

Reading Roadrunners Age group records

Please find presented below the best-known Reading Roadrunners performances so far as of **31 December 2024**. 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), except for parkruns, 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.

Female

W40

parkrun	18:31	Liz Hartney	29/05/2010	Reading parkrun
5K	19:21	Helen Pool	04/12/2022	Battersea Park
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	19:19	Katherine Streams	09/12/2023	Run Dorney
5 miles	30:34	Katherine Streams	14/05/2023	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	1:24:13	Katherine Streams	25/02/2024	Wokingham Half Marathon
20 miles	2:14:19	Carrie Hoskins	11/02/2018	Bramley 20
Marathon	2:57:34	Carrie Hoskins	03/10/2022	London Marathon

W60

parkrun	20:15	Sarah Gee	14/09/2024	Frimley Lodge
5K	<i>No mark</i>			
5 miles	36:38	Jackie Jeffrey	07/05/2006	Marlow 5
10K	39:30	Sarah Gee	17/11/2024	Brighton 10K
10 miles	1:07:06	Sarah Gee	29/12/2024	Buntingford 10 mile
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	25:06	Sian James	22/06/2024	Victoria Dock 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	1.55.32	Cecilia Csemiczky	30/03/2018	Maidenhead 10
Half marathon	1:59:30	Sian James	25/02/2024	Wokingham Half Marathon
20 miles	<i>No mark</i>			
Marathon	4:15:31	Sian James	26/05/2024	Edinburgh 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**

parkrun	15:40	Mark Worringham	19/10/2019	Dulwich parkrun
5K	15:41	Mark Worringham	15/09/2023	Battersea Park
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

parkrun	17:25	David Parton	05/10/2019	Woodley parkrun
5K	<i>No mark</i>			
5 miles	28:48	Tony Page	08/05/2022	Marlow 5
10K	36:18	Lance Nortcliff	08/06/2024	Run Dorney 10K
10 miles	1:00:52	Edward Dodwell	21/03/2008	Maidenhead Easter 10
Half marathon	1:19:03	Lance Nortcliff	25/02/2024	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

parkrun	18.30	Pete Jewell	09/09/2023	Edenbrook Country
5K	18:01	Pete Jewell	04/06/2024	Battersea Park

5 miles	30:18	Pete Jewell	27/08/2023	Headington 5
10K	38:29	Pete Jewell	02/08/2023	Yateley 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	3:08:51	Clive Alderson	23/04/2023	London Marathon

M70

parkrun	21:48	Nigel Hoult	25/05/2024	Woodley parkrun
5K	22.04	Nigel Hoult	26/07/2024	Serpentine 5K
5 miles	35:59	Nigel Hoult	25/08/2024	Headington 5
10K	44:35	Nigel Hoult	02/06/2024	Green Park 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

parkrun	27:02	Tom Harrison	13/05/2017	Reading parkrun
5K	<i>No mark</i>			
5 miles	44:58	Tom Harrison	07/05/2017	Marlow 5
10K	55:41	Eddie Thorpe	04/02/2024	Chichester 10K
10 miles	1:33:14	Eddie Thorpe	30/12/2023	Buntingford 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