

5-Mile Club Records

Category	Name	Time	Year Set
Senior Lady	Rebecca Friar	33:53	2023
Lady Vet O35	Honor Hamshaw	40:40	2023
Lady Vet O40	Sarah Davis	53:56	2023
Lady Vet O45	Adelle Marsden	34:03	2023
Lady Vet O50	Louise Siddall	41:34	2023
Lady Vet O55	Marisa Sedgwick	50:05	2023

Category	Name	Time	Year Set
Senior Men	James Gallacher	39:04	2023
Vet Men O40	Lee Dodds	32:22	2023
Vet Men O45	Gavin Edley	32:29	2023
Vet Men O50	Simon Hopkins	33:08	2023
Vet Men O55	Graham Dodd	33:41	2023
Vet Men O60	Graham Dodd	32:22	2023
Vet Men O65	Dave Allemby	39:48	2023