

Altrincham & District Athletic Club

Club Records: 3000 metres - Female

Age Group	Name	Record	Year
Under 12			
Under 13			
Under 14	Constance Burke	14 min 22.40 sec	2007
Under 15			
Under 16	Jayne Spark	10 min 18.60 sec	1986
Under 17	Catherine Shelley	10 min 35.10 sec	1982
Under 20	Jayne Spark	10 min 12.30 sec	1989
Senior	Jayne Spark	9 min 06.70 sec	1993
Veteran o/35	Heather Knight	9 min 31.00 sec	2000
Veteran o/40	Anne Pugh	10 min 08.60 sec	1999
Veteran o/45	Anne Nally	10 min 55.00 sec	1988
Veteran o/50	Anne Nally	11 min 42.00 sec	1993
Veteran o/55	Alison Vesey	12 min 49.80 sec	2017
Veteran o/60			
Veteran o/65			
Veteran o/70			
Veteran o/75			
Veteran o/80			
Veteran o/85			