	Thames Hare & Hounds	00:39:10	Overall (men)
2022	22	7.1	Claire Altmann	Thames Hare & Hounds	00:47:15	Overall (women)
2022	22	7.1	Neil Chisholm	Thames Hare & Hounds	00:39:10	V40 Men
2022	22	7.1	Claire Altmann	Thames Hare & Hounds	00:47:15	V35 Women
2023	22	7.1	Joseph Gonzalez-Armas	26.2 RRC	00:42:03	V50 Men
2023	22	7.1	Michelle Lennon	Dulwich Runners	00:49:42	V45 Women

## Green Belt Relay - Stage Records

Older records (courses amended)

### Stage 2 (up to 2013, ran up to Great Park and along Long Walk)

2011	2	7.25	Bryn Reynolds	Clapham Chasers	00:57:52	Overall (men)
2008	2	7.25	Karine Pradier	Serpentine	01:04:15	Overall (women)
2004	2	7.25	Mark Critchlow	West 4	00:59:04	V40 Men
2008	2	7.25	Karine Pradier	Serpentine	01:04:15	V35 Women
2008	2	7.25	Chris Owens	Ranelagh	01:03:05	V50 Men
2010	2	7.25	Claire Pauzers	Millennium	01:13:20	V45 Women

### Stage 3 (up to 2017, finish moved from Little Marlow to athletics centre)

2002	3	11	Mark Critchlow	West 4	01:00:34	Overall (men)
2008	3	11	Sonia O'Sullivan	Millennium Group	01:11:13	Overall (women)
2002	3	11	Mark Critchlow	West 4	01:00:34	V40 Men
2008	3	11	Sonia O'Sullivan	Millennium	01:11:13	V35 Women
2007	3	11	Nick Brown	Dulwich Runners	01:04:35	V50 Men
2017	3	11	Carys Mills	Stragglers Ladies	01:25:23	V45 Women

### Stage 6 (up to 2017, first 2 miles along road)

2010	6	8.4	Hugh Torry	Serpentine	00:46:06	Overall (men)
2017	6	8.4	Carla Molinaro	Clapham Chasers	00:50:22	Overall (women)
2005	6	8.4	Shaun Whelan	London Front Runners	00:46:35	V40 Men
2010	6	8.4	Liz Straveski	Millennium	00:54:19	V35 Women
2016	6	8.4	Shaun Wheelan	London Front Runners	00:47:30	V50 Men
2017	6	8.4	Sarah Knox	Serpentine	00:58:13	V45 Women

### Stage 10 (up to 2014, different route through Epping Forest)

2012	10	9.7	Hugh Torry	Serpentine	00:55:28	Overall (men)
2015	10	9.7	Sarah Kiriluk	Serpentine 2	01:04:22	Overall (women)
2008	10	9.7	Callum Martin	London Front Runners	00:56:34	V40 Men
2008	10	9.7	Clare Pauzers	Millennium	01:07:48	V35 Women
2015	10	9.7	Dave Dixon	British Airways	01:00:16	V50 Men
2009	10	9.7	Claire Pauzers	Millennium	01:07:58	V45 Women

### Stage 13 (up to 2013, ran across railway & ended at Thames Chase)

2012	13	6.9	Bryn Reynolds	Clapham Chasers	00:41:07	Overall (men)
2006	13	6.9	Rachel Townsend	Stock Exchange	00:42:14	Overall (women)
2007	13	6.9	Zara Hyde-Peters	Stock Exchange	00:43:39	V35 Women
2011	13	6.9	Pascal Evans	Stragglers	00:41:56	V40 Men
	13	6.9	Clare Pauzers	Millennium Group	00:48:41	V45 Women
2007	13	6.9	Peter Giles	Millennium	00:43:56	V50 Men

### Stage 14 (up to 2013, started in Thames Chase)

2010	14	7.9	James Flood	Stragglers	00:47:44	Senior Men
2008	14	7.9	Mona Burt	Clapham Chasers	00:48:52	Senior Women
2012	14	7.9	Patrick Doyle	Frontrunners	00:51:02	V40 Men
2009	14	7.9	Louise Watson	Millennium	00:51:05	V35 Women
2006	14	7.9	Mike Bruce	Elmbridge	00:52:39	V50 Men
2011	14	7.9	Marie Synott-Wells	Ranelagh	00:55:24	V45 Women

### Stage 14 (2014-2019, route through Belhus Park)

Year	Stage	Distance	Name	Team	Time	Category
2018	14	8.2	Max Harrison-Tosatto	Serpentine	00:47:49	Overall (men)
2015	14	8.2	Helen Palmer	Serpentine	00:54:24	Overall (women)
2019	14	8.2	Hugh Torry	Serpentine	00:49:18	V40 Men
2018	14	8.2	Claire Morris	Ealing Eagles	01:01:39	V35 Women
2015	14	8.2	Dave Breslin	Sandhurst	00:57:00	V50 Men
2018	14	8.2	Jacky Balfour	BMF Bushy Park	01:00:07	V45 Women

### Stage 15 (up to 2019, changed to avoid Roman Villa Rd)

2012	15	9.2	Hugh Torry	Serpentine	00:50:58	Overall (men)
2015	15	9.2	Katie Williams	Serpentine	00:59:21	Overall (women)
2018	15	9.2	Simon Barrett	Thames Hare & Hounds	00:52:36	V40 Men
2018	15	9.2	Sarah Winter	Stragglers	01:00:31	V35 Women
2017	15	9.2	Gary Neville	SMTC	00:58:35	V50 Men
2012	15	9.2	Marie Synott-Wells	Ranelagh	01:04:46	V45 Women

### Stage 18 (up to 2013, ran up Box Hill on road)

2011	18	8.7	Hugh Torry	Serpentine	00:46:30	Senior Men
2007	18	8.7	Louise Watson	Millennium	00:53:38	Senior Women
2008	18	8.7	Darryl MacDonald	Millennium	00:51:33	V40 Men
2007	18	8.7	Louise Watson	Millennium	00:53:38	V35 Women
2003	18	8.7	John Barnard	West 4	00:53:48	V50 Men
2005	18	8.7	Kathryn Mallett	Ranelagh	01:01:34	V45 Women

### Stage 18 (2014-2018, used NDW up Box Hill, finished on top)

2017	18	8.6	James McMullan	Thames Hare & Hounds	00:57:16	Overall (men)
2016	18	8.6	Sam Ludlow Taylor	Serpentine	01:06:48	Overall (women)
2016	18	8.6	Simon Buckley	Serpentine	01:02:27	V40 Men
2017	18	8.6	Anne Eden	Serpentine	01:17:51	V35 Women
2015	18	8.6	Rich Bartlett	Serpentine	01:10:58	V50 Men
2014	18	8.6	Ange Norris	Dulwich Runners	01:13:55	V45 Women

### Stage 19 (up to 2018, started on Box Hill)

2016	19	9.8	James McMullan	Thames Hare & Hounds	00:58:14	Overall (men)
2014	19	9.8	Hayley Munn	Clapham Chasers	01:04:20	Overall (women)
2018	19	9.8	Matt Jones	Thames Hare & Hounds	00:59:28	V40 Men
2008	19	9.8	Sonia O'Sullivan	Millennium	01:07:10	V35 Women
2006	19	9.8	Hugh Jones	Ranelagh	01:04:29	V50 Men
2018	19	9.8	Christine Kennedy	Serpentine	01:14:32	V45 Women

### Stage 20 (up to 2013, ran through West Clandon)

2010	20	5.6	Simon Barrett	Serpentine	00:29:17	Senior Men
2011	20	5.6	Alison Wood	Stock Exchange	00:34:13	Senior Women
2012	20	5.6	Andrew Reeves	Serpentine	00:30:05	V40 Men
2011	20	5.6	Alison Wood	Stock Exchange AC	00:34:13	V35 Women
2010	20	5.6	Nicholas Brown	Dulwich Runners	00:33:14	V50 Men
2007	20	5.6	Dee Smale	Stragglers	00:34:19	V45 Women

### Stage 22 (old course finish to the Hawker Centre)

2011	22	9.15	Andy Greenleaf	Serpentine	00:49:27	Overall (men)
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## Green Belt Relay - Stage Records

2005	22	9.15	Sonia O'Sullivan	Millenium	00:49:55	Overall (women)
2019	22	9.15	Simon Baines	Thames Hare & Hounds	00:49:38	V40 Men
2005	22	9.15	Sonia O'Sullivan	Millennium	00:49:55	V35 Women
2010	22	9.15	Howard Gleave	Ranelagh	00:55:39	V50 Men
2008	22	9.15	Dee Smale	Stragglers	01:01:50	V45 Women