

Stevenage Phoenix Running Club - age category records

	5k	5 miles	10k	10 miles	Half marathon	20 miles	Marathon	50 km	100km
Men									
Senior	Jay Papa Remembrance Run (ATW) 11/11/2023 18:52	Jay Papa Hatfield 5 26/11/2023 31:28	Jay Papa ATW Bedford 10k 1/4/2024 40:01	Jay Papa Cabbage Patch 10 15/10/2023 1:12:38	Jay Papa Cambridge half 3/3/2024 1:27:38	Jay Papa Oakley 20 24/03/2024 2:22:27	Jay Papa Manchester marathon 14/4/24 3:21:01	Ashley Bates Fairlands Valley Challenge 16/7/2023 8:20:43	TBC
MV40	Ian Harvey Victoria Park 5k 7/5/2023 20:14	Lewis Green Hatfield 5 26/11/2023 34:28	Ian Harvey Duxford Dash 10k 22/10/2023 42:33	Ian Harvey Cabbage Patch 10 15/10/2023 1:12:38	Lewis Green Cambridge half 5/3/2023. 1:41:15	Lewis Green Oakley 20 24/03/2024 2:51:25	Lewis Green Amsterdam marathon 16/10/22 3:58:11	Lewis Green Run to the Sea 6/5/2023 6:15:30	Lewis Green Race to the Stones 9/7/2023 19:31:12
MV50	Paul Smith Resolution 5k race 3 18/10/2023 22:10	Paul Smith Hatfield 5 27/11/2022 36:00	Ian Young St Albans 10k 29/03/2024 44:57	Mark Legate Sandy 10 2/4/2023 1:28:33	Paul Smith Cambridge half 5/3/2023 1:37:05	Paul Smith Oakley 20 26/3/2023 2:51:02	Paul Smith Manchester Marathon 16/4/2023 4:00:31	TBC	TBC
MV60	Chris Leigh Hyde Park 5k 30/9/2023 22:51	Wayne Simmons Hatfield 5 26/11/2023 39:12	Wayne Simmons Remembrance Run (ATW) 11/11/2023 48:57	Chris Leigh Cabbage Patch 10 15/10/2023 1:30:28	Paul Smith Cambridge half 3/3/2024 1:40:35	Paul Smith Oakley 20 24/3/2024 2:51:20	Chris Leigh Saturn 'We will remember them' 11/11/2023 4:31:16	Chris Leigh Saturn Time Turner 27/12/2023 6:48:50	TBC
MV70	Ken Hall Resolution 5k race 3 18/10/2023 24:53	Ken Hall Hatfield 5 26/11/2023 40:19	Ken Hall Love Welwyn 10k 11/2/24 51:07	TBC	TBC	TBC	TBC	TBC	TBC
Women									
Senior	Mel Tanti Resolution 5k 16/8/2023 27:05	Caitlin Evans Hatfield 5 26/11/2023 43:14	Kath Phoenix Standalone 10k 1/10/2023 47:16	Mel Tanti Cabbage Patch 10 15/10/2023 1:40:27	Isobel Macdougall Cambridge half 5/3/2023 1:58:04	Jess Clarke Oakley 20 24/03/2024 3:46:36	Gemma Holloway Manchester marathon 16/4/2023 5:00:46	TBC	TBC
WV35	Jodie Kantas Resolution 5k 12/4/2023 23:20	Jodie Kantas Hatfield 5 26/11/2023 37:25	Jodie Kantas St Albans 10k 31/12/2023 47:10	Jodie Kantas Cabbage Patch 10 15/10/2023 1:18:30	Jodie Kantas MK Winter Half 10/12/2023 1:42:15	Jodie Kantas Oakley 20 24/03/2024 2:57:39	Jodie Kantas Beachy Head marathon 21/10/2023 5:15:41	Emma Mead Fairlands Valley Challenge 16/7/2023 8:20:44	TBC
WV45	Katka Loughton Redolution 5k race 3 28/10/2023 24:52	Katka Loughton Hatfield 5 26/11/2023 39:29	Emma Mead Edmonton Run the River 10k 8/10/2023 51:17	Katka Loughton Buntingford 10 30/12/2023 1:22:26	Emma Mead MK Winter Half 10/12/2023 1:52:39	Katka Loughton Oakley 20 24/03/2024 3:01:13	Katka Loughton Manchester marathon 16/4/2023 4:11:42	TBC	TBC
WV55	Stella Toresse Resolution 5k 16/8/2023 28:22	Jo Heasman Festive 5 4/12/2022 46:40	Julie Tribe Richmond Park 10k 9/9/2023 54:18	Lisa Liversidge Buntingford 10 30/12/2023 1:38:28	Lisa Liversidge High Lodge half 2/4/2023 2:16:20	TBC	TBC	Lisa Liversidge Fairlands Valley Challenge 16/7/2023 8:20:44	TBC
WV65	TBC	Fran Levy Marlow 5. 14/5/2023 45:31	TBC	TBC	TBC	TBC	TBC	TBC	TBC