



Senior Female				
	Name	Time	Date	Venue
1.3 Miles	Zara Blower	8'06"	30/03/09	Evesham ^(AC)
5 km	Gwen Fennell	21'10"	22/06/08	Evesham ⁽¹⁾
4 Miles	Marianne Day	28'55"	05/08/10	Sandhurst
5 Miles	Natasha Day	37'09"	01/11/09	Tewkesbury
10 km	Natasha Day	43'15"	03/04/11	Moreton in Marsh
12 km	Natasha Day	56'35"	17/01/10	Stratford
10 Miles	Natasha Day	1.18'27"	04/01/09	Gloucester
Half Marathon	Natasha Day	1.39'08"	23/10/11	Birmingham
20 Miles	Natasha Day	2.49'34"	13/03/11	Gloucester
Marathon	Gwen Fennell	3.21'23"	06/04/08	Paris
Bredon Hill	Marianne Day	50'28"	23/06/11	Bredon Hill

Veteran Ladies 40				
	Name	Time	Date	Venue
1.3 Miles	Tara Cooper	7'43"	09/11/09	Evesham ^(AC)
5 km	Tara Cooper	21'11"	09/09/08	Birmingham
5 Miles	Sheila Barbour	33'25"	07/11/10	Tewkesbury
10 km	Michelle Parsons	39'05"	30/08/10	Stratford
12 km	Michelle Parsons	49'00"	16/01/11	Stratford
10 Miles	Sheila Barbour	1.16'45"	03/04/11	Chedworth ⁽²⁾
Half Marathon	Michelle Parsons	1.24'59"	09/05/10	Tewkesbury
20 Miles	Sheila Barbour	2.37'22"	19/03/11	Rhayader
Marathon	Sheila Barbour	3.20'30"	16/10/11	Amsterdam, NL
Bredon Hill	Sheila Barbour	47'03"	23/06/11	Bredon Hill

Veteran Ladies 50				
	Name	Time	Date	Venue
1 Mile	Ann Tarry	7'30"	23/07/11	Bourton
1.3 Miles	Ann Tarry	9'15"	30/01/12	Evesham ^(AC)
5 km	Ann Tarry	24'36"	06/06/10	Warndon
5 Miles	Ann Tarry	42'29"	01/11/09	Tewkesbury
10 km	Ann Tarry	49'18"	03/04/11	Moreton in Marsh
12 km	Ann Tarry	1.05'09"	16/01/11	Stratford
10 Miles	Ann Tarry	1.45'34"	07/02/10	Stourbridge ⁽²⁾
Half Marathon	Ann Tarry	1.52'27"	11/03/12	Blackminster
20 Miles	Ann Tarry	3.14'13"	07/03/10	Gloucester
Marathon	Ann Tarry	4.00'00"	22/05/11	Edinburgh
Bredon Hill	Ann Tarry	56'32"	17/06/10	Bredon Hill

Veteran Ladies 60				
	Name	Time	Date	Venue
1.3 Miles	Diane Icke	11'10"	05/02/07	Evesham ^(CW)
5 km	Mary Hughes	30'56"	12/11/11	Solihull
5 Miles	Mary Hughes	51'24"	06/11/11	Tewkesbury
10 km	Diane Icke	59'26"	08/05/11	Crowle
12 km	Diane Icke	1.12'15"	17/01/10	Stratford
10 Miles	Diane Icke	1.52'44"	07/02/10	Stourbridge ⁽²⁾
Half Marathon				
Marathon				
Bredon Hill	Diane Icke	1.04'05"	18/06/09	Bredon Hill

Veteran Ladies 70				
	Name	Time	Date	Venue
1.3 Miles	Virginia Pawlyn	11'18"	11/04/11	Evesham ^(AC)
5 km	Virginia Pawlyn	27'33"	27/03/11	Evesham
5 Miles				
10 km	Virginia Pawlyn	52'56"	27/02/11	Bourton
12 km	Virginia Pawlyn	1.06'53"	16/01/11	Stratford
10 Miles				
Half Marathon	Virginia Pawlyn	2.00'46"	06/03/11	Droitwich
Marathon	Virginia Pawlyn	4.17'46"	03/10/10	Lake Garda, Italy
Bredon Hill	Virginia Pawlyn	1.05'37"	23/06/11	Bredon Hill

Veteran Ladies 35				
	Name	Time	Date	Venue
	Tara Cooper	7'58"	07/04/08	Evesham ^(CW)
	Sheila Barbour	20'31"	06/06/10	Warndon
	Emma Gill	34'21"	07/11/10	Tewkesbury
	Sheila Barbour	41'43"	18/07/10	Worcester
	Sheila Barbour	52'19"	17/01/10	Stratford
	Sheila Barbour	1.24'11"	08/02/09	Stourbridge ⁽²⁾
	Sheila Barbour	1.34'51"	25/10/09	Coventry
	Sheila Barbour	2.35'42"	07/03/10	Gloucester
	Sheila Barbour	3.28'00"	18/10/09	Amsterdam, NL
	Sheila Barbour	45'55"	17/06/10	Bredon Hill

Veteran Ladies 45				
	Name	Time	Date	Venue
	Sarah Gazey	8'39"	09/11/09	Evesham ^(AC)
	Caroline Kent	24'58"	22/06/08	Evesham ⁽¹⁾
	Michelle Parsons	31'35"	06/11/11	Tewkesbury
	Michelle Parsons	38'43"	20/07/11	Droitwich
	Michelle Parsons	48'22"	15/01/12	Stratford
	Caroline Kent	1.31'44"	08/02/09	Stourbridge ⁽²⁾
	Michelle Parsons	1.29'44"	23/10/11	Stroud
	Michelle Parsons	2.59'09"	22/05/11	Edinburgh
	Sarah Gazey	52'18"	18/06/09	Bredon Hill

Veteran Ladies 55				
	Name	Time	Date	Venue
	Nikki Holden	7'31"	25/04/11	Bushley
	Nikki Holden	9'48"	18/10/10	Evesham ^(AC)
	Nikki Holden	25'05"	27/03/11	Evesham
	Nikki Holden	41'55"	01/11/09	Tewkesbury
	Nikki Holden	51'57"	27/02/11	Bourton
	Nikki Holden	1.03'42"	18/01/09	Stratford
	Nikki Holden	1.48'02"	07/02/10	Stourbridge ⁽²⁾
	Nikki Holden	2.02'55"	19/10/08	Coventry
	Nikki Holden	4.35'44"	05/10/08	Loch Ness
	Nikki Holden	59'25"	18/06/09	Bredon Hill

Veteran Ladies 65				
	Name	Time	Date	Venue
	Virginia Pawlyn	10'27"	28/09/09	Evesham ^(AC)
	Virginia Pawlyn	27'10"	01/06/08	Warndon
	Virginia Pawlyn	44'45"	02/11/08	Tewkesbury
	Virginia Pawlyn	56'23"	28/02/10	Bourton
	Virginia Pawlyn	1.08'58"	18/01/09	Stratford
	Virginia Pawlyn	1.55'42"	07/02/10	Stourbridge ⁽²⁾
	Virginia Pawlyn	2.05'46"	19/10/08	Coventry
	Virginia Pawlyn	7.51'16"	20/06/10	Cheltenham ⁽¹⁾
	Virginia Pawlyn	1.10'52"	18/06/09	Bredon Hill

Junior Female				
	Name	Time	Date	Venue
	Hannah Bainbridge	7'53"	11/02/08	Evesham ^(CW)
	Hannah Bainbridge	20'46"	16/09/07	Birmingham
	Hannah Bainbridge	34'52"	04/11/07	Tewkesbury
	Hannah Bainbridge	48'39"	06/05/07	Crowle

Notes:

⁽¹⁾ **Non-UKA event:**

Established in a non-UKA event. As no other times are known for this distance/age category these are considered "club best" times.

⁽²⁾ **Stourbridge Stagger:**

Multi-Terrain Event

(CW) = Handicap run in Clockwise direction
(AC) = Handicap run in Anti-Clockwise direction