

Club Outdoor Track And Road Records Women - Updated 23 July 2025
Changes Since The 14 June 2025 Issue Are Highlighted In Red

[illegible]

	Under 11	Under 13	Under 15	Under 17	Under 20	Under 23	Senior	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74
1500m SC				5:10.88	5:08.08	4:52.5									
2000m SC					6:55.04	6:48.92		07:15.9	8:17.08						
3000m SC					11:14.61	9:54.76	9:07.87								
2000m W								10:48.9		11:34.7	11:29.7	12:08.2	12:56.3	14:10.2	14:00.0
3000m W								17:45.0		18:08.4	18:01.7	18:44.31			
5000m W								29:17.27			30:46.19	33:05.24			
4x100m R	64.44	51.67	48.93	47.51	48.40		44.72	56.5							
4x200m R			1:46.9	1:47.1			1:37.37	1:57.2							
4x300m R				2:47.43											
4x400m R				4:00.2	3:54.5		3:43.3	4:39.5							
4x800m R			9:58.7	9:15.16			8:49.8								
3x800m R		8:03.3	6:59.9	7:04.1			6:53.8								
4x1mile R							22:51.0								
Medlay R							4:09.8	4:29.3							
Pentathlon		1441	2958	2958				3244							
Heptathlon				4642	5154	5605	5605								
5k Road								16.01	17.18	18.04	18.23	20.20	20.52	25.25	28.28
5m Road								26.31	26.40	28.39	28.28	32.46			
10k Road								33.53	34.12	33.47	37.49	39.25	43.25	49.56	58.57
10k Road 75+															1:11.13
10m Road								56.24	53.17	55.33	1:16.16	1:17.08	1:26.11	1:28.11	
HM								1:13.09	1:11.45	1:13.53	1:21.02	1:45.48	1:49.48	1:57.07	
25k Road								1:32.01	1:28.18	1:45.17		2:05.26	2:12.58		2:39.52
Marathon							2:29.43	2:35.05	2:29.43	2:32.48	3:40.26	3:53.15	4:44.14	2:15.50	