

Altrincham & District Athletic Club

Club Records: 5000 metres - Female

Age Group	Name	Record	Year
Under 16			
Under 17			
Under 18			
Under 20			
Senior	Heather Knight	15 min 57.20 sec	1998
Veteran o/35	Heather Knight	17 min 30.00 sec	2000
Veteran o/40	Anne Pugh	18 min 36.34 sec	1999
Veteran o/45	Anne Nally	18 min 54.20 sec	1988
Veteran o/50	Anne Nally	20 min 14.00 sec	1993
Veteran o/55	Anne Nally	21 min 44.01 sec	1998
Veteran o/60	Monica Shone	22 min 55.00 sec	1987
Veteran o/65			
Veteran o/70			
Veteran o/75			
Veteran o/80			
Veteran o/85			