

5k Club Records

Category	Name	Time	Year Set
Senior Lady	Rebecca Friar	19:47	2023
Lady Vet O35	Honor Hamshaw	23:42	2023
Lady Vet O40	Sandra Ford	25:08	2023
Lady Vet O45	Adelle Marsden	20:36	2023
Lady Vet O50	Sarah Millns	24:13	2023
Lady Vet O55	Fiona Earl	30:32	2023

Category	Name	Time	Year Set
Senior Men	Matt Hamer	20:38	2023
Vet Men O40			
Vet Men O45	Paul Gent	21:27	2023
Vet Men O50	Paul Greenwood	22:11	2023
Vet Men O55	Graham Dodd	18:43	2023
Vet Men O60	Graham Dodd	20:08	2023
Vet Men O65	Dave Allemby	24:31	2023