

CLUB RECORDS - WOMEN

5K RACE

	<u>RUNNER</u>	<u>TIME</u>	<u>EVENT</u>	<u>YEAR</u>
1	Helen Sharpe	19:21	Cardiff 5k	2023
2	Zoe Dobbs	19:51	Cardiff 5k	2017
3	Catherine Barker	20:02	SSAFA 5k Cardiff	2022
4	Bethan Butler-Madden	20:19	Pembrey 5k	2021
5	Lisa Cleary	20:29	SSAFA 5k Cardiff	2013

parkrun

1	Zoe Dobbs	19:19	Grangemoor	2017
2	Helen Sharpe	19:38	Cardiff	2024
3	Rachel Eales	19:43	Grangemoor	2017
4	Catherine Barker	19:59	Cardiff	2023
5	Ciara Oliva	20:11	Cardiff	2023

5 Miles

1	Clare Knox	31:08	Sri Chinmoy	1992
2	Helen Sharpe	32:36	Old Father Time	2023
3	Catherine Barker	33:37	Old Father Time	2019
4	Lisa Cleary	33:41	Cardiff Bay	2013
5	Debbie Warburton	34:34	Great Welsh Run	2005

10K

1	Helen Sharpe	40:49	Newport	2023
2	Ciara Oliva	40:50	Newport	2023
3	Catherine Barker	41:56	Cardiff Bay	2021
4	Nicky Evans	42:04	Atlantic College	2009
5	Debbie Warburton	42:08	Swansea	2013

Half Marathon

1	Clare Knox	85:04	Cardiff	1993
2	Helen Sharpe	89:33	Cardiff (Oct)	2022
3	Rachel Eales	91:49	Cardiff	2017
4	Debbie Warburton	92:33	Cardiff	2013
5	Catherine Barker	93:30	Cambridge	2023

Marathon

1	Natalie Priest	3:08:05	London	2024
2	Kaarina Ruta	3:21:36	Newport	2021
3	Catherine Barker	3:27:56	Newport	2021
4	Bethan Butler-Madden	3:27:58	London	2021
5	Ruth Cann	3:28:57	Newport	2018