

WOMEN'S ROAD RECORDS From May 2020

5km

Sen	20:04	Hannah Sampson	Embankment 4.07.2017
W35	18:53	Mary Mills	Colwick 07.1999
W40	19:13	Patti Cranton	NWSC 10.2008
W45	18:12	Lesley Cliff	Mansfield 06.1993
W50	19:43	Christine Heaton	Newstead Abbey 29.07.2016
W55	22:47	Sandy Poole	Derby 23.03.2000
W60	23:05	Sandy Poole	Retford 3.05.2004
W65	25:10	Sandy Poole	Lady Bay 11.2009
W70	27:11	Sandy Poole	Newstead Abbey 25.07.2014
W75	32:36	Christine Oldfield	NWSC 1:12.2019

5 miles

Sen	31:05	Natalie Bunce	Alsager 2.02.2020
W35	29:50	Linda Robb	Colwick 07.1989
W40	31:53	Lesley Cliff	Notts 5 05.1989
W45	32:37	Christine Heaton	NWSC 12.05.2010
W50	32:35	Christine Heaton	NWSC 10.05.2017
W55	33:52	Lesley Cliff	NWSC 19.05.2004
W60	38:19	Sandy Poole	NWSC 19.05.2004
W65	38:45	Sandy Poole	NWSC 13.05.2009
W70	44:02	Sandy Poole	Trent 5 28.05.2014
W75	Vacant		

10km

Sen	37:55	Mary Mills	Sawley 12.07.1996
W35	37:51	Linda Robb	Lincoln 10.1987
W40	37:58	Lesley Cliff	Wakefield 01.1989
W45	40:29	Christine Heaton	Leeds Abbey 20.11.2011
W50	40:20	Christine Heaton	Leeds Abbey 6.11.2016
W55	43:28	Lesley Cliff	Jägermeister 20.08.04
W60	46:51	Penny Durance	Long Bennington 19.06.2015
W65	49:15	Sandy Poole	Aarhus, Denmark 29.05.2009
W70	56:33	Friedel Plant	Wilne 3.09.2017
W75	Vacant		

10 miles

Sen	60:47	Linda Robb	Sutton Date pre-1989
W35	60:51	Linda Robb	Sutton 02.1989
W40	65:18	Lesley Cliff	Nuneaton 09.1988
W45	67:15	Christine Heaton	Nene Valley 4.12.2011
W50	67:52	Christine Heaton	Notts 10 12.06.2015
W55	71:23	Lesley Cliff	Notts 10 4.06.2004
W60	79:22	Sandy Poole	Notts 10 3.06.2005
W65	82:54	Sandy Poole	Wrexham 25.04.2009
W70	91:45	Sandy Poole	Notts 10 12.06.2015
W75	Vacant		

Half Marathon

Sen	1:22:47	Linda Robb	Robin Hood Date pre-1989
W35	1:22:41	Linda Robb	Robin Hood 09.1990
W40	1:24:04	Lesley Cliff	Belvoir 24.04.1990
W45	1:25:41	Lesley Cliff	Keyworth 11.12.1995
W50	1:28:14	Christine Heaton	Retford 11.03.2018
W55	1:36:54	Lesley Cliff	Hinckley 8.05.2005
W60	1:44:44	Sandy Poole	Malta 29.02.2004
W65	1:47:39	Sandy Poole	Wrexham 15.02.2009
W70	2:02:54	Sandy Poole	Scunthorpe 4.05.2014
W75	Vacant		

20 miles

Sen	2:25:50	Jo Maye	Ashby 19.03.2000
W35	2:18:18	Mary Mills	Spen 20 16.03.1997
W40	2:25:51	Claire Hayes	Ashby 19.03.2017
W45	2:21:53	Christine Heaton	Ashby 13.03.2011
W50	2:23:37	Christine Heaton	Ashby 19.03.2017
W55	2:48:05	Sandy Poole	Ashby 19.03.2000
W60	2:52:10	Penny Durance	Ashby 20.03.2016
W65	Vacant		
W70	Vacant		
W75	Vacant		

Marathon

Sen	3:13:00	Louise Read	London 23.04.2017
W35	2:55:56	Linda Robb	London 23.04.1989
W40	3:03:43	Lesley Cliff	Stone 7.10.1990
W45	3:13:04	Christine Heaton	London 22.04.2012
W50	3:11:31	Christine Heaton	London 23.04.2017
W55	3:43:48	Sandy Poole	London 22.04.2001
W60	3:53:57	Penny Durance	London 25.04.2016
W65	4:21:16	Friedel Plant	Dublin 28.10.2013
W70	Vacant		
W75	Vacant		