Stevenage Phoenix Running Club - age category records

	1 mile	5k	5 miles	10k	10 miles	Half marathon	20 miles	Marathon	50 km	50 miles	100km	100 miles
Men												
Senior	Alex Wasley Run around the garden 21/09/2025 **05:15**	Alex Wasley Menzies 5k 14/09/2025 **18:22**	Alex Wasley Hatfield 5 30/11/2025 **30:38**	Alex Wasley RunThrough QE Olympic Park 10k 01/02/2025 **38:27**	Alex Wasley BrighTEN 10 19/01/2025 **01:06:41**	Alex Wasley London landmarks 06/04/2025 **1:24:21**	Jay Papa Oakley 20 24/03/2024 **2:22:27**	Jay Papa Manchester marathon 14/4/24 **3:21:01**	James Woodcock The Goring Gap 19/5/2024 **6:21:21**	TBC	TBC	TBC
MV40	Lewis Green Run around the garden 21/09/2025 **06:14**	Ian Harvey Doug Anderson 5k 17/7/2024 **19:39**	Lewis Green Hatfield 5 26/11/2023 **34:28**	Ian Harvey Harlow Mwl 19/6/2024 **41:33**	Ian Harvey Cabbage Patch 15/10/2023 **1:12:38**	Peter Tungate St Neots half 15/11/2026 **1:37:25**	Graham Eden Oakley 20 24/03/2024 **2:32:11**	Ian Harvey Thames Meander Autumn Marathon 04/10/2026 **3:37:53**	Lewis Green Run to the Sea 6/5/2023 **6:15:30**	Lewis Green LDWA Winter Poppyline 11/02/2024 **12:20:56**	Lewis Green Race to the Stones 9/7/2023 **19:31:12**	TBC
MV50	Simon Lodge Lee Valley Velopark 25/10/2025 **05:45**	Simon Lodge Resolution 5k 30/04/2025 **17:41**	Simon Lodge The Phoenix 5 11/5/2025 **29:45**	Simon Lodge Green Park Reading 10k 01/06/2025 **36:48**	Ian Young Bedford 10 26/01/2025 **1:16:00**	Simon Lodge Forest of Dean Autumn Trail 27/09/2026 **1:28:50**	Paul Smith Oakley 20 26/3/2023 **2:51:02**	Paul Smith Manchester Marathon 16/4/2023 **4:00:31**	TBC	TBC	TBC	TBC
MV60	TBC	Paul Smith Doug Anderson 5k 22/07/2026 **23:17**	Paul Smith Hatfield 5 30/11/2025 **36:56**	Paul Smith Standalone 10k 05/10/2025 **46:35**	Paul Smith Lee Valley Velo Park 10 25/04/2026 **1:18:04**	Paul Smith Cambridge half 3/3/2024 **1:40:35**	Paul Smith Oakley 20 24/3/2024 **2:51:20**	TBC	TBC	TBC	TBC	TBC
MV70	TBC	Ken Hall Hatfield 5k 04/09/2024 **23.42**	Ken Hall Hatfield 5 26/11/2023 **40:19**	Ken Hall Standalone 10k 06/10/2024 **49:40**	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC

	1 mile	5k	5 miles	10k	10 miles	Half marathon	20 miles	Marathon	50 km	50 miles	100km	100 miles
Women												
Senior	TBC	Katie Mitham Doug Anderson 5k 23/07/2025 **22:36**	Katie Mitham Hatfield 5 24/11/2024 **39:28**	Kath Phoenix Standalone 10k 1/10/2023 **47:16**	Katie Mitham Bedford 10 26/01/2025 **1:20:39**	Katie Mitham Rome-Ostia Half 2/3/2025 **1:48:05**	Katie Mitham Essex 20 16/03/2025 **2:57:39**	Katie Mitham Brighton marathon 06/04/2025 **4:13:03**	TBC	TBC	TBC	TBC
FV35	Melissa Tanti Lee Valley Velopark 25/10/2025 **07:29**	Jodie Kantas Hatfield 5k R3 10/09/2025 **22:01**	Jodie Kantas Hatfield 5 26/11/2023 **37:25**	Kath Phoenix Adnams 10k 02/11/2025 **45:19**	Jodie Kantas Cabbage Patch 10 15/10/2023 **1:18:30**	Kath Phoenix London Lardmarks Half 12/04/2026 **1:39:46**	Jodie Kantas Oakley 20 24/03/2024 **2:57:39**	Kath Phoenix London marathon 27/04/2025 **4:03:28**	Petra Warner-Quirk Race to the Sea Bournemouth 03/10/2026 **5:28:34**	TBC	Petra Warner-Quirk Race to the Stones 11/7/2026 16:41:07	TBC
FV45	TBC	Katka Laughton Resolution 5k 30/10/2024 **23:51**	Katka Laughton Hatfield 5 26/11/2023 **39:29**	Katka Laughton Duxford Dash 20/10/2024 **50:21**	Katka Laughton Buntingford 10 30/12/2023 **1:22:26**	Katka Laughton Hertfordshire Half 03/11/2024 **1:51:57**	Katka Laughton Oakley 20 24/03/2024 **3:01:13**	Katka Laughton Brussels marathon 02/11/2025 **4:10:25**	Emma Mead North Downs Ridge 22/02/2026 **6:13:30**	Emma Mead LDWA Golden 50 27/07/2025 **13:14:00**	TBC	Emma Mead Flower of Suffolk 100 26/05/2025 **33:05:00**
FV55	TBC	Jo Heasman Biggleswade 5k 26/05/2025 **27:47**	Lisa Liversidge Hatfield 5 24/11/2024 **45:19**	Julie Tribe Richmond Park 10k 9/9/2023 **54:18**	Lisa Liversidge Buntingford 10 30/12/2023 **1:38:28**	Lisa Liversidge Baldock Beast 23/2/2025 **2:15:44**	TBC	TBC	Lisa Liversidge Greensand Country 26/5/2024 **7:26:16**	Lisa Liversidge LDWA Golden 50 27/07/2025 **13:14:00**	TBC	TBC
FV65	TBC	TBC	Fran Levy Marlow 5 14/5/2023 **45:31**	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC