

## Altrincham & District Athletic Club

### Club Records: 10K Road - Female

Age Group	Name	Course	Record	Year
Under 16				
Under 17	Lucy Smith	Trafford	41 min 23.0 sec	2010
Under 20	Jayne Spark	Alt'cham Milk Race	38 min 05.0 sec	1989
Senior	Heather Knight	Basingstoke	33 min 23.0 sec	1998
Veteran o/35	Heather Knight	Klix 6 10k	33 min 23.0 sec	1998
Veteran o/40	Anne Nally	Manchester (YMCA)	37 min 15.0 sec	1987
Veteran o/45	Alison Vesey	Grtr Manchester	39 min 43.0 sec	2007
Veteran o/50	Anne Pugh	Birchwood	39 min 36.0 sec	2006
Veteran o/55	Anne Pugh	Trafford	43 min 00.0 sec	2010
Veteran o/60	Monica Shone	Bolton	46 min 50.0 sec	1988
Veteran o/65	Jean Dolan	Trafford	49 min 11.0 sec	2013
Veteran o/70				