

## Reading Roadrunners Age group records

Please find presented below the best known Reading Roadrunners performances so far as of **30 May 2022**. We have kept this to 10-year age bands starting at 40. For the same reason, we have kept to the traditional road distances of 5K/parkrun, 5 miles, 10K, 10 miles, half marathon, 20 miles and marathon, which form the focus for most of our members.

The rules are the same as for the usual club records – i.e. first claim Reading Roadrunners, on a measured course. For new records, that would also mean wearing club kit (or county/international kit), but in practice, we have no way of checking this for past performances.

We are asking anyone who knows of any revisions to performances by e-mailing [results@readingroadrunners.org](mailto:results@readingroadrunners.org).

### Female

#### **W40**

parkrun	18:31	Liz Hartney	29/05/2010	Reading parkrun
5K	19:23	Sarah Urwin-Mann	19/07/2011	Horton
5 miles	29:41	Sarah Gee	11/05/2008	Marlow 5
10K	34:32	Sarah Gee	12/09/2010	Goodrich
10 miles	57:21	Sarah Gee	02/04/2010	Maidenhead Easter 10
Half marathon	1:14:45	Sarah Gee	10/10/2010	Peterborough
20 miles	2:04:49	Sarah Gee	15/02/2009	Bramley 20
Marathon	2:38:14	Sarah Gee	23/05/2010	Edinburgh Marathon

#### **W50**

parkrun	18:32	Carrie Hoskins	30/03/2019	Woodley parkrun
5K	20:02	Tracey Lasan	12/04/2009	Dorney
5 miles	31:37	Katherine Streams	08/05/2022	Marlow 5
10K	38:23	Carrie Hoskins	15/04/2018	Woodley 10K
10 miles	1:03:42	Carrie Hoskins	30/03/2018	Maidenhead Easter 10
Half marathon	1:24:17	Carrie Hoskins	18/02/2018	Wokingham Half Marathon
20 miles	2:14:19	Carrie Hoskins	11/02/2018	Bramley 20
Marathon	2:57:56	Carrie Hoskins	20/10/2019	Yorkshire Marathon

#### **W60**

parkrun	20:56	Jane Davies	05/10/2019	Lowestoft parkrun
5K	<i>No mark</i>			
5 miles	36:38	Jackie Jeffrey	07/05/2006	Marlow 5
10K	44:05	Jane Davies	06/01/2019	Woodcote 10K
10 miles	1:13:51	Jackie Jeffrey	09/02/2006	Bramley
Half marathon	1:36:00	Sian James	13/09/2015	Bristol Half Marathon
20 miles	<i>No mark</i>			
Marathon	3:26:33	Jane Davies	20/10/2019	Yorkshire Marathon

**W70**

parkrun	27:14	Rita Dykes	01/02/2020	Woodley parkrun
5K	<i>No mark</i>			
5 miles	51:08	Cecilia Csemiczky	13/05/2018	Marlow 5
10K	1:02:30	Heather Bowley	27/09/2020	Sonning
10 miles	1.56.57	Cecilia Csemiczky	30/03/2018	Maidenhead 10
Half marathon	2:09:48	Christine Usher	19/11/2006	Jersey
20 miles	<i>No mark</i>			
Marathon	4:30:54	Christine Usher	02/12/2007	Luton Marathon

**W80**

parkrun	37.16	Christine Usher	25/12/2019	Seaton parkrun
5K	<i>No mark</i>			
5 miles	<i>No mark</i>			
10K	<i>No mark</i>			
10 miles	<i>No mark</i>			
Half marathon	<i>No mark</i>			
20 miles	<i>No mark</i>			
Marathon	<i>No mark</i>			

**Male****M40**

5K	15:40	Mark Worringham	19/10/2019	Dulwich parkrun
5 miles	27:25	Lance Nortcliff	04/09/2016	Overton 5
10K	32:39	Mark Worringham	03/09/2017	Cardiff 10K
10 miles	57:15	Keith Russell	11/02/2018	Bramley 10
Half marathon	1:10:21	Mark Worringham	24/02/2019	Wokingham Half Marathon
20 miles	1:56:40	Seb Briggs	11/02/2018	Bramley 20
Marathon	2:28:57	Keith Russell	19/11/2017	Valencia Marathon

**M50**

5K	17:37	Alex Harris	05/10/2019	Woodley parkrun
5 miles	28:48	Tony Page	08/05/2022	Marlow 5
10K	36:39	Brian Kirsopp	03/02/2019	Chichester 10K
10 miles	1:00:52	Edward Dodwell	21/03/2008	Maidenhead Easter 10
Half marathon	1:19:25	Edward Dodwell	10/02/2008	Wokingham Half Marathon
20 miles	2:11:42	Alex Harris	05/09/2020	Dorney
Marathon	2:49:00	Alex Harris	20/10/2019	Yorkshire Marathon

**M60**

5K	19:31	Nigel Hoult	29/10/2016	York parkrun
5 miles	31:26	Roy MacNeil	29/05/2006	Kintbury 5
10K	39:36	Nigel Hoult	15/05/2016	Royal Berkshire 10K
10 miles	1:05:10	Nigel Hoult	18/04/2014	Maidenhead Easter 10

Half marathon	1:27:01	Nigel Hoult	16/03/2014	Fleet Half Marathon
	1:27:01	Pete Jewell	03/04/2022	Reading Half Marathon
20 miles	2:28:08	Alan Freer	02/04/2017	Dorney Lake Marathon Prep 20
Marathon	3:14:51	Nigel Hoult	06/12/2015	Malaga Marathon

### **M70**

5K	22:21	David Dibben	14/09/2019	Reading parkrun
5 miles	36:57	David Dibben	29/08/2021	Headington 5
10K	44:56	Roy MacNeil	12/06/2011	Wargrave 10K
10 miles	1:16:36	Roy MacNeil	20/03/2011	Maidenhead Easter 10
Half marathon	1:42:09	David Dibben	20/06/2021	Upper Heyford
20 miles	2:52:57	David Dibben	08/03/2020	Hillingdon
Marathon	3:43:22	David Dibben	04/10/2020	Dorney

### **M80**

5K	27:02	Tom Harrison	13/05/2017	Reading parkrun
5 miles	44:58	Tom Harrison	07/05/2017	Marlow 5
10K	59:03	Tom Harrison	12/08/2017	Pride Run 10K
10 miles	1:35:38	Tom Harrison	19/02/2017	Bramley 10
Half marathon	2:03:17	Tom Harrison	02/10/2016	Bournemouth Half Marathon
20 miles	<i>No mark</i>			
Marathon	4:46:47	Tom Harrison	23/04/2017	London Marathon