



# Senior and Veteran Female Road Records

Last Updated: 30/09/18

**Final**

Park Run	Name	Time	Location/ Meeting	Date
Open	Kate Wright	00:18:06	Solihull	30/04/16
Senior	Zoe Chandler	00:18:10	Cannon Hill	09/05/15
W35				
W40	Sarah Wheeler	00:18:26	Solihull	24/10/15
W45	Sheila Lammass	00:20:35	Arrow Valley	22/07/17
W50	Kate Wright	00:18:06	Solihull	30/04/16
W55	Lesley Kirk	00:23:06	Stratford	06/08/16
W60	Angela Cox	00:23:47	Stratford	03/06/17
W65	Ruth Calderbank	00:24:28	Stratford	12/08/17
W70				
5K	Name	Time	Location/ Meeting	Date
Open	Kate Wright	0:18:58	Brat 5k	14/08/2013
Senior				
W35				
W40	Emily Adams	00:21:41	Carterton	16/04/17
W45	Lesley Kirk	0:20:26		14/07/2005
W50	Kate Wright	0:18:58	Brat 5k	14/08/2013
W55	Ruth Calderbank	0:23:56	Blackpool	13/03/2011
W60	Ruth Calderbank	00:24:04	London Hyde Park	29/08/14
W65	Ruth Calderbank	00:24:57	Brat 5k	09/08/17
W70				
5k Walk	Name	Time	Location/ Meeting	Date
Open	Kate Sergent	00:35:00	Warwick Uni	19/11/17
W65	Kate Sergent	00:35:00	Warwick Uni	19/11/17
4 Miles	Name	Time	Location/ Meeting	Date
Open	Zoe Chandler	0:25:27		01/01/2009
Senior				
W35	Lynn Sherren	0:27:36		04/07/1993
W40	Alison Bagnall	0:26:04		01/01/2009
W45	Lesley Kirk	0:26:51		12/07/2005
W50	Margaret Lamb	0:36:00		20/06/1993
W55				
W60				
W65				
W70				
5 Miles	Name	Time	Location/ Meeting	Date
Open	Kate Wright	00:30:43	Ryton Pool 5	02/07/15
Senior				
W35	Emma Bexson	0:34:14		29/06/2011
W40	Sarah Wheeler	0:30:57	Ryton Pool 5	02/07/2014
W45	Kate Wright	0:30:45		02/12/2010
W50	Kate Wright	00:30:43	Ryton Pool 5	02/07/15
W55	Jenny Green	0:38:24		23/06/2004
W60	Ruth Calderbank	0:39:22	Godiva New Year 5	29/12/2013
W65	Ruth Calderbank	00:42:10	Coventry	14/06/17
W70				
6 Miles	Name	Time	Location/ Meeting	Date
Open	Kate Wright	0:36:51	Stratford Summer 6	28/06/2014
Senior	Sarah Boundy	00:44:15	Stratford Summer 6	21/07/18
W35	Emma Bexson	0:42:41		02/07/2011
W40	Sarah Wheeler	0:37:13	Stratford Summer 6	28/06/2014
W45	Kate Wright	0:37:22		29/06/2008
W50	Kate Wright	0:36:51	Stratford Summer 6	28/06/2014
W55	Ruth Calderbank	0:47:33	Stratford Summer 6	02/07/2011
W60	Ruth Calderbank	0:49:30	Stratford Summer 6	20/07/2013
W65	Ruth Calderbank	00:50:05	Stratford Summer 6	22/07/17
W70				
10k	Name	Time	Location/ Meeting	Date
Open	Kate Wright	00:36:54	Bourton 10k	22/02/2015
Senior	Sarah Boundy	00:44:50	Stratford	09/09/18
W35	Dani Rasgauski	0:39:45	Regency 10k	07/04/2013
W40	Sarah Wheeler	00:38:27	Bourton	22/02/2015
W45	Kate Wright	0:38:30	Bourton	00/03/2013
W50	Kate Wright	0:36:54	Bourton	22/02/2015
W55	Penny Stainthorp	00:46:06	Warwick	12/06/16
W60	Maureen Birch	00:48:29	Stratford	14/09/14
W65	Maureen Birch	00:49:06	Stratford	13/09/15

10k Walk	Name	Time	Location/ Meeting	Date
Open	Kate Sergent	01:14:20	Stourport	09/10/16
W60	Kate Sergent	01:14:20	Stourport	09/10/16
W65	Kate Sergent	01:14:10	Warwick	18/03/18
10 Miles	Name	Time	Location/ Meeting	Date
Open	Kate Wright	01:01:29	Great South Run	25/10/15
Senior				
W35	Marian Benjamin	1:12:34		01/01/1988
W40	Kate Wright	1:05:18		15/10/2006
W45	Kate Wright	1:06:16		12/09/2009
W50	Kate Wright	01:01:29	Great South Run	25/10/15
W55	Kate Sergent	1:33:08		14/12/2008
W60	Ruth Calderbank	01:24:47	Coventry Raceway	03/07/16
W65	Kate Sergent	01:36:02	Rugby	17/09/17
W70				
20k	Name	Time	Location/ Meeting	Date
Open	Kate Wright	01:20:32	Xmas Cracker	17/12/16
Senior				
W35	Sarah Wheeler	01:33:14	Moreton Morrell	11/08/12
W40				
W45	Sarah Odell	01:41:47	Moreton Morrell	01/12/15
W50	Kate Wright	01:20:32	Xmas Cracker	17/12/16
W55				
W60	Kate Sergent	01:58:16	Moreton Morrell	04/02/17
W65	Kate Sergent	02:01:00	Moreton Morrell	18/02/18
W70				
Half Marathon	Name	Time	Location/ Meeting	Date
Open	Kate Wright	01:21:26	Kenilworth	06/09/15
Senior	Alice Reed	01:22:21	Kenilworth	03/09/17
W35	Dani Rasgauski	1:26:15	Stratford	28/04/2013
W40	Sarah Wheeler	1:23:24	Kenilworth	7/09/2014
W45	Kate Wright	1:23:29	Belvoir	03/04/2011
W50	Kate Wright	01:21:26	Kenilworth	06/09/15
W55	Penny Stainthorp	01:42:14	Shakespeare Half	24/04/16
W60	Maureen Birch	01:49:50	Shakespeare Half	26/04/15
W65	Kate Sergent	02:07:41	Stevenage	17/10/17
W70				
15 Miles	Name	Time	Location/ Meeting	Date
Open	Kate Wright	01:36:55	Banbury	22/03/15
Senior				
W35				
W40	Kate Wright	1:44:25	Banbury	12/03/2006
W45	Kate Wright	1:38:15	Banbury	20/03/2011
W50	Kate Wright	01:36:55	Banbury	22/03/15
W55	Jenny Green	2:09:26		13/03/2005
W60				
W65				
W70				
20 Miles	Name	Time	Location/ Meeting	Date
Open	Kate Wright	02:12:3	Gloucester	13/03/16
Senior				
W35				
W40	Kate Wright	2:42:57	Ashby 20	00/03/2014
W45	Kate Wright	02:20:23	Gloucester	02/03/2008
W45	Kate Wright	2:15:24	Ashby 20	13/03/2011
W50	Kate Wright	02:12:3	Gloucester	13/03/16
W55	Kate Sergent	3:14:30	Ashby 20	13/03/2011
W60	Kate Sergent	03:25:59	Ashby 20	22/03/15
W65	Kate Sergent	03:26:21	Ashby 20	17/03/17
W70				
Marathon	Name	Time	Location/ Meeting	Date
Open	Kate Wright	02:56:24	Chester	04/10/15
Senior	Sarah Boundy	03:40:32	Berlin	16/09/18
W35	Emily Adams	3:44:37	London	13/04/14
W40	Sarah Wheeler	03:07:30	London	26/04/15
W45	Kate Wright	03:06:36	London	25/04/10
W50	Kate Wright	02:56:24	Chester	04/10/15
W55	Lesley Kirk	04:12:38	Portsmouth	19/12/14
W60	Kate Sergent	04:34:24	Brighton	17/04/16