

WOMEN'S ROAD RECORDS at 22nd July 2025

5km

Sen	18:27	Naomi Elliott	Newstead Abbey 28.07.2023
W35	18:53	Mary Mills	Colwick 07.1999
W40	19:13	Patti Cranton	NWSC 10.2008
W45	18:12	Lesley Cliff	Mansfield 06.1993
W50	19:43	Christine Heaton	Newstead Abbey 29.07.2016
W55	21:58	Jackie Key	Holme Pierrepont 03.07.2025
W60	23:05	Sandy Poole	Retford 3.05.2004
W65	25:10	Sandy Poole	Lady Bay 11.2009
W70	25:38	Penny Durance	Embankment 04.07.2024
W75	32:36	Christine Oldfield	NWSC 1:12.2019

5 miles

Sen	31:05	Natalie Bunce	Alsager 2.02.2020
W35	29:50	Linda Robb	Colwick 07.1989
W40	31:53	Lesley Cliff	Notts 5 05.1989
W45	32:37	Christine Heaton	NWSC 12.05.2010
W50	32:35	Christine Heaton	NWSC 10.05.2017
W55	33:52	Lesley Cliff	NWSC 19.05.2004
W60	38:19	Sandy Poole	NWSC 19.05.2004
W65	38:45	Sandy Poole	NWSC 13.05.2009
W70	42:20	Penny Durance	Colwick 02.07.2024
W75			

10km

Sen	37:55	Mary Mills	Sawley 12.07.1996
W35	37:51	Linda Robb	Lincoln 10.1987
W40	37:58	Lesley Cliff	Wakefield 01.1989
W45	40:29	Christine Heaton	Leeds Abbey 20.11.2011
W50	40:20	Christine Heaton	Leeds Abbey 6.11.2016
W55	43:28	Lesley Cliff	Jägermeister 20.08.04
W60	46:51	Penny Durance	Long Bennington 19.06.2015
W65	49:15	Sandy Poole	Aarhus, Denmark 29.05.2009
W70	54.48	Penny Durance	NWSC 27.06.2024
W75			

10 miles

Sen	60:47	Linda Robb	Sutton Date pre-1989
W35	60:51	Linda Robb	Sutton 02.1989
W40	65:18	Lesley Cliff	Nuneaton 09.1988
W45	67:15	Christine Heaton	Nene Valley 4.12.2011
W50	67:52	Christine Heaton	Notts 10 12.06.2015
W55	71:23	Lesley Cliff	Notts 10 4.06.2004
W60	76.14	Christine Heaton	Derby 17.11.2024
W65	82:54	Sandy Poole	Wrexham 25.04.2009
W70	88.01	Penny Durance	Notts 10 07.06.2024
W75			

Half Marathon

Sen	1:21:24	Naomi Jeffrey (nee Elliot)	Surrey 16.03.2025
W35	1:22:41	Linda Robb	Robin Hood 09.1990
W40	1:24:04	Lesley Cliff	Belvoir 24.04.1990
W45	1:25:41	Lesley Cliff	Keyworth 11.12.1995
W50	1:28:14	Christine Heaton	Retford 11.03.2018
W55	1:36:54	Lesley Cliff	Hinckley 8.05.2005
W60	1:39.13	Christine Heaton	Robin Hood 29.09.2024
W65	1:47:39	Sandy Poole	Wrexham 15.02.2009
W70	2:59:54	Penny Durance	Turkey Trot 08.12.2024
W75			

20 miles

Sen	2:17:51	Natalie Bunce	Ashby 26.03.2023
W35	2:18:18	Mary Mills	Spen 20 16.03.1997
W40	2:25:51	Claire Hayes	Ashby 19.03.2017
W45	2:21:53	Christine Heaton	Ashby 13.03.2011
W50	2:23:37	Christine Heaton	Ashby 19.03.2017
W55	2:44.39	Susan Karmazyn	Ashby 20.03.2022
W60	2:52:10	Penny Durance	Ashby 20.03.2016
W65	3:12:55	Penny Durance	Ashby 17.03.2024
W70			
W75			

Marathon

Sen	2:57:29	Natalie Bunce	Manchester 16.04.2023
W35	2:55:56	Linda Robb	London 23.04.1989
W40	3:03:43	Lesley Cliff	Stone 7.10.1990
W45	3:13:04	Christine Heaton	London 22.04.2012
W50	3:11:31	Christine Heaton	London 23.04.2017
W55	3:38.04	Susan Karmazyn	London 03.10.2021
W60	3:53:57	Penny Durance	London 25.04.2016
W65	4:21:16	Friedel Plant	Dublin 28.10.2013
W70			
W75			