WOMEN

BROMSGROVE and REDDITCH AC
ROAD RECORDS

23/12/2020

5 KILOMETRES

U13	20.06	Amy Mijovic-Couldwell	Redditch	26-Oct-13
U15	19.22	Ellen Bowen	Redditch	28-Mar-15
U17	19.25	Beth Sykes	Redditch	08-Sep-18
U20	18.57	Beth Sykes	Redditch	16-Nov-19
Senior	18.02	Becki Timmings	Walsall	23-Nov-19
W35	18.44	Helen Russell	Sandhurst	20-Aug-13
W40	18.36	Kath Haley	Pelsall	14-Oct-01
W45	16.30	Bronwen Cardy	Gloucester	15-Jun-00
W50	18.58	Bronwen Cardy	Gloucester	18-Aug-05
W55	23.25	Mary Morris	Redditch	17-Oct-17
W60	21.14	Bronwen Cardy	Redditch	12-Sep-15
W65	23.50	Yvonne Priestman	Birmingham	21-May-11
W70	39.06	Peggy Blunn	Redditch	18-Apr-15

5 MILES

U13				
U15				
U17				
U20	36.10	Ruth Gameson	Chelmsley Wood	3-Jan-16
Senior	28.41	Bronwen Smith	Coventry	28-Mar-82
W35	27.13	Bronwen Cardy	Bronwen Cardy	2-Sep-90
W40	34.24	Jane Anderson	Sandhurst	28-Feb-04
W45	35.51	Jane Anderson	Little Aston	20-Sep-09
W50				
W55				
W60				
W65				
W70				

10 KILOMETRES

U13				
U15				
U17				
U20	40.38	Katie O'Byrne	Redditch	23-May-04
Senior	36.01	Laura Kyte	Cipolletti Arg	5-Mar-16
W35	33.52	Bronwen Cardy-Wise	Worcester	22-Mar-87
W40	34.05	Bronwen Cardy-Wise	Swansea	13-Sep-92
W45	34.25	Bronwen Cardy	Newport	15-Jul-00
W50	45.13	Charlotte Ball	Kingswinford	3-May-12
W55	45.52	Judy Appleby	Crowle	11-May-14
W60	47.47	Judy Appleby	Alcester	6-Oct-19
W65	49.44	Yvonne Priestman	Crowle	8-May-11
W70	78.10	Peggy Blunn	Bromsgrove	9-Jul-16

10 MILES

U13				
U15				
U17				
U20	84.30	Ruth Gameson	Leicester	6-Sep-15
Senior	56.05	Bronwen Cardy	Tipton	16-Nov-86
W35	56.38	Bronwen Cardy-Wise	Tadcaster	29-Apr-89
W40	56.16	Bronwen Cardy-Wise	Tipton	15-Nov-92
W45	57.48	Bronwen Cardy-Wise	Llandudno	1-Nov-98
W50	76.04	Ann Stuart	Derwentwater	7-Nov-10
W55	79.35	Ann Stuart	Brampton	19-Nov-17
W60	93.20	Ann Beacham	Ballycotton	7-Mar-04
W65				
W70				

20 MILES

U13				
U15				
U17				
U20				
Senior	2.27.21	Becki Timmings	Ashby	27-Mar-19
W35				
W40	2.22.42	Rowena Bales	Stafford	12-Mar-06
W45	2.28.24	Rowena Bales	Stafford	8-Mar-09
W50	2.44.13	Sarah Richardson	Ashby	20-Mar-16
W55				
W60				
W65				
W70				

50 MILES

MOUNTAIN RUNNING SPECIAL PERFORMANCE

W50	13.16.07	Judy Appleby	Davros Switz	30-Jul-11

EVEREST MARATHON (42k)

W60	10.57.5	Judy Appleby	Everest Nepal	29-May-19

HALF MARATHON

U13				
U15				
U17				
U20	1.51.45	Ruth Gameson	Birmingham	18-Oct-15
Senior	81.01	Laura Kyte	Rosario	14-May-17
W35	74.43	Bronwen Cardy-Wise	Stroud	30-Oct-88
W40	74.52	Bronwen Cardy-Wise	Stroud	24-Oct-93
W45	78.04	Bronwen Cardy-Wise	Stroud	24-Oct-99
W50	92.21	Rowena Bales	Birmingham	20-Oct-13
W55	1.45.15	Charlotte Ball	Cambridge	28-Feb-16
W60	1.41.35	Judy Appleby	Siverstone	24-Nov-19
W65	1.55.57	Yvonne Priestman	Cardiff	16-Oct-11
W70				

MARATHON

U13				
U15				
U17				
U20				
Senior	2.56.21	Becki Timmings	Valencia	1-Dec-19
W35	2.45.32	Bronwen Cardy-Wise	Wolverhampton	5-Apr-87
W40	2.56.04	Caroline Warrington	Dorney Lake	4-Oct-20
W45	3.08.09	Rowena Bales	London	26-Apr-09
W50	3.17.44	Kim Edmunds	Edinburgh	22-Aug-11
W55	3.50.42	Ann Stuart	Loch Ness	29-Sep-17
W60				
W65				
W70				

20 KILOMETRES

U13				
U15				
U17				
U20				
Senior				
W35	73.20	Bronwen Cardy-Wise	Aylesbury	2-Apr-89
W40				
W45				
W50				
W55				
W60				
W65				
W70				

Subject to scrutiny

Irene Nicholls 23/12/2020

WOMEN

BROMSGROVE and REDDITCH AC
ROAD RECORDS

23/12/2020

3K WALK

U13				
U15	15.14	Sharon Griffiths	Leicester	19-Feb-83
U17	14.53	Ruth Sugg	Douglas	7-May-83
U20				
Senior	(?)	Sharon Tonks	Coventry	4-Mar-00
W35				
W40				
W45				
W50				
W55				
W60				
W65				
W70				

5K WALK

U13				
U15	26.31	Sharon Tonks	York	Mar-85
U17	27.31	Sharon Griffiths	Perry Park	Feb-85
U20	26.13	Louise Pye	Leicester	1988
Senior	23.53	Sharon Tonks	Tamworth	3-Dec-01
W35	25.30	Sharon Tonks	Perry Park	12-Nov-05
W40				
W45				
W50				
W55				
W60				
W65				
W70				

10K WALK

U13				
U15				
U17				
U20	55.18	Sharon Tonks	Leeds	Sep-89
Senior	48.4	Sharon Tonks	Leamington	23-Mar-02
W35	52.54	Sharon Tonks	La Coruna Spair	4-Jun-05
W40	61.04	Sally Haynes	Chigwell	31-Oct-87
W45				
W50	72.49	Sally Haynes	Leicester	15-Sep-96
W55				
W60				
W65				
W70				

20K WALK

U13				
U15				
U17				
U20				
Senior	1.43.29	Sharon Tonks	East Moseley	2-Mar-02
W35	1.49.45	Sharon Tonks	La Coruna Spain	4-Jun-05
W40	2.18.58	Sally Haynes	Basildon	8-Apr-89
W45	2.17.06	Sally Haynes	Basildon	7-Apr-90
W50				
W55				
W60				
W65				
W70				

30K WALK

U13				
U15				
U17				
U20				
Senior				
W35				
W40				
W45				
W50				
W55				
W60				
W65				
W70				

5 Mile Walk

U13				
U15				
U17				
U20				
Senior	38.09	Sharon Tonks	Coventry	6-May-02
W35	41.00	Sharon Tonks	Coventry	27-Jun-05
W40				
W45				
W50				
W55				
W60				
W65				
W70				

10MileWalk

Senior	88.10	Sharon Tonks		Jan-95

Subject to scrutiny

Irene Nicholls 23/12/2020