

LADIES' 10K PERSONAL BESTS

Last updated 29 September 2026

PLEASE NOTE:- Before 1995 Hatfield Broad Oak, before 2003 High Ongar and before 2006 St. Clare were not verified courses. Harlow (Spooner), Bishop's Stortford, Hatfield, Hertford, Stevenage (NHRR), Takeley and Hitchin are not verified courses. Harlow and Stevenage (2019) were not verified courses.

* 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
34.49	Anne Strike	Wheelchair*	Manchester	May 2010
36.31	Lucy Barnes	20-34*	High Easter	Oct 2022
38.30	Helen Syms #	20-34	Hatfield Broad Oak	May 1990
38.58	Pippa Jackson # (2 nd Claim)	20-34	High Ongar	Jul 2002
40.06	Ravenna Brown	U20*	Hatfield Broad Oak	May 1999
40.09	Louise Brass (2 nd Claim)	20-34	Harlow	Jun 2011
40.22	Bel Walters #	35-39	Bishop's Stortford	Jun 2003
40.54	Tracey Alexandrou #	35-39	High Ongar	Jul 2002
41.30	Sharon Wright	35-39	Welwyn Garden City	Jul 2017
41.33	Terri Wiley	35-39	St. Clare	Apr 2023
41.42	Louise Tankard	20-34	Stevenage	May 2015
41.57	Christine Driot #	20-34	Hatfield	Apr 2003
42.03	Jayne Huskinson	U20	Harlow (Stewards)	Sep 1992
42.05	Kelly Rowland (2 nd Claim)	40-44	Ely	Dec 2018
42.09	Pat Malyon #	50-54	Hatfield Broad Oak	May 1994
42.14	Ella Wager	20-34	St. Clare	Apr 2025
42.35	Dionne Jones	40-44*	Billericay	Nov 2011
42.35	Catherine Ridge	40-44*	High Easter	Jun 2024
42.44	Allison Beeton	50-54	Vitality London 10000	May 2019
43.01	Sheila Fitzpatrick	35-39	Southend	Oct 1996
43.10	Julia Gardiner	35-39	Harlow	Jun 2014
43.17	Wendy Barnes	20-34	Canvey Island	Oct 1997
43.23	Suzy Hawkins	20-34	Hatfield Broad Oak	May 2007

43.32	Natalie Belch	20-34	Hatfield Broad Oak	May 1999
43.43	Leanne Bennett	20-34	Queen Elizabeth Olympic Park	Jan 2020
43.45	Caroline Bore	40-44	Surrey Quay	Sep 1992
43.46	Carinne Jay	50-54	St. Clare	Apr 2017
43.56	Paula Reynolds #	40-44	Stevenage (NHRR)	Jun 2017
44.10	Sue Collins #	20-34	Hatfield Broad Oak	May 1990
44.13	Jenny Todd	20-34	Hatfield Broad Oak	May 1998
44.17	Vicky Steadman	35-39	Stevenage	May 2012
44.31	Amber Ingle	20-34	Victoria Park	Dec 2021
44.46	Charlotte Simpson	20-34	Hatfield Broad Oak	May 2025
44.50	Linda Selby	40-44	Southend	Oct 1991
44.53	Karen Pugh	20-34	Harlow	Oct 1989
45.04	Ellie Wiseman	20-34	Vitality 10000	Sep 2026
45.07	Jenny Spelling	20-34	Hatfield Broad Oak	May 2007
45.21	Natalie Pennells	35-39	Welwyn Garden City	Jun 2018
45.25	Donna Milton	45-49	Hatfield Broad Oak	May 2024
45.34	Faith Jackson-Lee #	40-44	Stevenage (NHRR)	Jun 2017
45.39	Sandi Rust	45-49	Brentwood	Jul 2015
45.41	Ella Newitt	20-34	Matching	May 2026
45.44	Claire Russell	35-39	Harlow	Jun 2011
45.58	Fieke Blackwell #	20-34	Stevenage	Jun 2019
46.06	Colleen Thorlby	20-34	Hyde Park	Jul 1994
46.09	Bryony Maddams #	35-39	Takeley	Sep 2010
46.12	Katie Herrington	20-34	Ely	Dec 2009
46.35	Liz Martin	45-49	Hatfield Broad Oak	May 1997
46.42	Izzy Howe	20-34	Hatfield Broad Oak	May 2025
46.46	Clare Williams	35-39	Royston	May 2011
46.46	Tracy Stratford	20-34	Queen Elizabeth Olympic Park	Sep 2017
46.48	Jochebed Mpanga	35-39	Matching	May 2026
46.57	Kerry Mavris	50-54	Hatfield Broad Oak	May 2023

46.59	Paige Bircham	20-34	Queen Elizabeth Olympic Park	May 2021
47.00	Maria Williams #	20-34	Hatfield Broad Oak	May 1989
47.07	Francesca Tye	20-34	St. Clare	Apr 2019
47.10	Nicola Smith	20-34	Hatfield Broad Oak	May 2016
47.21	Heather Eastwood #	35-39	St. Clare	Apr 2005
47.27	Chris Perrin #	45-49	St. Clare	Apr 2002
47.31	Pat Jarman	55-59	Hatfield Broad Oak	May 1996
47.33	Jackie Mitchell	35-39	Stevenage	May 2007
47.34	Linda Helm-Manley	60-64*	Hatfield Broad Oak	May 2024
47.50	April Martin	U20	Hatfield Broad Oak	May 2000
47.54	Wendy Schroder	45-49	London Winter Run	Jan 2016
47.54	Kim Dunkin	20-34	Victoria Park	Jul 2003
47.57	Julie Morris	40-44	Great Bardfield	Sep 2000
47.58	Saira Muschamp	35-39	Hatfield Broad Oak	May 2016
48.10	Julie Allen	20-34	Hatfield Broad Oak	May 2010
48.15	Laura Prime	40-44	Queen Elizabeth Olympic Park	Dec 2019
48.20	Elaine Ochiltree #	40-44	Bishop's Stortford	Jun 2003
48.30	Ann Murphy	35-39	Sheredes	Apr 1993
48.35	Louise Cootes	45-49	High Easter	Jun 2026
48.45	Janice Page	45-49	Felsted	Jul 2012
48.50	Lynne Smith	40-44	Surrey Quay	Sep 1994
48.52	Anna Robey	20-34	Harlow	Jun 2016
48.56	Sue Levene	45-49	Hatfield Broad Oak	May 1997
48.56	Katharine Fennelly	20-34	Queen Elizabeth Olympic Park	Mar 2015
48.57	Gail Nicholls	50-54	Queen Elizabeth Olympic Park	Oct 2018
48.57	Lisa Gibson	20-34	St. Clare	Mar 2007
48.59	Linda Radford	45-49	Hatfield Broad Oak	May 1997
49.15	Georgina Spenceley	20-34	Hatfield Broad Oak	Jun 2012
49.26	Michelle Hyde	35-39	Ely	Dec 2018
49.27	Debbie Barry	50-54	Battersea Park	Nov 2015

49.27	Jane Williams #	40-44	St. Clare	Apr 2002
49.29	Zoe Delaney	20-34	Harlow	Jun 2012
49.32	Rachel Farr	20-34	Church Langley	Sep 1995
49.32	Magali Fourre	20-34	Sheredes	May 1997
49.33	Hannah Tierney	20-34	Framlingham	Sep 2026
49.45	Karen Moir	40-44	Hatfield Broad Oak	May 2005
49.47	Kelly Burgess	45-49	Lee Valley	Sep 2020
49.47	Judy Lodge	40-44	Hatfield Broad Oak	May 1998
49.54	Caroline Rumble	35-39	Hatfield Broad Oak	May 2005
49.58	Clare Branch (2 nd Claim)	50-54	Vitality 10000	Sep 2026
50.01	Natalie Thornton	55-59	Queen Elizabeth Olympic Park	Jan 2025
50.04	Kath Saunders	20-34	Stevenage	May 2006
50.06	Lorraine Coster	35-39	Southend	Oct 1996
50.15	Holly Nairn	20-34	Queen Elizabeth Olympic Park	Oct 2019
50.17	Emma Luck	45-49	Duxford	Oct 2023
50.20	Anne Kleijwegt	35-39	Hatfield Broad Oak	May 2008
50.24	Zoe Wager	20-34	St. Clare	Apr 2025
50.27	Sonia Davis	40-44	St. Clare	Apr 2011
50.40	Naomi Oiku	20-34	Matching	May 2026
50.42	Ruth Barnes #	35-39	Harlow (Spooner)	Oct 2003
50.51	Nadine Bedi	50-54	St. Clare	Apr 2026
50.53	Rosie Lozeau	20-34	Fulham	Nov 2024
50.58	Emma Wadding	20-34	Harlow	Jun 2010
51.07	Megan Ivory	20-34	London Winter Run	Feb 2026
51.10	Kelly McGill	45-49	St. Clare	Apr 2025
51.10	Wendy Stevens	45-49	Boulogne	Jul 1989
51.17	Veronica Carrasco Espana (2 nd Claim)	34-39	Matching	May 2026
51.18	Debbie Smith	45-49	Hatfield Broad Oak	May 2015
51.23	Sarah Webber #	35-39	Harlow (Spooner)	Oct 2003

51.25	Kelly Spires	45-49	Hatfield Broad Oak	May 2023
51.27	Tracie Cook	40-44	Bishop's Stortford	Oct 2019
51.27	Vanessa Bull	20-34	Harlow	Nov 2018
51.29	Louise Kedge	20-34	Finsbury Park	Jan 2018
51.29	Maia Dilloway	20-34	Hatfield Broad Oak	May 2023
51.30	Claire Carter	50-54	Hatfield Broad Oak	May 2025
51.31	Lyndsey Hodge #	35-39	Birchanger	May 2014
51.31	Lucy Overy	20-34	Hatfield Broad Oak	May 2017
51.34	Anita Vaz	20-34	Harlow	Jun 2013
51.42	Cathy Dunlea	45-49	Hatfield Broad Oak	May 2001
51.43	Kate Hawkins	U15	Hatfield Broad Oak	May 1995
51.47	Ellie Sykes	20-34	Vitality 10000	Sep 2026
51.50	Joanne Chung	20-34	St. Clare	Apr 2009
51.52	Hannah Wenlock	35-39	St. Clare	Apr 2018
51.52	Milly Lang-Watts	35-39	Hatfield Broad Oak	Jun 2012
52.01	Michele Robinson	40-44	Grange Farm	Jul 2000
52.06	Sandra Westgate	45-49	Cambridge	Oct 2021
52.12	Katie Syme #	20-34	Hertford	Apr 2009
52.14	Jess Allen	20-34	Framlingham	Sep 2026
52.14	Kate Peacock	20-34	Framlingham	Sep 2026
52.16	Rachel Morris	20-34	Greenwich	Jun 2017
52.25	Michelle Sheridan	45-49	Vitality 10,000	May 2022
52.26	Martine Beard	35-39	Stevenage	May 2015
52.32	Rita Cutts #	45-49	St. Clare	Mar 2003
52.33	Kate Spillane #	20-34	St. Clare	Sep 2001
52.39	Claire Beebe	20-34	Richmond Park	Sep 2003
52.40	Holly Davis	20-34	St. Clare	Apr 2019
52.40	Erynn Palmer	20-34	Vitality 10000	Sep 2026
52.45	Caroline Kemp #	35-39	St. Clare	Apr 2002
52.45	Sophie M. Evans	20-34	St. Clare	Apr 2026

52.49	Anita Griffiths	55-59	Framlingham	Sep 2026
53.05	Hannah Cox	35-39	Hatfield Broad Oak	May 2016
53.05	Odette Galea	20-34	Felsted	Jul 2012
53.07	Anne Pask	50-54	Harlow (Stewards)	Sep 1993
53.08	Alison Bull #	40-44	Hertford	Apr 2009
53.13	Ella Warwick	20-34	St. Clare	Apr 2026
53.17	Sandra Webber	40-44	Queen Elizabeth Olympic Park	Dec 2021
53.18	Jane Evans	55-59	Hatfield Broad Oak	May 2023
53.18	Katie Brennan	20-34	Hatfield Broad Oak	May 2026
53.19	Laura Gregory	20-34	Stevenage	May 2013
53.22	Clare Muncey	20-34	Stevenage	May 2006
53.23	Kate Porter	45-49	Scarborough	Oct 2022
53.25	Clair Adams #	35-39	Stevenage (NHRR)	Jun 2014
53.35	Lucy Mella-Davies	35-39	Hatfield Broad Oak	May 2024
53.35	Anne Mills	35-39	Hatfield Broad Oak	May 1996
53.36	Dawn Elliott	50-54	Standalone, Letchworth	Oct 2025
53.45	Sue Karstans	35-39	Hatfield Broad Oak	May 1995
53.46	Emma Boreham	20-34	Hatfield Broad Oak	May 2025
53.59	Kerry Pugsley	40-44	Duxford	Oct 2023
53.59	Joanna Lawrence	20-34	Hatfield Broad Oak	May 2015
54.01	Ayesha Pite	45-49	Vitality London 10000	May 2019
54.01	Hazel Kurz (2 nd Claim)	40-44	Queen Elizabeth Olympic Park	Jan 2020
54.01	Ali Mitchell #	20-34	Bishop's Stortford	Jun 2003
54.02	Celia Haigh	40-44	Chelmsford	Nov 2014
54.02	Nicole Harris	20-34	Matching	May 2026
54.02	Ellen Savidge	20-34	Matching	May 2026
54.03	Samantha Meynell	20-34	Hatfield House	Jul 2021
54.04	Jo Walker	45-49	Matching	May 2026
54.04	Paula Coleman	40-44	Stevenage	May 2013
54.04	Helen Stewart	35-39	Hatfield Broad Oak	May 1995

54.05	Amy-Louise Ironmonger	20-34	Hatfield Broad Oak	May 2025
54.27	Joanne Mills	60-64	Felsted	Jul 2008
54.28	Siobhan Coster	35-39	St. Clare	Apr 2021
54.35	Ann Somerville	35-39	Stevenage	May 2008
54.36	Alison Morris	20-34	Aylesbury	Aug 1996
54.39	Linda Leiderud #	20-34	Harlow (Spooner)	Oct 2000
54.41	Kelly Grey	40-44	Brentwood	Jul 2019
54.42	Gina Bailey	20-34	St. Clare	Apr 2007
54.43	Danielle Trouve	20-34	St. Clare	Apr 2023
54.46	Melanie Childs	20-34	King Harold	Nov 1996
54.52	Lorraine Knight	50-54	Victoria Park	Apr 2017
54.52	Laurel Peck	20-34	St. Clare	Apr 2024
55.00	Deborah Pomphret	50-54	London Winter Run	Feb 2023
55.00	Sylvie Finlay**	20-34	London	Jul 2005
55.08	Melissa Rowlands	40-44	Hatfield Broad Oak	May 2025
55.11	Bethany Drake	20-34	Hatfield Broad Oak	May 2025
55.14	Wendy Hunt	45-49	Hatfield Broad Oak	Jun 2022
55.17	Linda Hawkins	45-49	BUPA London	May 2010
55.17	Liz Roberts	20-34	Hatfield Broad Oak	May 2023
55.19	Paula Green	40-44	Hatfield Broad Oak	May 2011
55.26	Jackie Meerloo	60-64	Great London Run	Jul 1995
55.30	Charlotte Berndes	20-34	Welwyn Garden City	Jul 2023
55.33	Emma Hills	45-49	Vitality 10000	Sep 2026
55.37	Kate Babb	55-59	St. Clare	Apr 2021
55.38	Brady Ramsay	55-59	St. Clare	Apr 2025
55.44	Jessica Briggs	20-34	Hatfield Broad Oak	May 2014
55.46	Tracy Greenall	40-44	Hatfield Broad Oak	May 2019
55.47	Susan Maloney	55-59	Queen Elizabeth Olympic Park	Apr 2021
55.47	Joy Hale	20-34	Stevenage	May 2013
55.57	Shannon Beales	40-44	Vitality London 10000	Sep 2025

56.12	Jo Busson	40-44	Royston	Jun 2006
56.14	Yvonne Ascott #	40-44	Hatfield Broad Oak	May 1990
56.20	Melanie Harris	35-39	Hatfield Broad Oak	May 1995
56.29	Charleen Tillotson	40-44	London Winter Run	Feb 2024
56.36	Jan Atkinson #	20-34	Harlow (Spooner)	Oct 2002
56.37	Rhona Deally	20-34	Harlow (Stewards)	Sep 1992
56.42	Debbie Attridge	40-44	St. Clare	Mar 2008
56.47	Chris Salvary	40-44	Hatfield Broad Oak	May 1998
56.47	Janice Forth #	35-39	Stevenage (NHRR)	Jun 2008
56.51	Alison Wilkinson	50-54	St. Clare	Sep 2020
56.53	Nicola Burchell	55-59	Vitality London 10000/Hatfield	Sep 2025/Jan 2026
56.53	Susie Morley	20-34	St. Clare	Mar 2010
56.54	Wendy Bradford	40-44	Royston	May 2011
56.58	Selina Morgan	40-44	Royston	Jun 2022
57.00	Val Miller	50-54	Harlow (Stewards)	Sep 1993
57.00	Laura Fitzsimons	20-34	St. Clare	Mar 2014
57.15	Iwona Antolik	45-49	St. Clare	Apr 2019
57.26	Teresa Stickland	55-59	Debden Airfield	Nov 2021
57.27	Christabel Moore	20-34	Hatfield Broad Oak	May 2025
57.30	Katie Wood	40-44	Queen Elizabeth Olympic Park	Dec 2016
57.40	Abbygaelle Cornillet	20-39	St. Albans	Apr 2026
57.41	Brenda Granville	50-54	Shoreditch	Sep 2025
57.41	Pushpa Mistry	50-54	Hatfield Broad Oak	May 2014
57.45	Alex Soady	20-34	London Winter Run	Feb 2024
57.49	Stephanie Dean	20-34	Colchester Zoo	May 2026
57.55	Sheila Leach	20-34	Hatfield Broad Oak	May 2015
58.00	Ann Lawson	40-44	King Harold	Nov 1995
58.00	Madelane Jones	20-34	Harlow (Stewards)	Sep 1993
58.01	Cally Bruce	45-49	Matching	May 2026
58.02	Laura Abel #	20-34	Harlow (Spooner)	Oct 2001

58.09	Carmen Byfield	45-49	Harlow	Jun 2016
58.11	Vanessa Murray	45-49	Duxford	Oct 2023
58.16	Antonella Crudgington	45-49	Victoria Park	Jul 2021
58.16	Jackie Westgate	40-44	Hatfield Broad Oak	May 2005
58.16	Elaine Wise	35-39	St. Clare	Apr 2006
58.19	Claire Morris	40-44	Royston	Jun 2022
58.20	Lizzie Williams	20-34	St. Clare	Mar 2014
58.21	Brenda Clayton	70-74*	Histon	Nov 2017
58.24	Fiona Wood	35-39	Saffron Walden	Sep 2009
58.25	Paula Miles	45-49	St. Albans	Apr 2019
58.36	Louise Peacock #	40-44	Stevenage	Jun 2018
58.37	Denise Goodchild #	40-44	Hertford	Apr 2009
58.51	Julia Galea	55-59	Stevenage	May 2013
58.51	Bobbie Muschamp	20-34	Vitality 10000	Sep 2024
58.53	Lisa Hacker	40-44	Royston	Jun 2009
58.55	Kim Wookey	50-54	Hatfield Broad Oak	May 2009
59.00	Davina Smith	45-49	St. Clare	Apr 2021
59.02	Jackie Lang	20-34	Trent Park	Oct 1994
59.04	Lisa Coates	50-54	St. Clare	Apr 2024
59.04	Sue Reilly	50-54	Queen Elizabeth Olympic Park	Jan 2024
59.05	Brenda Fitzgerald	50-54	St. Albans	Dec 2025
59.06	Debbie Coombes	20-34	Hatfield Broad Oak	May 2009
59.09	Julie Bradley	60-64	St. Clare	Apr 2021
59.09	Luella Dixon	54-59	Queen Elizabeth Olympic Park	Mar 2023
59.11	Debbie Mead	40-44	Hatfield Broad Oak	May 2015
59.11	Samantha Sharp	20-34	St. Clare	Apr 2025
59.12	Jan Scott	35-39	Harlow (Stewards)	Sep 1992
59.18	Abi Pinfold	20-34	Vitality 10000	Sep 2026
59.52	Debra Monk	50-54	St. Albans	Apr 2019
59.54	Lisa Brett	50-54	St. Clare	Apr 2022

1.00.07	Laura Jephcott	U20	Hatfield Broad Oak	May 2016
1.00.14	Laura Seaward	20-34	Harlow	Jun 2013
1.00.18	Janet Webster	55-59	Hatfield Broad Oak	May 2010
1.00.18	Nicola MacDonald	20-34	Harlow (Motability)	Sep 2004
1.00.24	Liz Coxall	45-49	Queen Elizabeth Olympic Park	Jan 2020
1.00.26	Emma Stead	35-39	Vitality London 10000	May 2018
1.00.26	Mikayla Powell	20-34	Hatfield Broad Oak	May 2019
1.00.31	Caroline Collins	35-39	St. Clare	Mar 2013
1.00.31	Melody Nairn	20-34	St. Clare	Apr 2017
1.00.34	Karen Anthony	35-39	Royston	May 2011
1.00.37	Sophie L. Evans	20-34	Vitality 10000	Sep 2024
1.00.39	Emily Carter-Scott	20-34	Lee Valley	Mar 2024
1.00.48	Gemma Maxwell	40-44	Vitality 10000	Sep 2026
1.00.50	Vicky Calver	35-39	Hatfield Broad Oak	May 2014
1.00.58	Paulene Galoppi	65-69	Brentwood	Jul 2015
1.01.00	Helen Barrell	20-34	St. Clare	Apr 2021
1.01.07	Louise Shury	45-49	Cambridge	Oct 2022
1.01.21	Kelly Reeves	50-54	Victoria Park	Oct 2025
1.01.31	Karen Phillips	35-39	Stevenage	May 2008
1.01.42	Keren Greenall	45-49	Hatfield Broad Oak	May 2024
1.01.43	Emily Clibbens	20-34	St. Clare	Apr 2015
1.01.54	Mary Lince #	45-49	Hertford	Apr 2008
1.01.57	Claire Clark	40-44	Hatfield Broad Oak	May 2023
1.02.00	Sharon Morgan #	20-34	Hatfield Broad Oak	May 1990
1.02.04	Paula Hunt #	35-39	St. Clare	Mar 2003
1.02.10	Millie McGovern	20-34	St. Clare	Apr 2025
1.02.14	Terasa Holden	45-49	St. Clare	Apr 2021
1.02.26	Helen Barnes-Martin	50-54	High Easter	May 2019
1.02.35	Angela Mariconda	55-59	Hatfield Broad Oak	May 2023
1.02.36	Karen Shepherd	45-49	Royston	Jun 2009

1.02.49	Lindsey Pearson	35-39	Southend	Oct 2018
1.02.59	Annabel Moeser	20-34	Victoria Park	Dec 2019
1.03.11	Teresa Warren	55-59	Billericay	Nov 2019
1.03.21	Sarah Medlock	45-49	Hatfield Broad Oak	May 2023
1.03.26	Sarah Walker	20-34	Queen Elizabeth Olympic Park	Dec 2021
1.03.33	Heidi Fox	45-49	Hatfield Broad Oak	May 2024
1.03.39	Alison Walker	35-39	Vitality London 10000	May 2019
1.03.46	Julie Ireland	60-64	Hatfield Broad Oak	May 2023
1.03.56	Claire Stevens	20-34	Welwyn Garden City	Jul 2014
1.04.04	Michelle Hughes	35-39	Hatfield Broad Oak	May 2016
1.04.05	Jan Bliss	50-54	Royston	Jun 2009
1.04.07	Denise Gigg	60-64	Vitality 10000	Sep 2026
1.04.20	Tanya Cotter	40-44	Queen Elizabeth Olympic Park	Jan 2020
1.04.25	Olivia Curaba	20-34	Matching	May 2026
1.04.48	Sarah Whitelaw	20-34	Hatfield Broad Oak	May 2024
1.04.53	Linda Blackburn #	20-34	Harlow (Spooner)	Oct 2001
1.05.20	Judy Ward	75-79	St. Clare	Apr 2021
1.05.44	Donna Walker	45-49	Colchester	May 2026
1.05.57	Dawn Elford	40-44	Lee Valley	Jul 2019
1.06.08	Kim Shenton	45-49	St. Clare	Apr 2011
1.06.08	Katie Hammond	20-34	Hatfield Broad Oak	May 2010
1.06.42	Lyn Dean	20-34	North Weald	Jun 1994
1.06.54	Debbie Read	40-44	Vitality 10000	Sep 2024
1.06.58	Katie Paton	40-44	Hatfield Broad Oak	May 2026
1.07.32	Dawn Taylor #	40-44	St. Clare	Mar 2004
1.07.34	Jane Luck	40-44	St. Clare	Mar 2008
1.07.35	Cheryl Parker	40-44	St. Clare	Apr 2011
1.07.39	Melanie Giddings #	35-39	St. Clare	Mar 2004
1.07.58	Lauren Moore	20-34	Hatfield Broad Oak	May 2025
1.08.00	Lorraine Teale	45-49	Lee Valley Velopark	Oct 2017

1.08.38	Chantelle Brooks	30-34	Vitality 10000	Sep 2026
1.09.04	Amanda Martin-Hose	20-34	Queen Elizabeth Olympic Park	Dec 2019
1.09.54	Carol Cowlin	55-59	St. Clare	Sep 2020
1.10.26	Tracey Cruz	40-44	Hatfield Broad Oak	Jun 2022
1.10.28	Jackie Dykes	50-54	London	Feb 2018
1.10.36	Helen Brunton	55-59	Royston	Jun 2018
1.10.37	Sharon Brooks	50-54	High Easter	May 2019
1.10.39	Harriett Martin	20-34	Duxford	Sep 2022
1.10.56	Clare Farrington #	35-39	St. Clare	Sep 2001
1.11.12	Debbie Seymour #	20-34	St. Clare	Mar 2003
1.12.53	Sarah Gainsford	50-54	Hatfield Broad Oak	May 2018
1.13.19	Julie Bull	45-49	Lee Valley	Jul 2019
1.13.22	Nicola Hider	35-39	Harlow (Motability)	Sep 2004
1.13.27	Katie Ross	35-39	Hatfield Broad Oak	May 2026
1.13.27	Kerry Sunshine #	20-34	St. Clare	Apr 2004
1.13.30	Grace Shaffi	20-34	Queen Elizabeth Olympic Park	Mar 2020
1.13.32	Michelle Hills-Garner	20-34	Queen Elizabeth Olympic Park	Mar 2020
1.14.52	Liz Layzell	65-69	Hatfield Broad Oak	May 2026
1.15.35	Angela Cook	55-59	St. Clare	Apr 2021
1.16.07	Emily Cross	35-39	St. Clare	Apr 2026
1.17.39	Laura Rowlett	20-34	Queen Elizabeth Olympic Park	Mar 2020
1.17.54	Jenny Bilson	20-34	Queen Elizabeth Olympic Park	Jul 2025
1.18.55	Yasmin Gregory	55-59	Cambridge	Oct 2021
1.18.57	Emma Ashby	20-34	St. Clare	Apr 2024
1.22.00	Pauline Weirich	50-54	Fulham	Nov 2019
1.22.03	Karen Kitson	45-49	Queen Elizabeth Olympic Park	Feb 2020
1.22.27	Stacey Miziolek	45-49	St. Clare	Apr 2024
1.23.05	Naomi van der Lith	50-54	Vitality 10000	Sep 2026
1.23.20	Lisa Dyson	45-49	Abington	Oct 2010
1.30.06	Sue Shilling	45-49	Queen Elizabeth Olympic Park	Mar 2020

1.31.05	Pat O’Flaherty	60-64	Vitality 10,000	May 2022
1.35.45	Sara Coombe	45-49	St. Clare	Apr 2018
1.39.30	Nicola Wix	45-49	St. Clare	Sep 2020
1.48.27	Jennie Gould	60-64	Knebworth	Jun 2021