

5K COURSE RECORDS (SIEMENS ESTATE) as at 13 Sep23

CAT	EVENT	NAME	CLUB	TIME
M	Summer 2023	Matthew Wall	Leven Valley	00:15:44
F	Summer 2022	Kate Maltby	Bristol & West	00:16:35
Mu18	Summer 2023	Will McNally	Leven Valley	00:15:58
Fu18	Summer 2022	Jess Bailey	Leven Valley	00:17:08
Fv35	Summer 2022	Kate Maltby	Bristol & West	00:16:35
Mv40	Summer 2022	Richard Wilson	Kendal AAC	00:16:22
Fv40	Summer 2023	Amy Singleton	Walney Wind Cheetahs	00:21:00
Mv45	Summer 2019	George McKinnley	Barrow Striders	00:17:05
Fv45	Summer 2019	Joanne Taylor-Friell	Kendal AAC	00:20:50
Mv50	Summer 2023	Richard Wells	Sedburgh School	00:17:38
Fv50	Summer 2022	Sharon Dixon	Glaxo Hoad Hill Harriers	00:18:55
Mv55	Summer 2023	Peter Hopley	Glaxo Hoad Hill Harriers	00:18:39
Fv55	Summer 2023	Joanne McLeod	Glaxo Hoad Hill Harriers	00:21:46
Mv60	Summer 2019	Bob Atkinson	Barrow Striders	00:17:13
Fv60	Summer 2022	Sue Cordingley	Bingley Harriers	00:19:29
Mv65	Summer 2023	Peter Willacy	Barrow Striders	00:21:06
Fv65	Summer 2022	Maria Blakey	Walney Wind Cheetahs	00:24:15
Mv70	Summer 2019	Patrick Thomas	Glaxo Hoad Hill Harriers	00:20:51
Fv70				
Mv75	Summer 2023	Bob Wells	Bedford Harriers	00:22:40
Fv75	Summer 2019	Gillian Thompson	Barrow Striders	00:40:35
Mv80	Summer 2022	Ian Stansfield	Todmorden Harriers	00:48:44
Fv80				

