

Altrincham & District Athletic Club

Club Records: Paarlauf - Mixed Gender

Age Group	Name	Record	Year
30yr+	16 M Liam Routeledge	4800m 15 min 05.5 sec	2009
	16 F Lucy Smith		
35yr+	18 M Josh Morse	4800m 15 min 16.8 sec	2011
	17 F Lucy smith		
40yr+		4800m	
45yr+	33 M Toby Percival	4800m 15 min 15.8 sec	2010
	16 F Lucy smith		
50yr+	17 M Ryan Ganose	4800m 15 min 05.7 sec	2011
	35 F Sandra Lewis		
55yr+	29 M Tom Bush	4800m 14 min 18.8 sec	2011
	28 F Olivia Walwyn Bush		
60yr+	31 M John Stockdale	4800m 13 min 28.0 sec	1991
	29 F Alison Vesey		
65yr+	45 M Bob Spark	4800m 14 min 10.0 sec	1990
	20 F Jayne Spark		
70yr+	41 M Craig Partridge	4800m 16 min 59.0 sec	2009
	33 F Sandra Lewis		
75yr+	45 M Bruce Owen	4800m 16 min 08.5 sec	2010
	34 F Sandra Lewis		
80yr+		4800m	
85yr+		4800m	
90yr+		4800m	
95yr+		4800m	

100yr+	60	M	Colin Davies	4800m	19 min 04.0 sec	2010
	44	F	Lynne Nichol			
	52	M	Steve Wood	10000m	35 min 55.0 sec	
	49	F	Anne Nally			
105yr+	61	M	Colin Davies	4800m	18 min 41.8 sec	2011
	45	F	Lynne Nichol			