

LADIES' 5 MILE PERSONAL BESTS

Last updated 12 July 2026

PLEASE NOTE:- Before April 1997 Victoria Park was not a verified 5 Mile, Bishop's Stortford, Hatfield Heath, Epping, Copped Hall and Bishop's Stortford have never been measured 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
29.10	Lucy Barnes	20-34*	Hatfield	Nov 2022
31.31	Louise Brass (2 nd Claim)	20-34	Welwyn Garden City	Jun 2011
31.57	Tracey Alexandrou # **	35-39	Epping (Rhys Daniels)	Jun 2003
32.29	Karen Pugh	20-34	Cheshunt (ECP)	Apr 1990
33.19	Sharon Wright	35-39*	Saffron Striders Fast 5	Oct 2017
33.23	Terri Wiley	35-39	Witham	Dec 2022
33.26	Catherine Ridge	35-39	Hatfield	Nov 2022
33.33	Sheila Fitzpatrick #	35-39	Hatfield Heath	June 1997
33.35	Pat Maylon #	45-49	Victoria Park	Mar 1991
33.47	Bel Waters	35-39	Chingford	May 2003
34.06	Suzy Hawkins	20-34	Ingatestone	Sep 2007
34.48	Wendy Barnes #	20-34	Hatfield Heath	Jun 1997
34.56	Paula Reynolds	35-39	Welwyn Garden City	Jun 2011
35.02	Carinne Jay	50-54	Saffron Striders Fast 5	Oct 2017
35.12	Linda Selby #	45-49	Victoria Park	Apr 1996
35.12	Cathy Dunlea #	20-34	Victoria Park	Apr 1989
35.15	Allison Beeton	50-54	Braintree	Mar 2019
35.15	Dionne Jones	40-44	Great Easton	Jun 2014
35.16	Julia Gardiner	20-34	Welwyn Garden City	Jun 2013
35.26	Sue Collins	20-34	Dunmow	Mar 1990
35.30	Claire Russell	35-39	Welwyn Garden City	Jun 2011
35.35	Natalie Belch	20-34	Welwyn Garden City	Apr 1999
35.36	Christine Driot	20-34	Chingford	May 2003
35.49	Leanne Bennett	20-34	Saffron Striders Fast 5	Oct 2019

35.54	Lisa Carley	20-34	Welwyn Garden City	Jun 2007
35.55	Michele Davies	20-34	Ingatestone	Sep 1997
35.59	Bryony Maddams	35-39	Welwyn Garden City	Jun 2010
36.01	Kim Dunkin # **	20-34	Epping (Rhys Daniels)	Jul 2005
36.05	Jenny Spelling	20-34	Welwyn Garden City	Jun 2007
36.07	Donna Milton	45-49*	Witham	May 2024
36.10	Caroline Bore #	45-49	Hatfield Heath	Jun 1992
36.18	Vicky Steadman	20-34	Welwyn Garden City	Jun 2008
36.38	Sandi Rust	45-49	Witham	May 2016
36.55	Paige Bircham	20-34	Hatfield	Nov 2024
37.04	Liz Martin	45-49	Victoria Park	Apr 1997
37.18	Colleen Thorlby #	20-34	Hatfield Heath	Jun 1994
37.20	Pat Jarman #	55-59	Victoria Park	Apr 1996
37.23	Kerry Mavris	45-49	Witham	Dec 2019
37.25	Maria Williams #	20-34	Hatfield Heath	Jun 1989
37.29	Karen Moir # **	40-44	Epping (Rhys Daniels)	Jun 2004
37.35	Tina Baker	20-34	Dunmow	Jul 2000
37.44	Ruth Barnes # **	35-39	Epping (Rhys Daniels)	Jun 2003
37.47	Lynne Gailey #	35-39	Hatfield Heath	Jun 1993
37.53	Anne Pask	50-54	Bishop's Stortford	May 1991
38.02	Julie Morris	40-44	Springfield	Jun 2000
38.07	Jackie Mitchell	35-39	Welwyn Garden City	Jun 2006
38.12	Chris Perrin	45-49	Waltham Cross	Jul 2001
38.18	Katie Herrington	20-34	Welwyn Garden City	Jul 2009
38.40	Vanessa Leij's #	U20	Victoria Park	Apr 1989
38.55	Linda Helm-Manley	60-64*	Witham	May 2024
39.06	Clare Williams	35-39	Welwyn Garden City	Jun 2010
39.14	Jane Williams	40-44	Ingatestone	Sep 2001
39.14	Sue Levene #	45-49	Hatfield Heath	Jun 1996
39.14	Sarah Webber # **	35-39	Epping (Rhys Daniels)	Jun 2004
39.16	Judy Lodge #	35-39	Hatfield Heath	Jun 1997

39.17	Clare Branch (2 nd Claim)	50-54	Hatfield	Nov 2025
39.21	April Martin	U20*	Ingatestone	Sep 2000
39.21	Lucy Wilson	20-34	Ingatestone	Sep 1995
39.29	Debbie Barry	55-59	Witham	Dec 2015
39.29	Janice Page	50-54	Braintree	Apr 2014
39.31	Gail Nicholls	60-64	Ingatestone	Sep 2025
39.31	Wendy Schroder	45-49	Witham	May 2016
39.44	Tracy Stratford	35-39	Pleshey	Jun 2022
39.51	Tracie Cook	40-44	Hatfield	Nov 2019
40.03	Carol Robinson	40-44	Battersea	Jul 1995
40.06	Michele Robinson #	35-39	Hatfield Heath	Jun 1997
40.10	Anita Vaz # **	20-34	Epping (Rhys Daniels)	May 2013
40.12	Wendy Stevens #	45-49	Hatfield Heath	Jun 1991
40.14	Caroline Rumble	35-39	Dunmow	Jun 2005
40.15	Kath Saunders	20-34	Welwyn Garden City	Jun 2006
40.42	Laura Prime	40-44	Deal	Dec 2018
40.45	Joanne Chung	20-34	Welwyn Garden City	Jul 2009
41.00	Elaine Ochiltree	40-44	Springfield	Jun 2003
41.00	Ann Lawson #	40-44	Victoria Park	Apr 1994
41.01	Julie Allen	20-34	Welwyn Garden City	Jun 2010
41.07	Lorraine Coster	35-39	Ingatestone	Oct 1995
41.13	Natalie Thornton	55-59	Hatfield	Nov 2024
41.13	Helen Stewart #	35-39	Victoria Park	Apr 1996
41.15	Louise Cootes	45-49	Orion	Jun 2026
41.16	Michelle Hyde	20-34	Witham	May 2016
41.30	Lisa Gibson	20-34	Ingatestone	Sep 2007
41.31	Hannah Cox	35-39	Witham	May 2016
41.36	Kelly McGill	45-49	Hatfield	Nov 2024
41.38	Michelle Sheridan	35-39	Pleshey	Jun 2023
41.42	Anita Griffiths	50-54	Hatfield	Nov 2025
41.44	Veronica Carrasco Espana (2 nd Claim)	35-39	Orion	Jul 2026

41.47	Kate Spillane	20-34	Springfield	Jun 2001
41.48	Paula Coleman	40-44	Welwyn Garden City	Jun 2013
41.55	Louise Kedge	40-44	Braintree	Mar 2019
42.08	Kate Porter	45-49	Hatfield	Nov 2022
42.09	Ann Somerville	35-39	Welwyn Garden City	Jun 2008
42.21	Holly Nairn	20-34	Welwyn Garden City	Jun 2013
42.22	Celia Haigh	35-39	Ingatestone	Sep 2010
42.36	Claire Beebe	20-34	Ingatestone	Sep 2003
42.37	Sandra Webber	45-49	Hatfield	Nov 2025
42.43	Alison Bull	40-44	Welwyn Garden City	Jun 2008
42.47	Anne Kleijwegt	35-39	Ingatestone	Sep 2006
43.00	Vanessa Bull	20-34	Saffron Striders Fast 5	Sep 2018
43.01	Alison Morris	20-34	Ingatestone	Sep 1996
43.03	Jane Evans	50-54	Hatfield	Nov 2019
43.07	Megan Ivory	20-34	Hatfield	Nov 2025
43.18	Melanie Childs	20-34	Dunmow	Mar 1997
43.21	Debbie Smith	45-49	Great Easton	Jun 2014
43.28	Sue Karstens #	35-39	Hatfield Heath	Jun 1996
43.35	Rachel Farr	20-34	Battersea	Jul 1995
43.42	Emma Luck	45-49	Pleshey	Jun 2023
43.50	Katie Syme	20-34	Welwyn Garden City	Jul 2009
43.56	Ruth O'Connor	40-44	Welwyn Garden City	Jul 2009
44.00	Linda Radford # **	50-54	Epping (Rhys Daniels)	Jun 2003
44.13	Wendy Hunt	50-54	Hatfield	Nov 2025
44.15	Hannah Martin	U20	Saffron Striders Fast 5	Sep 2018
44.22	Shannon Beales	40-44	Hatfield	Nov 2025
44.26	Linda Hawkins	45-49	Ingatestone	Sep 2011
44.34	Debra Monk	50-54	Hatfield	Nov 2019
44.35	Odette Galea	20-34	Welwyn Garden City	Jun 2013
44.41	Selina Morgan	40-44	Pleshey	Jun 2022
44.44	Louise Peacock	40-44	Saffron Striders Fast 5	Sep 2018

44.45	Joanne Mills	60-64	Welwyn Garden City	Jul 2009
44.47	Laura Abel	20-34	Dunmow	Jun 2003
44.53	Sandra Westgate	45-49	Hatfield	Nov 2019
45.00	Caroline Kemp	20-34	Ingatestone	Sep 2000
45.05	Jan Atkinson	20-34	Ingatestone	Sep 2000
45.05	Jo Busson	40-44	Welwyn Garden City	Jun 2006
45.08	Hazel Kurz (2 nd Claim)	40-44	Witham	Dec 2019
45.13	Joy Hale	20-34	Ingatestone	Sep 2013
45.19	Nicola Burchell	55-59	Hatfield	Nov 2025
45.21	Ann Mills	40-44	Ingatestone	Sep 1995
45.21	Liz Roberts	35-39	Pleshey	Jun 2025
45.22	Janice Forth	35-39	Welwyn Garden City	Jun 2008
45.24	Susan Maloney	50-54	Pleshey	Jul 2014
45.28	Julia Galea	60-64	Welwyn Garden City	Jun 2013
46.01	Debbie Attridge	40-44	Welwyn Garden City	Jun 2008
46.06	Laura Jephcott	U20	Witham	May 2016
46.09	Jackie Westgate	40-44	Ingatestone	Sep 2005
46.13	Deborah Pomphret	55-59	Stevenage	May 2025
46.23	Abi Humble	20-34	Hatfield	Nov 2025
46.29	Val Miller #	45-49	Hatfield Heath	Jun 1991
46.34	Susie Morley	20-34	Braintree	Mar 2011
46.53	Charleen Tillotson	40-44	Ingatestone	Sep 2025
47.09	Sue Reilly	50-54	Witham	Dec 2024
47.34	Paula Miles	45-49	Braintree	Mar 2019
47.38	Vicky Calver	35-39	Ingatestone	Sep 2014
47.42	Brenda Clayton	70-74*	Braintree	Mar 2019
47.45	Teresa Stickland	55-59	Pleshey	Jun 2022
48.11	Georgina Spenceley	20-34	Welwyn Garden City	Jul 2009
48.14	Helen Barnes-Martin	50-54	Hatfield	Nov 2018
48.25	Paulene Galoppi	65-69	Wix	Oct 2015
48.48	Teresa Warren	55-59	Saffron Striders Fast 5	Oct 2019

49.37	Melanie Harris	45-49	Ingatestone	Sep 2006
49.41	Lindsey Pearson	35-39	Saffron Striders Fast 5	Sep 2018
49.55	Lyn Ram	20-34	Battersea	Jul 1995
50.12	Jan Scott #	50-54	Hatfield Heath	Jun 1995
50.31	Kim Wookey	55-59	Saffron Striders Fast 5	Sep 2018
51.25	Iwona Antolik #	45-49	Bishop's Stortford	Jun 2018
51.29	Luella Dixon	60-64	Hatfield	Nov 2024
53.11	Sylvie Finlay	20-34	Ingatestone	Sep 2006
53.33	Jackie Meerloo	60-64	Trent Park	Jul 1993
54.26	Heidi Fox	40-44	Hatfield	Nov 2019
54.37	Clare Farrington	35-39	Springfield	Jun 2001
55.00	Jenny Bilson	20-34	Pleshey	Jun 2025
57.14	Helen Brunton	60-64	Witham	Dec 2018
57.32	Sharon Brooks	50-54	Braintree	Mar 2019
57.40	Julie Bull	45-49	Saffron Striders Fast 5	Oct 2019
59.36	Samantha Patten #	20-34	Copped Hall	Sep 2010
1.00.16	Sian Hind #	20-34	Copped Hall	Sep 2010
1.01.02	Harriet Martin	20-34	Hatfield	Nov 2023
1.12.24	Sara Coombe	40-44	Saffron Striders Fast 5	Oct 2017