

LADIES' MARATHON PERSONAL BESTS**Last updated 29 May 2026****Before 2016 Manchester was 380 metres short.**

*** In the Age column denotes the Club Record.
In the Name column denotes course measurement not verified.
** In the Name column denotes self, not official time.**

TIME	NAME	AGE	VENUE	DATE
2.56.00	Lucy Barnes	20-34*	Brighton	Apr 2023
3.11.05	Louise Brass (2 nd Claim)	35-39	London	Apr 2016
3.11.13	Sharon Wright	35-39*	Manchester	Apr 2018
3.15.38	Sheila Fitzpatrick	35-39	London	Apr 1997
3.18.04	Bel Waters	35-39	London	Apr 2004
3.19.04	Kelly Rowland (2 nd Claim)	40-44	Manchester	Apr 2019
3.19.37	Fieke Blackwell	35-39	Manchester	Apr 2024
3.23.48	Dionne Jones	40-44*	Brighton	Apr 2013
3.25.58	Tracey Alexandrou	20-34	London	Apr 2000
3.26.22	Kerry Mavris	45-49*	Goodwood	Dec 2020
3.28.22	Julia Gardiner	35-39	London	Apr 2014
3.29.14	Catherine Ridge	35-39	Boston (UK)	Apr 2022
3.31.02	Carinne Jay	50-54*	London	Apr 2017
3.31.25	Terri Wiley	20-34	Boston (UK)	Apr 2022
3.32.45	Sandi Rust	50-54	Chelmsford	Oct 2018
3.34.47	Paula Reynolds	40-44	Manchester	Apr 2016
3.38.07	Michele Davies	20-34	London	Apr 2001
3.39.55	Lyndsey Hodge	35-39	London	Apr 2015
3.40.01	Colleen Thorlby	20-34	London	Apr 1996
3.40.17	Liz Martin	45-49	London	Apr 1998
3.40.24	Katie Herrington	20-34	Berlin	Sep 2009
3.40.40	Lynne Gailey	35-39	London	Apr 1992
3.41.41	Linda Selby	45-49	London	Apr 1997
3.41.47	Claire Russell	35-39	Milton Keynes	May 2013

3.41.48	Vicky Steadman	20-34	Halsted	May 2009
3.44.05	Saira Karim (2 nd Claim) #	20-34	Manchester	Apr 2014
3.44.56	Caroline Bore	35-39	Harlow	Oct 1991
3.44.56	Pat Malyon	45-49	Harlow	Oct 1991
3.48.15	Faith Jackson-Lee	40-44	Manchester	Apr 2017
3.48.46	Ella Wager	20-34	Tallin, Estonia	Aug 2025
3.49.17	Clare Williams	35-39	London	Apr 2011
3.49.17	Ellie Wiseman	20-34	London	Apr 2026
3.49.53	Elaine Ochiltree	40-44	Chicago	Oct 2004
3.50.16	Jackie Mitchell	35-39	Loch Ness	Oct 2006
3.55.10	Lisa Carley	20-34	Dublin	Oct 2006
3.56.33	Laura Prime	40-44	Milton Keynes	May 2019
3.57.27	Jenny Todd	20-34	London	Apr 1998
3.58.52	Paige Bircham	20-34	Manchester	Apr 202
3.59.55	Donna Milton	50-54	Morecombe	Sep 2024
4.00.39	Odette Galea	20-34	London	Apr 2014
4.01.30	Janice Page	45-49	Halstead	May 2012
4.01.40	Karen Moir	40-44	London	Apr 2004
4.02.57	Ella Newitt	20-34	London	Apr 2026
4.04.18	Debbie Smith	45-49	London	Apr 2015
4.05.34	Natalie Belch	20-34	London	Apr 1998
4.06.00	Linda Radford	45-49	London	Apr 1998
4.07.54	Kelly Burgess	45-49	Chelmsford	Oct 2019
4.08.11	Kathy Saunders	20-34	London	Apr 2006
4.08.12	Gail Nicholls	60-64*	Newport, Wales	Apr 2025
4.08.50	Martine Beard	35-39	London	Apr 2017
4.10.47	Sharon Randall	35-39	London	Apr 1999
4.11.10	Emma Wadding	35-39	London	Apr 2014
4.12.05	Georgina Spenceley	20-34	Brighton	Apr 2012
4.14.05	Debbie Barry	55-59	Manchester	Apr 2016

4.16.00	Julie Morris	40-44	London	Apr 2001
4.16.23	Lorraine Coster	40-44	London	Apr 1999
4.17.00	Gill Rice	35-39	London	Apr 1999
4.17.32	Laurel Peck	20-34	London	Apr 2024
4.18.55	Julie Knowles	20-34	London	Apr 1992
4.19.23	Wendy Stevens	50-54	London	Apr 1993
4.19.43	Nicole Harris	20-34	Brighton	Apr 2026
4.20.22	Michelle Sheridan	35-39	Manchester	Apr 2023
4.21.24	Wendy Schroder	45-49	London	Apr 2016
4.22.01	Louise Cootes	20-34	London	Apr 2017
4.22.36	Aruna Balakrishnan	35-39	Dublin	Oct 2006
4.23.42	Clair Adams	35-39	Chelmsford	Oct 2014
4.24.16	Alison Wilkinson	55-59	London	Oct 2022
4.24.47	Sandra Webber	40-44	Milton Keynes	May 2024
4.24.59	Kelly Spires	45-49	Brighton	Apr 2023
4.25.35	Holly Nairn	20-34	Stevenage	Nov 2014
4.26.55	Jane Williams	20-34	London	Apr 1992
4.27.01	Ayesha Pite	45-49	London	Apr 2019
4.27.13	Tracy Stratford	35-39	Milton Keynes	May 2024
4.27.17	Sarah Webber	40-44	London	Apr 2008
4.27.34	Louise Peacock	40-44	Milton Keynes	Jun 2021
4.27.46	Nadia Hart	40-44	London	Apr 2026
4.28.02	Iwona Jankawska	20-34	Limassol	Mar 2014
4.28.58	Alex Fresco-Sumner	20-34	London	Apr 2024
4.29.00	Rita Cutts	45-49	London	Apr 2001
4.29.39	June Felstead	35-39	Harlow	Oct 1991
4.29.47	Judy Lodge	45-49	London	Apr 2006
4.30.00	Chris Perrin	40-44	London	Apr 2001
4.30.11	Bethany Drake	20-34	London	Apr 2025
4.30.25	Ellie Sykes	20-34	Brighton	Apr 2026

4.30.35	Natalie Thornton	55-59	London	Apr 2026
4.31.05	Clare Muncey	20-34	London	Apr 2006
4.31.15	Ann Somerville	35-39	Stratford-upon-Avon	Apr 2010
4.31.17	Anne Kleijwegt	40-44	London	Apr 2011
4.33.25	Rosie Lozeau	20-34	London	Apr 2024
4.34.23	Jackie Westgate	40-44	London	Apr 2006
4.34.51	Angie Greneski	20-34	London	Apr 2002
4.34.52	Naomi Oiku	20-34	London	Apr 2026
4.35.00	Vicki Cant	20-34	London	Apr 1998
4.35.36	Claire Carter	45-49	London	Oct 2022
4.35.42	Celia Haigh	40-44	Milton Keynes	May 2013
4.35.54	Joanne Chung	20-34	London	Apr 2010
4.36.13	Shannon Beales	40-44	Chicago	Oct 2025
4.36.16	Sophie M. Evans	20-34	London	Apr 2024
4.36.22	Sue Levene	40-44	London	Apr 1995
4.38.12	Natalie Pennells	35-39	London	Apr 2018
4.37.10	Jane Evans	55-59	Brighton	Apr 2023
4.38.14	Sue Karstens	35-39	London	Apr 1996
4.38.29	Kate Peacock	20-34	Edinburgh	May 2025
4.39.04	Kelly McGill	45-49	London	Apr 2024
4.39.22	Sophie L. Evans	20-34	London	Apr 2024
4.39.53	Jan Atkinson	35-39	London	Apr 2001
4.40.38	Megan Ivory	20-34	Edinburgh	May 2026
4.43.06	Joy Hale	20-34	Luton	Nov 2012
4.43.09	Amy-Louise Ironmonger	20-34	London	Apr 2024
4.45.00	Tracy King	20-34	London	Apr 2000
4.45.29	Maia Dilloway	20-34	London	Apr 2023
4.46.06	Susan Maloney	45-49	London	Apr 2012
4.46.06	Christine Driot	20-34	London	Apr 2003
4.46.38	Paula Green	40-44	Edinburgh	May 2012

4.47.34	Wendy Bradford	40-44	London	Apr 2012
4.47.52	Lisa Gibson	20-34	Stockholm	Jun 2007
4.49.57	Jackie Rutter	20-34	London	Apr 2002
4.51.58	Linda Hawkins	45-49	Edinburgh	May 2013
4.52.09	Paulene Galoppi	65-69*	London	Apr 2016
4.52.12	Linda Lindstedt	20-34	London	Apr 2000
4.53.30	Madeline Jones	20-34	London	Apr 1994
4.53.44	Alison Bull	45-49	Chelmsford	Oct 2014
4.53.53	Charleen Tillotson	40-44	Edinburgh	May 2025
4.54.04	Sharon Coleman	35-39	London	Apr 2008
4.54.52	Michelle Hyde	20-34	London	Apr 2013
4.55.56	Emma Luck	45-49	London	Apr 2024
4.56.00	Caroline Kemp	40-44	London	Apr 2000
4.56.54	Claire Morris	40-44	Milton Keynes	May 2022
4.58.04	Danielle Trouve	20-34	London	Apr 2025
4.58.36	Susan Gillard	20-34	London	Apr 2012
4.59.10	Danielle Chinion	20-34	London	Apr 1996
5.00.41	Laura Gregory	20-34	London	Apr 2012
5.00.53	Dawn Elliott	50-54	Manchester	Apr 2025
5.01.23	Katie Muirhead	20-34	Brighton	Apr 2014
5.06.28	Debbie Mead	50-54	London	Apr 2024
5.07.33	Prudence Oliver	20-34	Brighton	Apr 2012
5.07.59	Janet Webster	55-59	Edinburgh	May 2012
5.11.10	Bobbie Muschamp	20-34	London	Apr 2024
5.11.41	Sarah Whitelaw	20-34	London	Apr 2024
5.12.11	Rachel Cochrane	40-44	London	Apr 2025
5.12.13	Claire Stevens	20-34	Chelmsford	Oct 2014
5.12.25	Caroline Tibbitts	20-34	London	Apr 2012
5.14.23	Jackie Meerloo	55-59	London	Apr 1990
5.17.15	Susie Morley	20-34	London	Apr 2010

5.18.00	Magali Fourre	20-34	Seven Sisters	Nov 1997
5.18.25	Ann Lawson	20-34	London	Apr 1990
5.18.25	Anne Pask	50-54	London	Apr 1991
5.18.27	Kim Wookey	50-54	London	Apr 2011
5.18.48	Abi Humble	20-34	London	Apr 2026
5.19.41	Harriet Radmore	20-34	London	Apr 2010
5.19.48	Ruby O’Sullivan	20-34	London	Apr 2024
5.20.31	Amber Dickinson	20-34	London	Apr 2019
5.22.03	Donna Walker	44-49	London	Apr 2026
5.23.03	Jessica Mace	20-34	London	Apr 2012
5.23.22	Tracie Cook	40-44	London	Apr 2019
5.23.37	Ellen Savidge	20-34	London	Apr 2025
5.24.00	Alison Rayman	20-34	Beachy Head	Oct 2010
5.24.23	Deborah Pomphret	50-54	London	Apr 2023
5.25.55	Helen Stewart	20-34	London	Apr 1999
5.26.31	Emily Clibbens	20-34	London	Apr 2019
5.29.16	Kim Shenton	50-54	London	Apr 2012
5.33.38	Emma Stead	35-39	London	Apr 2019
5.35.24	Cheryl Parker	40-44	London	Apr 2011
5.36.00	Hannah Cox	40-44	Flitch Way	Dec 2017
5.37.34	Val Miller	45-49	London	Apr 1991
5.37.59	Helen Barnes-Martin	50-54	Manchester	Oct 2021
5.37.59	Laura Wise	40-44	Brighton	Apr 2025
5.38.44	Denise Hudson	45-49	London	Apr 2012
5.40.50	Vicky Calver	35-39	London	Apr 2014
5.40.56	Deb Garfield (2 nd Claim)	45-49	Sawbridgeworth	Jan 2020
5.42.23	Sue Reilly	50-54	Edinburgh	May 2025
5.42.31	Liz Roberts	20-34	London	Apr 2023
5.43.26	Keren Greenall	40-44	London	Apr 2023
5.45.46	Millie McGovern	20-34	London	Apr 2024

5.47.41	Terasa Holden	45-49	London	Apr 2019
5.49.52	Claire Sees	20-34	London	Apr 2013
5.51.17	Teresa Warren	55-59	Rayne	Dec 2019
5.56.23	Debbie Bodhanya	50-54	London	Apr 2015
5.56.46	Lisa-Marie Bradnock	40-44	London	Apr 2024
6.00.43	Melanie Harris	60-64	London	Apr 2017
6.01.53	Amelia Palas	45-49	London	Apr 2011
6.06.51	Shannon Veitch	20-34	Halstead	May 2025
6.12.18	Kelly Stearn	35-39	London	Apr 2012
6.19.45	Sue Mould (2 nd Claim)	40-44	London	Apr 2026
6.27.57	Joanne Mills	55-59	London	Apr 2006
6.30.42	Louise Kedge	35-39	Tallin, Estonia	Aug 2025
6.37.59	Angela Cook	55-59	London	Oct 2021
6.38.44	Harriett Martin	20-34	London	Apr 2024
6.42.37	Alison Walker	35-39	London	Oct 2021
6.42.58	Diane Copsey	45-49	London	Apr 2018