

## Club Records and Bests at 19th September 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		9:35.1	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

**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