



LADIES ROAD RECORDS

Distance	Name	Time	Location	Date
LADIES				
5K	SIAN LEWIS	17.26	Sandhurst	21/7/05
4 MILE	SIAN LEWIS	23.39	Hardwicke	4/5/06
5 MILE	RACHEL UNDERHILL	30.01	Sandhurst	4/6/12
10K	JOHANNA FLETCHER	36.29	Sandhurst	3/4/10
10 MILE	SIAN LEWIS	1.01.37	Derwentwater	4/11/07
HALF-MARATHON	SIAN LEWIS	1.20.57	Stroud	21/10/07
20 MILE	JOHANNA FLETCHER	2.09.24	Gloucester	7/3/10
MARATHON	JOHANNA FLETCHER	2.57.52	London	19/4/09
LV35				
5K	SUE MORTIMER	21.47	Sandhurst	14/5/98
4M	JOANNE DAVIS	29.2	Hardwicke	6/9/07
5M	JOANNE DAVIS	35.47	Weston	15/11/07
10K	GWEN KINSEY	37.45	Frampton	7/10
10 MILE	JOANNE DAVIS	1.20.26	Hardwicke	8/7/06
HALF-MARATHON	HELENA TRIGG	1.26.17	Stroud	23/10/05
20 MILE	PAULINE BARNES	2.56.05	Gloucester	9/3/03
LV40				
5K	JOANNE DAVIS	22.34	Sandhurst	19/7/07
4M	PAULINE BARNES	29.04	Sandhurst	22/3/03
5 MILE	SANDRA BROWN	38.15		3/7/03
10K	SANDRA BROWN	48.17	Frampton	8/7/02
10 MILE	SANDRA BROWN	1.20.55	Oldbury	8/9/02
HALF-MARATHON	JOANNE DAVIS	1.46.39	Stroud	26/10/08
MARATHON	PAULINE BARNES	3.54.12	London	13/4/03
LV45				
5K	SANDRA BROWN	23.3	Sandhurst	17/6/04
4 MILE	SANDRA BROWN	32.22	Hardwicke	7/9/06
5 MILE	SANDRA BROWN	41.06	Sandhurst	26/2/05
10K	SANDRA BROWN	49.48	Wye Valley	30/6/04
10 MILE	SANDRA BROWN	1.23.04	Hardwicke	10/7/04
HALF-MARATHON	SANDRA BROWN	1.53.16	Tewkesbury	7/5/06
LV50				
5K	VANESSA ANDERTON	29.14	Sandhurst	18/5/06
4 MILE	VANESSA ANDERTON	39.12	Hardwicke	7/5/09
5 MILE	VANESSA ANDERTON	49.05	Sandhurst	31/5/10
10K	PAULINE DAVIS	54.22	Frampton	8/7/02
HALF-MARATHON	PAULINE DAVIS	2.14.58	Lanzarote	2/12/01
LV55				
5K	VANESSA ANDERTON	29.14	Shortwood	29/12/09
4 MILE	VANESSA ANDERTON	38.21	Sandhurst	10/4/10
5 MILE	VANESSA ANDERTON	47.16	Sandhurst	12/09/09
10K	VANESSA ANDERTON	1.02.38	Blaisdon	3/5/10

LU20				
5K	RACHEL UNDERWOOD	18.55	Sandhurst	18/8/11
4 MILE	RACHEL UNDERWOOD	25.05	Hardwicke	27/12/11
5 MILE	SARAH HANLEY	32.5	Sandhurst	30/5/05
10K	SARAH HANLEY	43.45	Haresfield	11/9/05
HALF-MARATHON	SARAH HANLEY	1.34.49	Stroud	23/10/05