

MEN'S ULTRA RACE PERFORMANCES

Last updated 29 May 2026

DISTANCE	NAME	AGE	TIME	RACE	DATE
27 miles	Darren Coates	45-49	5.45.00	Founder's Challenge, Surrey Hills	Oct 2018
27 miles	Andy Kinney	45-49	6.19.23	Railway Ultra, Ironbridge	Aug 2014
28.2 miles	Paul Watts	55-59	6.12.42	Saxons, Vikings & Normans 500, Deal	Oct 2021
46.2k	Ben Usher	20-39	6.06.38	Druid's Challenge (Day One)	Nov 2021
47k	Michael Robey	45-49	10.25.05	Trans Gran Canaria Marathon	Feb 2025
29.5 miles	Paul Watts	55-59	6.19.23	Day at the Movies	Nov 2019
29.5 miles	Paul Watts (2 nd Claim)	50-54	6.24.43	Excalibur Four – Day & Knight (Morning Run)	Apr 2019
29.5 miles	Paul Watts	55-59	6.31.22	Rob's Pop Up 100 th & The Band of Brothers Xmas Run	Dec 2019
30 miles	Rich Hynes	20-39	3.38.43	Stort 30	Oct 2018
30 miles	Pas Blackwell	40-44	3.46.19	Stort 30	Oct 2021
30 miles	Lyndon Cooper	20-39	3.52.25	Stort 30	Oct 2015
30 miles	Lyndon Cooper	20-39	4.02.49	Stort 30	Oct 2014
30 miles	Martyn Coulter	20-39	4.26.28	Stort 30	Oct 2017
30 miles	Keith Streeter	50-54	4.33.09	Stort 30	Oct 2021
30 miles	Darren Coates	40-44	4.33.53	Stort 30	Oct 2014
30 miles	Gary Godfrey	50-54	4.34.21	Stort 30	Oct 2014
30 miles	Martyn Coulter	20-39	4.34.37	Stort 30	Oct 2019

30 miles	Martyn Coulter	20-39	4.38.38	Stort 30	Oct 2016
30 miles	Stuart Glynn	40-44	4.39.47	Stort 30	Oct 2025
30 miles	Martyn Coulter	20-39	4.47.13	Epping Forest Ultra Lite	Sep 2024
30 miles	Tom Wheatley	20-39	4.54.14	Stort 30	Oct 2020
30 miles	Steve Ambrose	50-54	4.57.04	Stort 30	Oct 2014
30 miles	Jason Fox	50-54	4.58.53	Stort 30	Oct 2021
30 miles	Jason Fox	45-49	5.07.27	Stort 30	Oct 2019
30 miles	Ben Usher	20-39	5.16.26	Stort 30	Oct 2021
30 miles	Michael Houlihan	50-54	5.18.34	Stort 30	Oct 2019
30 miles	Michael Houlihan	50-54	5.22.42	Stort 30	Oct 2018
30 miles	Matt Jones	50-54	5.24.42	Stort 30	Oct 2014
30 miles	Nick Ryley-Warren	20-39	5.25.23	Stort 30	Oct 2018
30 miles	Darren Coates	45-49	5.27.00	Punchbowl 30	Feb 2018
30 miles	Andrew Ramage	20-39	5.31.21	Stort 30	Oct 2014
30 miles	Frank Pardoe	20-39	5.31.27	Stort 30	Oct 2014
30 miles	Mark Moulds	45-49	5.31.36	Stort 30	Oct 2016
30 miles	Paul Schroder	20-39	5.48.53	Stort 30	Oct 2017
30 miles	Sean Flynn	55-59	5.55.00	Dukeries	May 2016
30 miles	Paul Watts (2 nd Claim)	50-54	7.14.08	Ranscombe	Sep 2017

30 miles	Darren Coates	45-49	8.00.00	Punchbowl	Feb 2017
30.82 miles	Paul Watts (2 nd Claim)	50-54	5.58.11	Leigh 6 hours Track Challenge	May 2019
31 miles	Sean Flynn	60-64	6.28.42	Tring	Sep 2018
50k	Jamie Jephcott	40-44	4.27.00	London	Feb 2011
50k	David Ayling	20-39	4.42.48	Salisbury 5-4-3-2-1 Trail	Aug 2011
50k	Steve Ambrose	45-49	4.43.09	Salisbury 5-4-3-2-1 Trail	Aug 2011
50k	David Ayling	20-39	4.51.10	Salisbury 5-4-3-2-1 Trail	Aug 2010
50k	Jamie Jephcott	40-44	4.55.14	London	Feb 2012
50k	Darren Coates	45-49	4.58.00	Cold Christmas to High Easter	Jan 2018
50k	Steve Ambrose	45-49	4.58.34	Salisbury 5-4-3-2-1 Trail	Aug 2010
50k	Gary Godfrey	50-54	5.23.45	Keilder Trail	Apr 2014
50k	Colin Baker	45-49	5.29.50	Fireworks Festival, Ware	Nov 2025
50k	Darren Coates	45-49	5.35.03	Cold Christmas to High Easter	Jan 2020
50k	Tom Beales	40-44	5.48.55	Beat Box Hill	Oct 2024
50k	John Bull	55-59	5.55.53	Stour Valley	Aug 2019
50k	John Bull	50-54	6.30.37	Stour Valley	Aug 2018
31.1 miles	Paul Watts	55-59	6.57.32	Waltham Abbey	Nov 2022
50k	Darren Coates	45-49	7.46.15	Gatliff	Nov 2018
50k	Paul Watts (2 nd Claim)	50-54	7.48.12	Salisbury 5-4-3-2-1	Aug 2017

50k	Cyril Cornillet	50-54	8.52.02	Total Coastal Ultra, Devon	Mar 2025
50k	Darren Coates	45-49	9.24.43	Gatliff	Nov 2017
50k	Andrew Smith	45-49	9.26.39	Gatliff	Nov 2017
50k	Brendon MacLean	20-39	9.49.42	Gatliff	Nov 2015
50k	Sean Flynn	55-59	9.50.33	Gatliff	Nov 2015
53k	Martyn Coulter	20-39	5.39.06	Turkey Trot Ultra, Huntingdon	Nov 2024
53k	Cyril Cornillet	45-49	9.40.48	Snowdonia Sea2Sky	Aug 2024
33 miles	Paul Watts	55-59	7.29.20	Deeside Way, D33, Aberdeen	Mar 2020
35 miles	Gary Godfrey	50-54	6.18.26	Northants	Jun 2014
35 miles	Steve Ambrose	45-49	7.30.00	Northants	May 2012
35 miles	Matt Jones	45-49	7.34.08	Northants	May 2012
35 miles	Gary Godfrey	50-54	7.55.19	Northants	Jun 2015
35 miles	Darren Coates	40-44	7.55.20	Northants	Jun 2015
36 miles	Graham Pugh	20-39	4.27.00	Colchester Trail	1998
37.4 miles	Tim Wood	40-44	7.50.41	Fireworks Festival, Ware	Nov 2025
62k	Tom Beales	45-49	8.16.53	Fox Trail, Godalming	May 2025
62k	Tom Beales	45-49	10.07.09	Fox Trail, Godalming	May 2026
40 miles	Graham Pugh	20-39	5.55.20	Colchester Trail	1995
40 miles	Darren Coates	45-49	7.30.00	Coventry Way	Apr 2018

68k	Gary Godfrey	50-54	6.59.00	Ely ECF Monster	Sep 2014
43 miles	Colin Baker	45-49	7.34.18	St. Peter's Way	Feb 2026
43 miles	Darren Coates	45-49	12.49.16	St. Peter's Way	Feb 2020
43.1 miles	Darren Coates	45-49	12.04.30	St. Peter's Way	Feb 2018
70.96	Cyril Cornillet	50-54	11.22.02	Ultramarin Vannes, France	Jun 2025
45 miles	Gary Godfrey	50-54	8.44.00	Peddars Way	Feb 2016
47 miles	Gary Godfrey	50-54	9.15.11	Peddars Way	Feb 2015
48 miles	Gary Godfrey	50-54	8.46.35	Peddars Way	Jan 2016
48 miles	Tom Stevens	40-44	8.53.56	Peddars Way	Jan 2022
50 miles	Jason Haigh	20-39	7.46.00	Thames Path	Feb 2007
50 miles	Steve Ambrose	45-49	7.56.30	Thames Trot	Feb 2012
50 miles	David Ayling (2 nd Claim)	20-39	7.56.30	Thames Trot	Feb 2012
50 miles	Steve Ambrose	45-49	7.25.25	Thames Trot	Feb 2013
50 miles	Jamie Jephcott	40-44	7.36.51	Thames Trot	Feb 2013
50 miles	Will Wall	20-39	8.56.55	Fowlmead 50	Apr 2016
50 miles	Darren Coates	40-44	9.28.00	Winter Poppyline	Feb 2015
50 miles	Michael Houlihan	55-59	10.28.11	Manchester to Liverpool	Apr 2023
50 miles	Gary Godfrey	50-54	12.50.57	Endure 24, Wasing Park, Aldermaston	Jun 2016
50 miles	Darren Coates	50-54	13.25.00	Long Mynd	Oct 2022

50 miles	Paul Watts (2 nd Claim)	50-54	16.14.38	Pen Llyn	Jun 2019
82k	Will Wall	20-39	17:40:20	Transgrancanaria Advance	Aug 2017
51 miles	Darren Coates	45-49	9.52.00	Winter Poppyline	Feb 2019
51 miles	Sean Flynn	60-64	16.56.00	Winter Poppyline	Feb 2019
53 miles	Steve Ambrose	45-49	12.21.00	Malvern Hills	May 2011
53 miles	David Ayling	20-39	12.21.00	Malvern Hills	May 2011
86.86k	Brendon MacLean	20-39	8.49.40	Comrades Marathon, South Africa	Jun 2019
55 miles	Jamie Jephcott	45-49	14.13.22	Endure 24, Wasing Park, Aldermaston	Jun 2014
	Graham Pugh	40-44	8.09.31	London to Brighton	Sep 1998
56 miles	Steve Ambrose	45-49	10.54.27	London to Brighton	Sep 2010
56 miles	David Ayling	20-39	10.54.27	London to Brighton	Sep 2010
57 miles	Jamie Jephcott	40-44	12.53.00	London to Brighton	Sep 2012
60 miles	Graham Pugh	20-39	14.33.00	Three Forests Way Trail	1994
98k	Steve Ambrose	45-49	21.12.56	Courmayeur/Champex/Chamonix	Sep 2012
62 miles	Darren Coates	45-49	18.13.00	Fellsman (Ingleton to Threshfield)	Apr 2018
100k	Sean Flynn	55-59	13.00.17	The Race to the Stones (Multistage, 2 days)	Jul 2015
100k	Jason Haigh	20-39	14.48.00	Trailwalker	Jul 2007
100k	Jason Haigh	20-39	15.35.00	Trailwalker	Jul 2005
100k	Jason Haigh	20-39	16.08.00	Trailwalker	Jul 2006

100k	Jack Wood	20-39	16.36.46	London2Brighton Challenge	May 2024
100k	Mark Moulds	45-49	18.20.55	London2Cambridge Challenge	Jul 2016
100k	Jason Haigh	20-39	20.58.00	Trailwalker	Jul 2004
101k	Colin Baker	45-49	15.00.00	Gosfield Backyard Ultra	Aug 2025
66 miles	Andy Kinney	40-44	17.49.43	Pilgrim Challenge North Downs Way (Multistage, 2 days)	Feb 2012
125k	Pas Blackwell	40-44	18.05.27	Ultra X Azores (2 days)	Nov 2021
84 miles	Sean Flynn	60-64	17.35.31	Druid's Ridgeway Challenge (Multistage, 3 days)	Nov 2019
84 miles	Andy Kinney	40-44	20.20.11	Druid's Ridgeway Challenge (Multistage, 3 days)	Nov 2011
100 miles	Tom Beales	45-49	21.16.49	Harp 24, Rochford	Jun 2025
100 miles	Darren Coates	40-44	22.28.03	Thames Path 100	May 2015
100 miles	Darren Coates	45-49	33.54.24	Lakeland 100	Jul 2017
102.7 miles	Steve Ambrose	45-49	22.59.31	North Downs Way 100	Aug 2013
102.7 miles	Steve Ambrose	45-49	29.24.28	North Downs Way 100	Aug 2014
105 miles	Jamie Jephcott	40-44	21.56.00	Endure 24, Wasing Park, Aldermaston	Jun 2012
105 miles	Darren Coates	45-49	32.15.27	Lakeland 100	Jul 2018
105 miles	Darren Coates	50-54	32.28.00	Lakeland 100	Jul 2021
110 miles	Jamie Jephcott	40-44	24.40.00	Endure 24, Wasing Park, Aldermaston	Jun 2013
151 miles	Andy Kinney	40-44	46.19.46	Marathon des Sables, Morocco (6 stages, 6 days)	Apr 2012
300k	Darren Coates	50-54	78.38.37	Northern Traverse (6 days)	Apr 2022

