



Cambridge Harriers Women's Road Running Records (Senior to W55)

	Senior	W35	W40	W45	W50	W55
5km	15:59 Holly Dixon Barrowford 03/04/2021	18:53 Lucy Marlow Battersea Park 04/12/2022		22:40 Sally Carr Thurleigh 18/10/2020	19:37 Julie Backley Battersea Park 04/12/2022	19:12 Susan Dixon Thurleigh 18/10/2020
5 Mile					36:36 Sally Carr Staplehurst 17/07/2023	34:23 Susan Dixon Staplehurst 17/07/2023
10km	33:04 Glynis Penny Erith 01/01/1986	34:11 Glynis Penny Hatch End (Harrow) 11/04/1987	34:59 Alison Fletcher Rochester 14/07/2002	43:43 Cara Oliver Brighton 17/11/2019		
10 Mile		56:25 Glynis Penny Canterbury 27/01/1991	56:44 Alison Fletcher Portsmouth 08/09/2002			
Half Marathon	1:13:24 Glynis Penny Newcastle - South Shields 08/06/1996	1:13:24 Glynis Penny Newcastle - South Shields 08/06/1996	1:15:22 Alison Fletcher Paddock Wood 24/03/2002			
20 Mile			2:08:24 Alison Fletcher Margate 07/03/2004			
Marathon	2:36:21 Glynis Penny London 17/04/1983	2:36:49 Glynis Penny Vienna (AUT) 10/04/1988	2:44:42 Alison Fletcher London 14/04/2002	3:22:01 Helen Perera Abingdon 18/10/2009	3:15:59 Rose Baker Manchester 02/04/2017	3:34:53 Rose Baker London 23/04/2023