

Distance	U20F	Senior	FV35	FV40	FV45	FV50	FV55	FV60	FV65	FV70
1 mile	06:24 Leah Thomas 14 Sep '16 Denton	05:40 Wendy Draycott 13 May '90 Moorways	06:13 Amanda Ormond 20 Apr'16 Denton	05:52 Pascale Holden 14 Dec '16 Denton	07:05 Angela Guilfoyle 15 Mar'17 Denton	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location
3km	15:17 Molly Emerton 09 April DerbyFR	11:21 Wendy Draycott 10 Sept '86 Moorways								
5km	20:49 Leah Thomas 06 April 17 D Nunn	19:31 Wendy Draycott 03 Sep '86 Moorways	21:28 Amanda Ormond 15 Aug '15 Darley	19:58 Pascale Holden 13 Feb'16 LE Parkrun	23:50 Angela Guilfoyle 18 Feb'17 LE Parkrun	25:27 Helen Andrews 31 Dec 16 Parkrun	28:20 Angela Monk 06 Apr '17 D Nunn	29:02 Alison Read 30 Oct '15 LE Parkrun	Time Name Date / Location	Time Name Date / Location
5 miles	Time Name Date / Location	29:32 Wendy Roethenbaugh 14 Apr '91 Weston	38:22 Samantha James 09 Oct'16 G Gates	35:43 Pascale Holden 20 Sep'15 G Gates	39:35 Alex Hall 09 Oct'16 G Gates	42:54 Louise Hart 08 Mar '15 Weston	48:40 Angela Monk 09 Oct'16 G Gates	Time Name Date / Location	46:43 Margaret Cowling 20 Sep'15 G Gates	Time Name Date / Location
10km	Time Name Date / Location	37:59 Wendy Roethenbaugh 10 Mar'91 Unicorn 10	42:33 Amanda Ormond 19 Apr'15 Derby10k	42:04 Pascale Holden 19 Apr'15 Derby10k	49:18 Alex Hall 06 Apr '17 D Nunn	51:12 Louise Hart 19 Apr'15 Derby10k	50:58 Christine Purslow 19 Apr'15 Derby10k	78:00 Gail Thompson 17 May '15 Aston	58:45 Margaret Cowling 17 Jul'15 Tara Kinder	Time Name Date / Location
8 miles	Maria Picken / 51:37 / 3rd Nov 1988 Sinfin 8									
15km	Time Name Date / Location	Time Name Date / Location	1:09:51 Amanda Ormond 01 Apr '15 D Nunn	Time Name Date / Location	1:27:49 Alex Hall 23 Oct'16 D Nunn	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location
10 miles	Time Name Date / Location	1:04:34 Wendy Draycott 15 Mar'87 FTA10	1:17:57 Samantha James 6 Nov'16 Derby 10	1:10:43 Pascale Holden 6 Nov'16 Derby 10	1:20:44 Alez hall 6 Nov '16 Derby 10	Time Name Date / Location	1:25:39 Christine Purslow 10 May '15 Burton	Time Name Date / Location	1:48:26 Margaret Cowling 6 Nov '16 Derby 10	Time Name Date / Location
20km	Time Name Date / Location	Time Name Date / Location	1:44:08 Stef Mayer 01 Apr '15 D Nunn	1:30:59 Pascale Holden 06 Apr '17 D Nunn	2:03:04 Jan Wheatcroft 23 Oct'16 D Nunn	1:56:51 C Donald/C Hopkinson 01 Apr '15 D Nunn	1:54:43 Christine Purslow 01 Apr '15 D Nunn	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location
½ marathon	Time Name Date / Location	1:24:52 Wendy Roethenbaugh 17 Mar '91 Chellaston	1:40:26 Stef Mayer 07 Jun'15 Ramathon	1:34:26 Pascale Holden 05 Jun'16 Ramathon	1:45:06 Wendy Wheawall 07 Jun'15 Ramathon	1:59:07 Carolyn Hopkinson 12 Dec '15 KT Trot	1:54:23 Christine Purslow 07 Jun'15 Ramathon	Time Name Date / Location	2:13:41 Margaret Cowling 11 Oct'15 Derby City	Time Name Date / Location
20 miles	Time Name Date / Location	2:44:52 Rachel Farrow 22 Mar '15 Ashby	2:49:50 Stef Mayer 22 Mar '15 Ashby	2:38:00 Pascale Holden 22 Mar '15 Ashby	3:04:49 Emma Roe 20 Mar '16 Ashby	3:13:50 Carolyn Hopkinson 22 Mar '15 Ashby	3:05:02 Christine Purslow 22 Mar '15 Ashby	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location
Marathon	Time Name Date / Location	3:21:51 Jane Hannah 13 May '90 Derby	3:36:22 Stef Mayer 27 Sep '15 Berlin	3:29:48 Pascale Holden 24 Apr '16 London	4:15:39 Liz Phillips 25 Oct'15 North'land	Time Name Date / Location	4:19:07 Christine Purslow 27 Sep '15 Loch Ness	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location