

WELSH ROAD RECORDS - MASTERS WOMEN

WOMEN

MARCH 2023

Records: These are recognised for All Comers [AC] and Welsh National [WN]

5KM

Event	Time	Athlete	Club	Venue	Date
W35	16:43	Andrea Whitcombe	Swansea Harriers	Mountain Ash	31.12.2009
W40	16:37	Andrea Whitcombe	Swansea Harriers	Swansea	11.06.2013
W45	16:30	Bronwen Cardy-Wise	Bromsgrove & Reddith	Gloucester	15.06.2000
W50	17:57	Pat Gallagher	Westbury Harriers	Wells	26.05.1997
W55	18:53	Niki Morgan	Chepstow Harriers	Hereford	04.05.2022
W60	20:26	Pat Gallagher	Yate	Yeovilton	13.06.2007
W65	22:38	Christine Birch	Abergele Harriers	Llandudno	20.03.2013
W70	23:32	Christine Birch	Abergele Harriers	Kingsley	24.08.2017
W75	3:49	Brenda Jones	Bro Dysynni	Horwich	19.06.2016

5 MILES

W35	27:54	Frances Gill	Neath Harriers	Portsmouth	06.11.1998
W40	27:49	Bronwen Cardy-Wise	Bromsgrove & R	Hereford	28.03.1993
W45	30:24	Alison Whitelaw	Wrexham	Dolgellau	07.08.2004
W50	30:58	Cherry Fowler	Chepstow	Weston SM	13.01.2022
W55	32:55	Cath Wheeler	Overton	Portsmouth	03.12.2017
W60	32:44	Angharad Mair	Les Croupiers	Glynneath	26.12.2022
W65	36:41	Christine Birch	Abergele Harriers	Abergele	04.11.2012
W70	39:40	Christine Birch	Abergele Harriers	Abergele	14.01.2018
W75	46:33	Brenda Jones	Bro Dysynni	Dolgellau	23.07.2016

10KM

W35	33:22	Tracy Morris	Valley Striders	Salford	09.04.2004
W40	33:53	Andrea Whitcombe	Swansea	Swansea	25.09.2011
W45	34:25	Bronwen Cardy-Wise	Bromsgrove & R	Newport	15.07.2000
W50	38:02	Angharad Mair	Les Croupiers	Swansea	20.09.2015
W55	37:46	Angharad Mair	Les Croupiers	Cardiff	02.04.2017
W60	40:34	Angharad Mair	Les Croupiers	Swansea	18.09.2022
W65	44:20	Myfanwy Loudon	Newport	Bruges, BEL	26.06.1999
W70	49:28	Christine Birch	Abergele	Llandudno	13.01.2018
W75	56:01	Brenda Jones	Bro Dysynni	Caernarfon	04.09.2016

10 MILES

W35	55:16	Angharad Mair	Les Croupiers	Dolgellau	26.07.1997
W40	56:16	Bronwen Cardy-Wise	Bromsgrove & R	Tipton	15.11.1992
W45	57:48	Bronwen Cardy-Wise	Bromsgrove & R	Llandudno	01.11.1998
W50	66:25	Karen Bowler	Hailsham	Hailsham	20.05.2001
W55	64:42	Angharad Mair	Les Croupiers	Ystrad Mynach	12.03.2017
W60	67:31	Angharad Mair	Les Croupiers	Cardiff	29.01.2023
W65	80:34	Anita Worthing	Aberystwyth	Elan Valley	13.11.2021
W70	90:27	Brenda Jones	Bro Dysynni	Hexham	04.09.2011
W75	1:50:37	Clare Johnson	Les Croupiers	Cardiff	13.02.2022

HALF MARATHON

W35	1:14:01	Angharad Mair	Newport	Glasgow	23.08.1998
W40	1:14:52	Bronwen Cardy-Wise	Bromsgrove & R	Stroud	24.10.1993
W45	1:18:04	Bronwen Cardy-Wise	Bromsgrove & R	Stroud	25.10.1999
W50	1:22:36	Angharad Mair	Les Croupiers	Cardiff	04.10.2015
W55	1:27:07	Niki Morgan	Chepstow	Bath	16.10.2022
W60	1:25:53	Angharad Mair	Les Croupiers	Newport	05.03.2023
W65	1:44:05	Ann Evans	Merthyr RC	Newport	05.03.2023
W70	1:51:22	Ann d'Albuquerque	GOG Tri	Lake Vyrnwy	08.09.2019
W75	2:22:22	Brenda Jones	Bro Dysynni	Cardiff	02.10.2016

MARATHON

W35	2:33:13	Tracey Morris	Valley Striders	Melbourne, AUS	19.03.2006
W40	2:45:17	Ruth Pickvance	Les Croupiers	Reggio Emilia, ITA	15.12.2002

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W45	2:57:30	Edwina Turner	Les Croupiers	London	26.06.1998
W50	2:58:57	Angharad Mair	Les Croupiers	London	26.04.2015
W55	2:54:49	Angharad Mair	Les Croupiers	London	23.04.2017
W60	3:41:49	Rosemary Rogers	Deestriders	Liverpool	14.10.2012
W65	3:54:40	Eva Cook	Sospan RR	Dublin	26.10.2015
W70	4:43:55	Brenda Jones	Bro Dysynni	Llanberis	27.10.2012
W75	4:45:20	Brenda Jones	Bro Dysynni	Ballabeg, IOM	14.08.2016