

Altrincham & District Athletic Club

Club Records: 5K Road - Female

Age Group	Name	Course	Record	Year
Under 13				
Under 14				
Under 15	Lucy Smith	Bowdon	19 min 48.0 sec	2008
Under 16	Lucy Smith	Bowdon	19 min 36.0 sec	2009
Under 17	Lucy Smith	Bowdon	19 min 56.0 sec	2010
Under 20	Bev Nolan	Altrincham	18 min 25.0 sec	1978
Senior	Heather Knight	Wells	16 min 01.0 sec	1997
Veteran o/35	Heather Knight	Heaton Park	17 min 06.0 sec	2000
Veteran o/40	Anne Pugh	Radcliffe	17 min 51.0 sec	1997
Veteran o/45	Anne Pugh	Bowdon	18 min 47.0 sec	2004
Veteran o/50	Anne Pugh	Wythenshawe	19 min 02.0 sec	2006
Veteran o/55	Anne Pugh	Wythenshawe	20min 26.0 sec	2010
Veteran o/60	Anne Marie Jones	Sale Sizzler	20min 26.0 sec	2014
Veteran o/65	Jean Dolan	Christleton	23 min 52.0 sec	2013
Veteran o/70				
Veteran o/75				