Stevenage Phoenix Running Club - age category records

	5k	5 miles	10k	10 miles	Half marathon	20 miles	Marathon	50 km	100km
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
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 Race to the Stones 9/7/2023 19:31:12
MV50	Paul Smith Resolution 5k race 3 18/10/2023 22:10	Simon Lodge The Phoenix 5 12/5/2024 30:05	Simon Lodge Regents Park 10k 29/6/2024 37:44	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	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
MV70	Ken Hall Hatfield 5k 04/09/2024 23.42	Ken Hall Hatfield 5 26/11/2023 40:19	Ken Hall Harlow Mwl 19/6/2024 50:51	TBC	TBC	TBC	TBC	TBC	TBC
Women									
Senior	Mel Tanti Regents Park 29/6/2024 25:50	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
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 31/12/2023 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
FV45	Katka Loughton Resolution 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 Laughton Buntingford 10 30/12/2023 1:22:26	Emma Mead MK Winter Half 10/12/2023 1:52:39	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	TBC
FV55	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 Greensand Country 26/5/2024 7:26:16	TBC
FV65	TBC	Fran Levy Marlow 5. 14/5/2023 45:31	TBC	TBC	TBC	TBC	TBC	TBC	TBC