

Altrincham & District Athletic Club

Club Records: Paarlauf - Female

Age Group	Name	Record	Year
Under 10		4800m	
Under 11	Jenny Fannon Emma Allington	4800m	19 min 15.0 sec 2001
Under 12	Jasmin Bagnall Rachael Lee	4800m	17 min 51.0 sec 2002
Under 13	Jasmin Bagnall Rachael Lee	4800m	16 min 53.0 sec 2003
Under 14	Lucy Smith Leanne Sigsworth	4800m	17 min 21.0 sec 2006
Under 15	Carolyn Kenyon Clare Barber Helena Flippance Lucy Smith	4800m 4800m	16 min 34.0 sec 1991 16 min 34.0 sec 2008
Under 16	Nicola Moyser Jayne Spark	4800m	15 min 01.0 sec 1986
Under 17	Charlotte Bent Chloe Smith	4800m	18 min 30.7 sec 2008
Under 18	Laura Chambers Sinead Sheerins	4800m	19 min 05.1 sec 2005
Under 19		4800m	
Under 20		4800m	
Senior	Janyne Knowles (nee Spark) Sheryl Reason Vivienne Conneely Vanessa Mulholland	4800m 10000m	15 min 09.0 sec 2003 33 min 06.0 sec 2003

Veteran o/35	Sandra Lewis Bev Ganose	4800m	16 min 55.4 sec	2012
Veteran o/40	Kath Harvey Vicki Perry	4800m	16 min 49.0 sec	2003
Veteran o/45	Kath Harvey Vicki Perry	4800m	16 min 30.1 sec	2005
Veteran o/50		4800m		
Veteran o/55		4800m		
Veteran o/60		4800m		
Veteran o/65		4800m		