

### Club Bests (Non-certified distances) at 17th October 2024

#### Lake

Women			
Sen	18:06	Hannah Matharu	24.07.2023
M35	17:21	Linda Robb	09.1987
M40	17:59	Lesley Cliff	30.08.1990
M45	19:10	Christine Heaton	05.05.2011
M50	18:39	Christine Heaton	14.05.2018
M55	20:38	Christine Heaton	24.07.2023
M60	21:15	Christine Heaton	02.09.2024
M65	23:02	Sandy Poole	02.09.2010
M70	24:29	Penny Durance	22.07.2024
M75			
M80			

Men			
Sen	15:05	Stewart Gregory	15.05.03
M35	15:46	Chris Campbell	24.07.2023
M40	15:58	Graham Moffatt	31.05.2012
M45	15:48	Stewart Gregory	31.05.2012
M50	16:02	Stewart Gregory	09.09.2016
M55	16:46	Howard Partridge	12.07.2010
M60	17:12	Howard Partridge	05.05.2011
M65	18:23	Martin Walters	22.07.2024
M70	21:27	Neil Hamilton	31.08.2006
M75	24:57	John Oldfield	15.07.2019
M80	25:25	Neil Hamilton	11.07.2016

#### Cliffs

Sen	41:50	Teresa Woodford	03.02.2002
M35	41:59	Mary Mills	11.01.1998
M40	42:05	Patti Cranton	01.2007
M45	42:10	Lesley Cliff	23.01.1994
M50	41:22	Christine Heaton	27.02.2019
M55	46:48	Christine Heaton	26.01.2020
M60	54:11	Sandy Poole	30.01.2011
M65	1:01:22	Sandy Poole	31.01.2016
M70			
M75			
M80			

Sen	34 minutes	Trevor Radford	Unknown
M35		Vacant	
M40	34:40	Dave Greenwood	29.01.2017
M45	38:46	Neil Marshall	02.02.2003
M50	38:48	Neil Marshall	03.02.2008
M55	40:13	Derek Dent	12.01.1992
M60	37:34	Howard Partridge	29.01.2012
M65	40:44	Howard Partridge	31.01.2016
M70	48:46	Frank Makin	02.02.2004
M75	1:04.24	John Oldfield	30.01.2022
M80			

#### Parkrun

Sen	19:44	Hannah Matharu	Rushcliffe 19.02.2022
M35	19:49	Louise Read	Long Eaton 15.07.2017
M40	20:38	Claire Hayes	Clumber Park 31.12.2016
M45	20:43	Gina Granger	Beeston 10.08.2016
M50	19:43	Christine Heaton	Long Eaton 15.07.2017
<b>M55</b>	<b>21:14</b>	<b>Jackie Key</b>	<b>Rushcliffe 05.10.24</b>
M60	22:37	Christine Heaton	Colwick 21.09.2024
M65	25:40	Julie McGeorge	Colwick 28.01.2023
M70	25:23	Penny Durance	Sherwood Pines 14.09.2024
M75	33:54	Christine Oldfield	Perth (AUS) 14.03.2020
M80			

Sen	15:40	Daniel Bagley	Long Eaton 5.11.2019
M35	17:04	Chris Campbell	Rushcliffe 17.09.22
M40	16:36	Paul Roome	Copenhagen 04.11.17
M45	17:02	Graham Moffatt	King's Lynn 09.08.2014
M50	16:57	Stewart Gregory	Worthing 06.08.2016
M55	17:58	Duncan Martindale	Rushcliffe 23.03.2019
M60	18:18	Kevin Ford	Long Eaton 05.05.2018
M65	20:14	Martin Walters	Rushcliffe 11.05.24
M70	21:44	John Oldfield	Claisbrook (AUS) 04.01.2014
M75	24:04	John Oldfield	Rushcliffe 03.11.18
M80	25:40	Neil Hamilton	Newark 29.04.17

#### Track Challenge Cup – Aggregate Time

Emma Stevenson 23:33.3 2024

Oliver Matharu 18:17.1 2023