Stevenage Phoenix Running Club - age category records

	5k	5 miles	10k	10 miles	Half marathon	20 miles	Marathon	50 km	50 miles	100km	100 miles
Men											
Senior	Alex Wasley Ridlins 5k 31/07/2024 **18:40**	Jay Papa Hatfield 5 26/11/2023 **31:28**	Alex Wasley Vitality 10k 22/09/2024 **38:52**	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**	James Woodcock The Goring Gap 19/5/2024 **6:21:21**	TBC	TBC	TBC
MV40	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**	Lewis Green Cambridge half 5/3/2023 **1:41:15**	Lewis Green Oakley 20 24/03/2024 **2:51:25**	Lewis Green The Norfolk marathon 28/4/2024 **3:56:47**	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	Paul Smith Resolution 5k race 3 18/10/2023 **22:10**	Simon Lodge The Phoenix 5 12/5/2024 **30:05**	Simon Lodge Brighton 10k 17/11/2024 **36:55**	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	TBC	TBC
MV60	Neil Homewood Doug Anderson 5k 19/7/2023 **27:05**	Wayne Simmons Hatfield 5 26/11/2023 **39:12**	Wayne Simmons Remembrance Run (ATW) 11/11/2023 **48:57**	Garry Wallace Powderham Power run 6/4/2024 **1:57:01**	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	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

	5k	5 miles	10k	10 miles	Half marathon	20 miles	Marathon	50 km	50 miles	100km	100 miles
Women											
Senior	Katie Mitham Hitchin 5k 29/09/2024 **24:17**	Katie Mitham Hatfield 5 24/11/2024 **39:28**	Kath Phoenix Standalone 10k 1/10/2023 **47:16**	Mel Tanti Cabbage Patch 10 15/10/2023 **1:40:27**	Katie Mitham Stevenage Half 20/10/2024 **1:50:52**	Jess Clarke Oakley 20 24/03/2024 **3:46:36**	Gemma Holloway Manchester marathon 16/4/2023 **5:00:46**	TBC	TBC	TBC	TBC
FV35	Jodie Kantas Doug Anderson 5k 17/7/2024 **22:29**	Jodie Kantas Hatfield 5 26/11/2023 **37:25**	Jodie Kantas St Albans 10k 31/12/2024 **46:35**	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 Eryri marathon 27/10/2024 **4:15:15**	Jodie Kantas Chiltern Hills 50k 13/10/2024 **5:50:24**	TBC	TBC	TBC
FV45	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 Manchester marathon 16/4/2023 **4:11:42**	Emma Mead Rodent Wriggle 27/7/2024 **7:12:00**	Emma Mead LDWA The Woldsman 06/04/2024 **14:21:00**	TBC	TBC
FV55	Stella Toresse Resolution 5k 16/8/2023 **28:22**	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 High Lodge half 2/4/2023 **2:16:20**	TBC	TBC	Lisa Liversidge Greensand Country 26/5/2024 **7:26:16**	Lisa Liversidge LDWA Surrey Tops 21/09/2024 **16:09:00**	TBC	TBC
FV65	TBC	Fran Levy Marlow 5. 14/5/2023 **45:31**	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC