WADAC, WOMEN'S ROAD RUNNING RECORDS - updated August 2019

EVENT	AGE	TIME	ATHLETE	YEAR	LOCATION	EVENT	UK
5 k	Under 20	18:04	Natalie Coveney	1997			
	Senior	16.52	India Lee	14-Mar-17	Portugal		
	Vet 35	17:45	Michaela McCallum	2001			
	Vet 40	16:28	Lucy Elliott	09-Aug-06	Portsmouth	Portsmouth 5k Series	1
	Vet 45	17:30	Lucy Elliott	15-Dec-12	Poole	Park Run Event 90	1
	Vet 50						
	Vet 55	22:44	Joy Radford	16-Jan-09	Boscombe	Poole Winter 5k Series	33
	Vet 60						
	Vet 65						
	Vet 70						
	Vet 75						
10 k	Under 15	43:24	Imogen Emmett	25-Mar-12	Eastleigh	B&Q Eastleigh 10K	
	Under 17	39:09	Alice Calder	24-Mar-19	Eastleigh	Hendy Eastleigh 10K	
	Under 20	36:00	Carmen S-Toribo	22-Mar-15	Eastleigh	B&Q Eastleigh 10K	1
	Senior	33:13	Louise Damen	21-Nov-10	Brighton	Brighton 10k	10
	Vet 35	33:59	Lucy Elliott	2006			
	Vet 40	33:36	Lucy Elliott	19-Mar-06	Eastleigh	B&Q Eastleigh 10K	1
	Vet 45	34:59	Lucy Elliott	27-May-12	London	BUPA London 10K	1
	Vet 50	41:21	Lynne Whitaker	24-Mar-13	Eastleigh	B&Q Eastleigh 10K	17
	Vet 55	41:34	Lynne Whitaker	22-Mar-15	Eastleigh	B&Q Eastleigh 10K	11
	Vet 60	45:35	Joy Radford	22-Mar-15	Eastleigh	B&Q Eastleigh 10K	24
	Vet 65						
	Vet 70						
	Vet 75						
5 Miles	Under 15	36:12	Imogen Emmett	27-Oct-12	Portsmouth	Victory 5	
	Under 17	36:27	Imogen Emmett	16-Sep-12	Portsmouth	Victory 5	
	Under 20	31:09	India Lee	2006			
	Senior	26:59	Louise Damen	07-Sep-13	Overton	Overton 5 Miles	4
	Vet 35	29:06	Michaela McCallum	2003			
	Vet 40	29:05	Lucy Elliott	19-Sep-10	Portsmouth	Portsmouth Victory 5	3
	Vet 45	28:58	Lucy Elliott	15-Sep-13	Portsmouth	Portsmouth Victory 5	2
	Vet 50	33:33	Lynne Whitaker	31-Mar-12	London	N Lottery Olympic Park	5
	Vet 55	33:22	Lynne Whitaker	07-Sep-13	Overton	Overton 5 Miles	3
	Vet 60	37:21	Shirley Dyson-Laurie	18-Sep-11	Portsmouth	Portsmouth Victory 5	8
	Vet 65						
	Vet 70						
	Vet 75						
10 Miles	Under 17	01:20:48	Imogen Emmett	09-Mar-14	Salisbury	Salisbury 10	
	Under 20	01:02:24	Carmen S-Toribo	08-Mar-15	Salisbury	Salisbury 10	1
	Senior	55:15	Louise Damen	07-Nov-10	Southamton	Lordshill 10m	7
	Vet 35	56:56	Michaela McCallum	2003			
	Vet 40	01:00:57	Kathryn Bailey	28-Oct-12	Portsmouth	BUPA	3
	Vet 45	01:00:09	Lucy Elliott	06-Nov-11	Southampto	Lordshill 10	3
	Vet 50	01:07:28	Lynne Whitaker	08-Mar-09	Salisbury	Salisbury 10	9
	Vet 55	01:08:03	Lynne Whitaker	08-Mar-15	Salisbury	Salisbury 10	4 (17AT)
	Vet 60	01:16:33	Shirley Dyson-Laurie	06-Nov-11	Southampto	Lordshill 10	4
	Vet 65						
	Vet 70	1:0;09					
	Vet 75						
20 Miles	Under 20						
	Senior	02:10:20	Kaye Mansbridge	09-Mar-08	Ruislip	Finchley 20m	19
	Vet 35	02:01:18	Michaela McCallum	2002			
	Vet 40	02:36:10	Sarah Gurney	15/02/15	Bramley	Bramley 20	56
	Vet 45	02:13:32	Karen Rushton	15/02/15	Bramley	Bramley 20	2
	Vet 50	02:38:16	Joy Radford	20-Mar-05	Worthing	Worthing 20m	
	Vet 55	02:49:36	Joy Radford	14-Feb-10	Bramley	Bramley 20m	17
	Vet 60	02:41:35	Shirley Dyson-Laurie	12-Feb-12	Bramley	Bramley 20m	2
	Vet 65						
	Vet 70						
	Vet 75						

PREVIOUS RECORDS

Time	Athlete	Date	Time	Athlete	Date	Time	Athlete	Date
17.02	Rachel Townend	2004						
18:42	Jan Ross	2000						
18:49	Jan Ross	2001						
41.20	Fenella Langridge	16-Mar-08						
37:24	Rachel Townend	1998						
35:53	Michaela McCallum	2000						
38:45	Jan Ross	1999						
35:33	Lucy Elliott	30-May-11	39:10	Jan Ross	2002			
41:56	Lynne Whitaker	18-Mar-12	42:04	Joy Radford	2003			
43:44	Joy Radford	08-Apr-08						
46:09	Shirley Dyson-Laurie	25-Mar-12						
29:02	Louise Damen	01-Sep-07	30:40	Jan Ross	1987			
33:16	Jan Ross	1995						
31:25	Jan Ross	2003						
35:46	Joy Radford	2003						
38:42	Shirley Dyson-Laurie	19-Sep-10						
01:04:29	Beverley Edwards	1999						
01:01:48	Kathryn Bailey	07-Oct-10	01:07:39	Jan Ross	1999			
01:05:31	Kathryn Bailey	05-May-13	01:07:10	Karen Hazlitt	04-Nov-12			
01:12:36	Joy Radford	2003	01:19:17	Shirley Dyson-Laurie	2003			
01:12:36	Joy Radford	02-Nov-08						
02:20:00	Beverley Edwards	2000						
03:09:00	Liz Strange	2000						
02:37:27	Jan Spring	2002						
02:43:27	Shirley Dyson-Laurie	2003						