

HPRC Road Records – Women (as at 11 October 2018)

WOMEN	SENIOR WOMEN	W35	W40	W45	W50	W55	W60	W65	W70
Parkrun Bests <small>(note: not records as courses vary)</small>	Louise Read TIME: 20:26 Rushcliffe 20 May 2017	Louise Read TIME: 19:49 Long Eaton 15 July 2017	Claire Hayes TIME: 20:38 Clumber Park 31 Dec 2016	Gina Granger TIME: 20:43 Beeston 10 August 16	Christine Heaton TIME: 19:43 Long Eaton 15 July 2017	Lindsey Marshall Time: 23:49 Rushcliffe 22 October 2016	Julie McGeorge Time 24:28 Colwick 25 Nov 2017	Friedel Plant TIME: 25:53 Colwick 26 May 2012	Sandy Poole TIME: 27:15 Beeston 20 Sep 14
5K	Hannah Sampson TIME: 20:04 Embankment 4 July 2017	Mary Mills TIME: 18:53 Colwick July 99	Patti Cranton TIME: 19:13 NWSC Oct 08	Lesley Cliff TIME: 18:12 Mansfield Jun 93	Christine Heaton TIME: 19:43 Newstead Abbey 29 July 2016	Sandy Poole TIME: 22:47 Derby 23 Mar 00	Sandy Poole TIME: 23:05 Retford 3 May 04	Sandy Poole TIME: 25:10 Lady Bay Nov 2009	Sandy Poole TIME: 27:11 Newstead Abbey 25 Jul 14
5 MILES	Louise Read 32:11 NWSC 10 May 17	Linda Robb TIME: 29:50 Colwick Jul '89	Lesley Cliff TIME: 31:53 Notts 5 May 89	Christine Heaton TIME: 32:37 NWSC 12 May 10	Christine Heaton TIME: 32:35 NWSC 10 May 17	Lesley Cliff TIME: 33:52 NWSC 19 May 04	Sandy Poole TIME: 38:19 NWSC 19 May 04	Sandy Poole TIME: 38:45 NWSC 13 May 09	Sandy Poole TIME : 44:02 Trent 5 28 May 14
10K	Mary Mills TIME: 37:55 Sawley 12 Jul 96	Linda Robb TIME: 37:51 Lincoln Oct 87	Lesley Cliff TIME: 37:58 Wakefield Jan 89	Christine Heaton TIME: 40:29 Leeds Abbey 20 Nov11	Christine Heaton TIME: 40:20 Leeds Abbey 6 November 2016	Lesley Cliff TIME: 43:28 Jägermeister 20 Aug 04	Penny Durance TIME: 46:51 Long Bennington 19 June 2015	Sandy Poole TIME: 49:15 Aarhus (DEN) 29 May 09	Friedel Plant TIME : 56:33 Wilne 3 Sep 17
10 MILES	Linda Robb TIME: 60:47 Sutton Date Unknown	Linda Robb TIME: 60:51 Sutton Feb 89	Lesley Cliff TIME: 65:18 Nuneaton Sep 88	Christine Heaton TIME: 67:15 Nene Valley 4 Dec 11	Christine Heaton TIME: 67:52 Notts 10 12 June 2015	Lesley Cliff TIME: 71:23 Notts 10 4 June 04	Sandy Poole TIME: 79:22 Notts 10 3 Jun 05	Sandy Poole TIME: 82:54 Wrexham 25 Apr 09	Sandy Poole TIME: 91:45 Notts 10 12 June 15
HALF MARATHON	Linda Robb TIME: 1:22:47 Robin Hood Date Unknown	Linda Robb TIME: 1:22:41 Robin Hood Sep 90	Lesley Cliff TIME: 1:24:04 Belvoir 24 Apr 90	Lesley Cliff TIME: 1:25:41 Keyworth 11 Dec 95	Christine Heaton TIME: 1:28:45 Keyworth 11 Dec 16	Lesley Cliff TIME 1:36:54 Hinckley 8 May 05	Sandy Poole TIME: 1:44:44 Malta 29 Feb 04	Sandy Poole TIME: 1:47:39 Wrexham 15 Feb 09	Sandy Poole TIME: 2:02:54 Scunthorpe 4 May 2014
20 MILES	Jo Maye TIME: 2:25:50 Ashby 19 Mar 00	Mary Mills TIME: 2:18:18 Spennings 16 Mar 97	Claire Hayes TIME: 2:25:51 Ashby 19 Mar 17	Christine Heaton TIME: 2:21:53 Ashby 20 13 Mar 11	Christine Heaton TIME: 2:23:37 Ashby 19 Mar 17	Sandy Poole TIME: 2:48:05 Ashby 19 Mar 00	Penny Durance TIME: 2:52:10 Ashby 20 Mar 16		
MARATHON	Louise Read TIME 3:13:00 London 23 April 17	Linda Robb TIME: 2:55:56 London 23 Apr 89	Lesley Cliff TIME: 3:03:43 Stone 7 Oct 90	Christine Heaton TIME: 3:13:04 London 22 Apr 12	Christine Heaton TIME: 3:11:31 London 23 April 17	Sandy Poole TIME: 3:43:48 London 22 April 01	Penny Durance TIME: 3:53:57 London 25 April 16	Friedel Plant TIME: 4:21:16 Dublin 28 Oct 13	
LAKE	Jane Rollins TIME: 18:59 13 May 99	Linda Robb TIME: 17:21 Sep 87	Lesley Cliff TIME: 17:59 30 Aug 90	Christine Heaton TIME: 19:10 5 May 11	Christine Heaton TIME: 18:51 14 May 15	Sandy Poole TIME: 20:39 8 Aug 02	Penny Durance TIME: 22:16 14 Sept 15	Sandy Poole TIME: 23:02 2 Sep 10	Sandy Poole TIME: 25:37 14 Aug 14
CLIFFS	Teresa Woodford TIME: 41:50 3 Feb 02	Mary Mills TIME: 41:59 11 Jan 98	Patti Cranton TIME: 42:05 Jan 07	Lesley Cliff TIME: 42:10 23 Jan 94	Christine Heaton TIME: 41:22 29 Jan 17	Sandy Poole TIME: 48:01 4? Feb 01	Penny Durance TIME: 49:39 31 Jan 16	Sandy Poole TIME: 54:11 30 Jan 11	Sandy Poole TIME: 1:01:22 31 Jan 16

Note: Records in **bold** denote all time club record