

Club Records and Bests at 1st August 2020

| WOMEN ROAD | 5km | 5 miles | 10km | 10 miles | Half Mar | 20 miles | Mar |
|------------|-------|---------|-------|----------|----------|----------|---------|
| SENIOR | 20:04 | 31:05 | 37:55 | 60:47 | 1:22:47 | 2:25:50 | 3:13:00 |
| W35 | 18:53 | 29:50 | 37:51 | 60:51 | 1:22:41 | 2:18:18 | 2:55:56 |
| W40 | 19:13 | 31:53 | 37:58 | 65:18 | 1:24:04 | 2:25:51 | 3:03:43 |
| W45 | 18:12 | 32:37 | 40:29 | 67:15 | 1:25:41 | 2:21:53 | 3:13:04 |
| W50 | 19:43 | 32:35 | 40:20 | 67:52 | 1:28:14 | 2:23:37 | 3:11:31 |
| W55 | 22:47 | 33:52 | 43:28 | 71:23 | 1:36:54 | 2:48:05 | 3:43:48 |
| W60 | 23:05 | 38:19 | 46:51 | 79:22 | 1:44:44 | 2:52:10 | 3:53:57 |
| W65 | 25:10 | 38:45 | 49:15 | 82:54 | 1:47:39 | | 4:21:16 |
| W70 | 27:11 | 44:02 | 56:33 | 91:45 | 2:02:54 | | |
| W75 | 32:36 | | | | | | |

| WOMEN TRACK | 100m | 200m | 400m | 800m | 1500m | Mile | 3000m | 5000m | 10000m |
|-------------|----------|----------|------------|------------|------------|---------|------------|---------|--------|
| SENIOR | 14.8 | 34.9 | 71.7 | 2:45.6 | | 6:04.4 | 11:36.7 | 20:36.9 | |
| W35 | 16.5 | 31.0 | 78.3 | 2:51.2 | 5:52.2 | 5:48.0 | 12:39.8 | 18:37.0 | |
| W40 | 16.5 | 34.3 | 78.6 | 2:57.8 | 5:42.0 | 5:47.08 | 12:44.8 | | |
| W45 | 16.0 | ET 33.88 | 71.4 | 2:45.0 | ET 5:40.75 | 6:09.2 | 11:54.1 | 18:12.0 | |
| W50 | 16.1 | 35.4 | 77.9 | 2:47.5 | 5:40.0 | 6:01.4 | 11:56.5 | 24:59.0 | |
| W55 | | | ET 86.24 | ET 3:11.19 | ET 6:29.75 | 6:24.9 | | | |
| W60 | 19.2 | 42.4 | 1:41.5 | 3:46.2 | 7:31.8 | 7:02.00 | 14:29.6 | 28:08.6 | |
| W65 | 19.8 | 44.3 | 1:48.4 | 3:32.2 | 6:50.1 | 7:29.3 | 13:51.4 | 24:39.4 | |
| W70 | 21.9 | 47.6 | 1:37.7 | 3:58.5 | 7:48.8 | 8:22.9 | 15:08.5 | 27:06.0 | |
| W75 | ET 23.99 | | ET 2:00.16 | 4:26.0 | | | ET 18:48.1 | | |

| MEN ROAD | 5km | 5 miles | 10km | 10 miles | Half Mar | 20 miles | Mar |
|----------|-------|---------|-------|----------|----------|----------|---------|
| SENIOR | 16:03 | 25:56 | 33:06 | 53:50 | 1:10:24 | 1:51:43 | 2:27:32 |
| M35 | | | | | | | |
| M40 | 16:00 | 26:05 | 33:12 | 52:41 | 1:12:24 | 2:05:53 | 2:32:26 |
| M45 | 16:44 | 27:15 | 34:10 | 55:58 | 1:13:31 | 2:10:19 | 2:47:24 |
| M50 | 16:38 | 27:14 | 34:42 | 55:54 | 1:17:22 | 2:11:49 | 2:54:45 |
| M55 | 20:45 | 29:04 | 36:48 | 60:12 | 1:21:07 | 2:32:32 | 2:58:31 |
| M60 | 18:45 | 29:29 | 38:13 | 62:52 | 1:22:36 | 2:23:53 | 3:00:39 |
| M65 | 19:10 | 34:10 | 41:03 | 70:50 | 1:32:40 | 2:33:23 | 3:26:40 |
| M70 | 21:59 | 36:59 | 42:21 | 77:13 | 1:39:12 | 2:45:28 | 3:41:22 |
| M75 | | 38:50 | 46:54 | 78:03 | 1:44:09 | 2:54:41 | 3:59:07 |
| M80 | | 46:03 | 56:47 | | | | |

| MEN TRACK | 100m | 200m | 400m | 800m | 1500m | Mile | 3000m | 5000m | 10000m |
|-----------|-----------|----------|----------|------------|-------------|------------|--------------|--------------|-------------|
| SENIOR | 12.3 | 25.6 | ET 56.16 | 2:08.5 | 4:33.3 | 4:44.2 | 9:27.5 | 15:45.0 | |
| M35 | 12.4 | 27.8 | 60.0 | 2:22.2 | 4:31.2 | 4:53.3 | 9:36.4 | 17:20.4 | |
| M40 | 12.9 | 26.6 | 59.8 | 2:12.6 | 4:40.9 | 4:55.0 | ET 9:33.0 | ET 17:08.5 | 37:32.9 |
| M45 | ET 13.63 | ET 27.03 | ET 59.32 | ET 2:08.63 | ET 4:27.43 | 4:55.1 | ET 9:42.42 | ET 17:08.8 | ET 37:01.2 |
| M50 | ET 13.86* | 29.1* | 61.3* | 2:13.2* | ET 4:39.74* | ET 5:00.0* | ET 10:14.25* | ET 17:33.85* | |
| M55 | | 29.5 | 71.2 | 2:47.8 | 4:58.7 | 5:03.0 | 10:24.7 | | |
| M60 | 17.1 | 35.5 | 78.2 | 2:26.1 | 5:03.8 | 5:20.7 | 10:36.4 | 18:03.2 | ET 43:25.80 |
| M65 | 16.2 | 33.4 | 69.2 | 2:38.5 | ET 5:50.80 | 6:15.2 | ET 12:19.1 | ET 21:07.0 | ET 44:32.0 |
| M70 | ET 18.13 | 39.9 | 82.7 | 3:02.5 | ET 6:06.5 | ET 6:11.07 | ET 12:49.6 | ET 21:59.8 | ET 47:46.9 |
| M75 | | 39.1 | | 3:22.9 | 7:06.2 | | 15:44.4 | | |

| WOMEN | Lake | Cliffs | parkrun | MEN | Lake | Cliffs | parkrun |
|--------|-------|--------|---------|--------|-------|--------|---------|
| SENIOR | 18:59 | 41:50 | 20:26 | SENIOR | 15:06 | 34mins | 15:40 |
| W35 | 17:21 | 41:59 | 19:49 | M35 | | | |
| W40 | 17:59 | 42:05 | 20:38 | M40 | 15:58 | 34:40 | 16:36 |
| W45 | 19:10 | 42:10 | 20:43 | M45 | 15:48 | 38:46 | 17:02 |
| W50 | 18:39 | 41:22 | 19:43 | M50 | 16:02 | 38:48 | 16:57 |
| W55 | 20:39 | 46:48 | 22:52 | M55 | 16:46 | 40:13 | 17:58 |
| W60 | 22:16 | 49:39 | 23:50 | M60 | 17:12 | 37:34 | 18:18 |
| W65 | 23:02 | 54:11 | 25:53 | M65 | 20:06 | 40:44 | 21:36 |
| W70 | 25:37 | 61:22 | 27:15 | M70 | 21:27 | 48:46 | 21:44 |
| W75 | | | 33:54 | M75 | 24:57 | | 24:04 |
| | | | | M80 | 25:25 | | 25:40 |

Road Records: Distances must be officially certified and races must be officially recognised

Track Records: Performances must be at a recognised meeting, properly officiated

* denotes record set by second claim member

Lake, Cliffs and parkrun: Distances are not officially certified and, in the case of parkrun, routes vary. These times are therefore 'Bests' and not 'Records'

All-time Club Records are highlighted

ET indicates electronic timing

Note that to compare manual and electronic times you must add 0.24s to the manual time