

Shelton Striders Club Records (Female) - Progression									
1 Mile	U20F	Senior ladies	FV35	FV40	FV45	FV50	FV55	FV60	FV65
1990		05:40 W Draycott							
2015	06:33 M Emerton		08:29 A Keegan	06:48 Y Cain	07:12 L Phillips				
2016	06:24 L Thomas		06:29 S James	06:01 P Holden					
			06:13 A Ormond						
2017					7:05 A Guilfoyle				
3KM	U20F	Senior ladies	FV35	FV40	FV45	FV50	FV55	FV60	FV65
1986		11:21 W Draycott							
2017	15:17 M Emerton								
5KM	U20F	Senior ladies	FV35	FV40	FV45	FV50	FV55	FV60	FV65
1986		19:31 W Draycott							
2015	22:08 C Holmes		23:52 S Mayer 21:28 A Ormond	23:51 D Delgado	30:19 S Winterton 24:10 L Phillips			29:02 A Read	
2016				19:58 P Holden	24:07 L Phillips 23:53 L Phillips 23:50 A Guilfoyle	28:47 M Standley 25:27 Helen Andrews			
2017	20:49 L Thomas						28:20 A Monk		
5 Mile	U20F	Senior ladies	FV35	FV40	FV45	FV50	FV55	FV60	FV65
1991		29:32 W Roethenbaugh							
2015			39:52 S Mayer 39:25 P Vale	41:07 E Roe 35:43 P Holden	43:57 H Turley 40:17 A Guilfoyle	42:54 L Hart			46:43 M Cowling
2016			38:22 S James		39:35 A Hall		48:40 A Monk		
10KM	U20F	Senior ladies	FV35	FV40	FV45	FV50	FV55	FV60	FV65
1991		37:59 W Roethenbaugh							
2015			51:01 S Mayer 42:33 A Ormond	51:54 A Hall 42:04 P Holden	53:20 A Pickering 49:24 R Smith	51:12 L Hart	50:58 C Parslow	78:00 G Thompson	58:45 M Cowling
2017					49:18 A Hall				
8 Mile	U20F	Senior ladies	FV35	FV40	FV45	FV50	FV55	FV60	FV65
1988		51:37 M Picken							
15k	U20F	Senior ladies	FV35	FV40	FV45	FV50	FV55	FV60	FV65
2015			1:09:51 A Ormond		1:29:27 H Ho				
2016					1:27:49 A Hall				
10 Mile	U20F	Senior ladies	FV35	FV40	FV45	FV50	FV55	FV60	FV65
1987		1:04:34 W Draycott							
2015			1:20:43 S Mayer	1:11:12 P Holden	1:24:16 L Phillips		1:25:39 C Parslow		
2016			1:17:57 S James	1:10:43 P Holden	1:20:44 A Hall				1:48:26 M Cowling
20km	U20F	Senior ladies	FV35	FV40	FV45	FV50	FV55	FV60	FV65
2015			1:44:08 S Mayer	1:32:21 P Holden		1:56:51 C Donald 1:56:51 C Hopkinson	1:54:43 C Parslow		
2016					02:03:04 J Wheatcroft				
2017				1:30:59 P Holden					
½ Marathon	U20F	Senior ladies	FV35	FV40	FV45	FV50	FV55	FV60	FV65
1991		1:24:52 W Roethenbaugh							
2015			1:40:26 S Mayer	1:34:26 P Holden	1:58:46 J Stevenson 1:45:06 W Wheawall	1:59:07 C Hopkinson	1:54:23 C Parslow		2:13:41 M Cowling
20 mile	U20F	Senior ladies	FV35	FV40	FV45	FV50	FV55	FV60	FV65
2015		2:44:52 R Farrow	2:49:50 S Mayer	2:38:00 P Holden	3:08:10 L Phillips	3:13:50 C Hopkinson	3:05:02 C Parslow		
2016					3:04:49 E Roe				
Marathon	U20F	Senior ladies	FV35	FV40	FV45	FV50	FV55	FV60	FV65
1990		3:21:51 J Hannah							
2015			3:36:22 S Mayer	3:52:53 P Holden	4:28:22 H Ho 4:15:39 L Phillips		4:19:07 C Parslow		
2016				3:29:48 P Holden					