

HPRC Records – Women (as at January 31, 2012)

WOMEN	SENIOR WOMEN	W35	W40	W45	W50	W55	W60	W65
MILE	Jane Rollins TIME: 5:23 NWSC DATE: May 98	Dorothy Michalak TIME: 5:48 H H'dn DATE: Sep 01	Dorothy Michalak TIME: 5:47:08 H H'dn DATE: Aug 02	Linda Robb TIME: 6:13 NWSC DATE: May 98	Sandy Poole TIME: 6:31 H H'dn DATE: Sep 97	Sandy Poole TIME: 6:24.9 H H'dn DATE: Aug 02	Sandy Poole TIME: 7:02:00 H H'dn DATE: Aug '06	Sandy Poole TIME: 7:29.3 H H'dn DATE: 18 Aug 11
5K	Anne Thompson TIME: 25:31 NWSC DATE: Jun 01	Linda Robb TIME: 18:37 World Vets DATE: Aug 89	Patti Cranton TIME: 19:13 NWSC DATE: Oct 08	Lesley Cliff TIME: 18:12 Mansfield DATE: Jun 93	Hilary Hare Duke TIME: 22:56 Mansfield DATE: 3 Sep 10 (also Julie McG)	Sandy Poole TIME: 22:47 Derby DATE: Mar 00	Sandy Poole TIME: 23:05 Retford DATE: May 04	Sandy Poole TIME: 25:10 Lady Bay DATE: Nov 2009
5 MILES	Linda Robb TIME: 32:51 Southwark DATE: July '84	Linda Robb TIME: 29:50 Colwick DATE: Jul '89	Lesley Cliff TIME: 31:53 Notts 5 DATE: May 89	Christine Heaton TIME: 32:37 NWSC DATE: 12 May 10	Lesley Cliff TIME: 34:14 Long Eaton DATE: Jun 99	Lesley Cliff TIME: 33:52 NWSC DATE: Jun 04	Sandy Poole TIME: 38:19 NWSC DATE: May 04	Sandy Poole TIME: 38:45 NWSC DATE: 13 May 09
10K	Mary Mills TIME: 37:57 Sawley DATE: Aug 96	Linda Robb TIME: 37:51 Lincoln DATE: Oct 87	Lesley Cliff TIME: 37:58 Wakefield DATE: Jan 89	Christine Heaton TIME: 40:29 Leeds Abbey DATE: 20 Nov11	Sandy Poole TIME: 45:24 Sheffield DATE: 30 Nov97	Lesley Cliff TIME: 43:28 Wollaton Pk DATE: Mar 04	Sandy Poole TIME: 48:21 NWSC DATE: 28 Jun 05	Sandy Poole TIME: 49:15 Aarhus (Denm'k) DATE: May 29 09
10 MILES	Linda Robb TIME: 60:47 Sutton DATE: unknown	Linda Robb TIME: 60:51 Sutton DATE: Feb 89	Lesley Cliff TIME: 65:18 Nuneaton DATE: Sep 88	Christine Heaton TIME: 67:15 Nene Valley DATE: 4 Dec 11	Sandy Poole TIME: 77:18 Burton DATE: 11 May97	Lesley Cliff TIME: 71:23 Notts 10 DATE: June 04	Sandy Poole TIME: 79:22 Notts 10 DATE: 3 Jun 05	Sandy Poole TIME: 82:57 Wrexham DATE: ?? 09
HALF MARATHON	Linda Robb TIME: 1:22:47 Robin Hood DATE: unknown	Linda Robb TIME: 1:22:41 Robin Hood DATE: Sep 90	Lesley Cliff TIME: 1:24:04 Belvoir DATE: 24Apr90	Lesley Cliff TIME: 1:25:41 Keyworth DATE: 11 Dec95	Lesley Cliff TIME: 1:32 Belvoir DATE: 6Apr97	Lesley Cliff TIME: 1:36:54 Hinckley DATE: May 05	Sandy Poole TIME: 1:44:44 Malta DATE: Feb 04	Sandy Poole TIME: 1:47:39 Wrexham DATE: 15 Feb 09
20 MILES	Jo Maye TIME: 2:25:50 Ashby DATE: Mar 00	Mary Mills TIME: 2:18:15 Spen 20 DATE: Mar 97	Helen Byrne TIME: 2:29:26 Ashby DATE: Mar 08	Christine Heaton TIME: 2:21:53 Ashby 20 DATE: 13 Mar 11	Hilary Hare Duke TIME: 2:43:22 Ashby DATE: Mar 10	Sandy Poole TIME: 2:48:05 Ashby DATE: Mar 00	Sandy Poole TIME: 3:02:05 Finchley DATE: Mar 04	TIME: DATE:
MARATHON	Mary Mills TIME 3:16:11 Robin Hood DATE: Sep 95	Linda Robb TIME: 2:55:56 London DATE: Apr '89	Lesley Cliff TIME: 3:03:43 Stone DATE: 7 Oct 90	Serena Bignall TIME: 3:15:05 London DATE: April 2011	Hilary Hare Duke TIME: 3:37:53 Chester 9 Oct 2011	Sandy Poole TIME: 3:43:48 London DATE: Apr 01	Sandy Poole TIME: 4:19:24 London DATE: Apr 04	TIME: DATE:
LAKE	Jane Rollins TIME: 18:59 DATE: May 99	Linda Robb TIME: 17:21 DATE: Sep 87	Lesley Cliff TIME: 17:59 DATE: 30 Aug90	Christine Heaton TIME: 19:10 DATE: 5 May 11	Sandy Poole TIME: 21:06 DATE: 8 May 97	Sandy Poole TIME: 20:39 DATE: Aug 02	Sandy Poole TIME: 22:35 DATE: Aug '06	Sandy Poole TIME: 23:02 DATE: 2 Sep 10
CLIFFS	Teresa Woodford TIME: 41:50 DATE: Jan 02	Mary Mills TIME: 41:59 DATE: Jan 98	Patti Cranton TIME: 42:05 DATE: Jan 07	Lesley Cliff TIME: 42:10 DATE: 23 Jan 94	Sandy Poole TIME: 49:08 DATE: 12 Jan 97	Sandy Poole TIME: 48:01 DATE: Feb 01	Sandy Poole TIME: 50:43 DATE: Jan 05	Sandy Poole TIME: 54:11 DATE: 30 Jan 11