

## BROMSGROVE and REDDITCH AC ROAD RECORDS

5 KILOMETRES				5 MILES				10 KILOMETRES						
U13	20.06	Amy Mijovic-Couldwell	Redditch	26-Oct-13	U13					U13				
U15	19.22	Ellen Bowen	Redditch	28-Mar-15	U15					U15				
U17	19.36	Amy Mijovic-Couldwell	Sutton Park	25-Mar-17	U17					U17				
U20	22.19	Ruth Gameson	Sandhurst	16-Jun-15	U20	36.10	Ruth Gameson	Chelmsley Wood	3-Jan-16	U20	40.38	Katie O'Byrne	Redditch	23-May-04
Senior	18.15	Sharon Hetherington	Hereford	24-May-01	Senior	28.41	Bronwen Smith	Coventry	28-Mar-82	Senior	37.03	Sharon Hetherington	Swansea	27-Sep-99
W35	18.44	Helen Russell	Sandhurst	20-Aug-13	W35	27.13	Bronwen Cardy	Bronwen Cardy	2-Sep-90	W35	33.52	Bronwen Cardy-Wise	Worcester	22-Mar-87
W40	18.36	Kath Haley	Pelsall	14-Oct-01	W40	34.24	Jane Anderson	Sandhurst	28-Feb-04	W40	34.05	Bronwen Cardy-Wise	Swansea	13-Sep-92
W45	16.30	Bronwen Cardy	Gloucester	15-Jun-00	W45	35.51	Jane Anderson	Little Aston	20-Sep-09	W45	34.25	Bronwen Cardy	Newport	15-Jul-00
W50	18.58	Bronwen Cardy	Gloucester	18-Aug-05	W50					W50	45.13	Charlotte Ball	Kingswinford	3-May-12
W55	23.25	Mary Morris	Redditch	17-Oct-17	W55					W55	45.52	Judy Appleby	Crowle	11-May-14
W60	21.14	Bronwen Cardy	Redditch	12-Sep-15	W60					W60	50.13	Yvonne Priestman	Kingswinford	6-May-09
W65	23.50	Yvonne Priestman	Birmingham	21-May-11	W65					W65	49.44	Yvonne Priestman	Crowle	8-May-11
W70	39.06	Peggy Blunn	Redditch	18-Apr-15	W70					W70	78.10	Peggy Blunn	Bromsgrove	9-Jul-16
10 MILES				20 MILES				50 MILES						
U13					U13					W50	13.16.07	Judy Appleby	Davros Switz	30-Jul-11
U15					U15					<b>MOUNTAIN RUNNING SPECIAL PERFORMANCE</b>				
U17					U17					<b>EVEREST MARATHON (42k )</b>				
U20	84.30	Ruth Gameson	Leicester	6-Sep-15	U20					W60	10.57.5	Judy Appleby	Everest Nepal	29-May-19
Senior	56.05	Bronwen Cardy	Tipton	16-Nov-86	Senior	2.27.21	Rebecca Timmings	Ashby	27-Mar-19					
W35	56.38	Bronwen Cardy-Wise	Tadcaster	29-Apr-89	W35									
W40	56.16	Bronwen Cardy-Wise	Tipton	15-Nov-92	W40	2.22.42	Rowena Bales	Stafford	12-Mar-06					
W45	57.48	Bronwen Cardy-Wise	Llandudno	1-Nov-98	W45	2.28.24	Rowena Bales	Stafford	8-Mar-09					
W50	76.04	Ann Stuart	Derwentwater	7-Nov-10	W50	2.44.13	Sarah Richardson	Ashby	20-Mar-16					
W55	79.35	Ann Stuart	Brampton	19-Nov-17	W55									
W60	93.20	Ann Beacham	Ballycotton	7-Mar-04	W60									
W65					W65									
W70					W70									
HALF MARATHON				MARATHON				20 KILOMETRES						
U13					U13					U13				
U15					U15					U15				
U17					U17					U17				
U20	1.51.45	Ruth Gameson	Birmingham	18-Oct-15	U20					U20				
Senior	81.01	Laura Kyte	Rosario	14-May-17	Senior	3.02.50	Rebecca Timmings	London	28-Apr-19	Senior				
W35	74.43	Bronwen Cardy-Wise	Stroud	30-Oct-88	W35	2.45.32	Bronwen Cardy-Wise	Wolverhampton	5-Apr-87	W35	73.20	Bronwen Cardy-Wise	Aylesbury	2-Apr-89
W40	74.52	Bronwen Cardy-Wise	Stroud	24-Oct-93	W40	3.15.22	Rowena Bales	London	17-Apr-05	W40				
W45	78.04	Bronwen Cardy-Wise	Stroud	24-Oct-99	W45	3.08.09	Rowena Bales	London	26-Apr-09	W45				
W50	92.21	Rowena Bales	Birmingham	20-Oct-13	W50	3.17.44	Kim Edmunds	Edinburgh	22-Aug-11	W50				
W55	1.45.15	Charlotte Ball	Cambridge	28-Feb-16	W55	3.50.42	Ann Stuart	Loch Ness	29-Sep-17	W55				
W60	1.57.37	Bridget Birch	Newry	24-May-15	W60					W60				
W65	1.55.57	Yvonne Priestman	Cardiff	16-Oct-11	W65					W65				
W70					W70					W70				

**BROMSGROVE and REDDITCH AC  
ROAD RECORDS**

3K WALK				5K WALK				10K WALK			
U13				U13				U13			
U15	15.14 Sharon Griffiths	Leicester	19-Feb-83	U15	26.31 Sharon Tonks	York	Mar-85	U15			
U17	14.53 Ruth Sugg	Douglas	7-May-83	U17	27.31 Sharon Griffiths	Perry Park	Feb-85	U17			
U20				U20	26.13 Louise Pye	Leicester	1988	U20	55.18 Sharon Tonks	Leeds	Sep-89
Senior	(?) Sharon Tonks	Coventry	4-Mar-00	Senior	23.53 Sharon Tonks	Tamworth	3-Dec-01	Senior	48.4 Sharon Tonks	Leamington	23-Mar-02
W35				W35	25.30 Sharon Tonks	Perry Park	12-Nov-05	W35	52.54 Sharon Tonks	La Coruna Spair	4-Jun-05
W40				W40				W40	61.04 Sally Haynes	Chigwell	31-Oct-87
W45				W45				W45			
W50				W50				W50	72.49 Sally Haynes	Leicester	15-Sep-96
W55				W55							
W60				W60							
W65				W65							
W70				W70							
20K WALK				30K WALK				5 Mile Walk			
U13				U13				U13			
U15				U15				U15			
U17				U17				U17			
U20				U20				U20			
Senior	1.43.29 Sharon Tonks	East Moseley	2-Mar-02	Senior				Senior	38.09 Sharon Tonks	Coventry	6-May-02
W35	1.49.45 Sharon Tonks	La Coruna Spain	4-Jun-05	W35				W35	41.00 Sharon Tonks	Coventry	27-Jun-05
W40	2.18.58 Sally Haynes	Basildon	8-Apr-89	W40				W40			
W45	2.17.06 Sally Haynes	Basildon	7-Apr-90	W45				W45			
				W50				W50			
10MileWalk				W55				W55			
Senior	88.10 Sharon Tonks		Jan-95	W60				W60			
				W65				W65			
				W70				W70			