

**RECORDS WOMEN ROAD RUNNING****U17**

1m	Chloe Sharp	4:55	Westminster	28.05.17
5m	Chloe Sharp	31:38	Wittersham	21.02.16
10k	Amy Smith	36:17	Wilmington	28.10.07

**U20**

10k	Elaine Murty	40:40	Wilmington	29.10.06
-----	--------------	-------	------------	----------

**SW**

5k	Nicola Thompson	18:17	Stevenage	30.05.99
5m	Sarah Rowell	26:49	Southwark	01.07.84
10k	Sarah Rowell	33:34	Oldham	15.09.85
10m	Sarah Rowell	53:44	Tonbridge	10.03.84
½ Mar	Sarah Rowell	72:06	Brighton	11.11.84
20m	Sarah Rowell	1:56:01	Wimbledon	20.07.85
Mar	Sarah Rowell	2:28:06	London	21.04.85

**W35**

1m	Cara Oliver	5:20	Gillingham	27.07.08
5k	Cara Oliver	19:45	Greenwich	03.07.08
5m	Pat Halstead	31:41	Pitsea	06.11.88
10k	Pat Halstead	39:18	Joydens Wood	11.06.89
10m	Pat Halstead	66:11	Woking	26.02.89
½ Mar	Pat Halstead	1:24:15	Hempstead Valley	29.04.89
Mar	Sheila Cousins	3:21:0	Luton	???

**W40**

5k	Anoushka Johnson	19:57	Hyde Park	28.07.17
5m	Stephanie Wood	34:28	Harvel	06.06.09
10k	Sue Martin-Clarke	38:31	Lordswood	30.06.96
10m	Sue Martin-Clarke	63:44	Sidcup	15.02.98
½ Mar	Sue Martin-Clarke	1:23:57	Hempstead Valley	05.05.96
25k	Maureen Farmer	2:01:42	Mitcham	01.91
15m	Maureen Farmer	2:26:31	Benfleet	???
20m	Sue Martin-Clarke	2:10:28	Worthing	24.03.96
Mar	Sue Martin-Clarke	2:56:59	London	13.04.97

**W45**

5k	Gillian Skellon	24:26	Rye	20.09.09
5m	Sue Wallace	36:50	Pitsea	12.11.95
10k	Sue Martin-Clarke	41:04	Ashford	08.10.00
10m	Sue Martin-Clarke	65:11	Sidcup	18.02.01
½ Mar	Sue Martin-Clarke	1:27:52	Brighton	25.02.01
20m	Sue Martin-Clarke	2:19:35	Worthing	25.03.01
Mar	Sue Martin-Clarke	3:13:02	Benidorm	26.11.00

**W50**

5k	Stephanie Wood	21.44	Hyde Park	20.12.16
10k	Stephanie Wood	45:47	Staplehurst	05.06.16
10m	Pat Halstead	74:45	Bishops Stortford	20.11.05
½ Mar	Stephanie Wood	1:40:13	Paddock Wood	02..04.17
20m	Audrey Dyett	2:37:24	Thanet	05.03.00
Mar	Audrey Dyett	3:30:08	London	02.04.95

**W55**

5k	Stephanie Wood	22.25	Gravesend	27.05.21
10k	Stephanie Wood	45.48	Gravesend	29.04.21
10m	Audrey Dyett	75:01	Sidcup	20.02.00
½ Mar	Audrey Dyett	1:37:52	Paddock Wood	26.03.00
20m	Audrey Dyett	2:40:57	Thanet	05.03.00
Mar	Audrey Dyett	3:35:49	London	16.04.00

**W60**

1m	Pat Halstead	7:01	Monte Gordo	08.11.12
5k	Pat Halstead	23:35	Crook Log	12.10.12
10k	Maureen Farmer	53:55	Brighton	18.11.07
10m	Maureen Farmer	1:29:49	Sittingbourne	07.10.07
½ Mar	Maureen farmer	1:59:44	Palma	21.10.07