

# CLUB RECORDS - WOMEN

## 5K RACE

	<u>RUNNER</u>	<u>TIME</u>	<u>EVENT</u>	<u>YEAR</u>
1	Zoe Dobbs	19:51	Cardiff 5k	2017
2	Catherine Barker	20:13	SSAFA 5k Cardiff	2018
3	Lisa Cleary	20:29	SSAFA 5k Cardiff	2013
4	Cath Tailby	21:04	SSAFA 5k Cardiff	2015
5	Bethan Apglyn	21:06	Nos Galan 5k	2019

## parkrun

1	Zoe Dobbs	19:19	Grangemoor	2017
2	Rachel Eales	19:43	Grangemoor	2017
3	Catherine Barker	20:41	Grangemoor	2019
4	Lisa Cleary	20:49	Cardiff	2012
5	Bethan Apglyn	20:49	Newport Riverfront	2019

## 5 Miles

1	Clare Knox	31:08	Sri Chinmoy	1992
2	Catherine Barker	33:37	Old Father Time	2019
3	Lisa Cleary	33:41	Cardiff Bay	2013
4	Debbie Warburton	34:34	Great Welsh Run	2005
5	Joanna Laity	34:47	Great Welsh Run	2003

## 10K

1	Nicky Evans	42:04	Atlantic College	2009
2	Debbie Warburton	42:08	Swansea	2013
3	Catherine Barker	42:20	Cardiff	2018
4	Lisa Cleary	42:50	Swansea	2013
5	Ruth Cann	44:06	Cardiff	2017

## Half Marathon

1	Clare Knox	85:04	Cardiff	1993
2	Rachel Eales	91:49	Cardiff	2017
3	Debbie Warburton	92:33	Cardiff	2013
4	Nicky Evans	93:47	Cardiff	2007
5	Lisa Cleary	94:30	Cardiff	2012

## Marathon

1	Bethan Apglyn	3:28:46	Dorney Lake	2021
2	Ruth Cann	3:28:57	Newport	2018
3	Rachel Eales	3:29:44	Lanzarote	2017
4	Andrea Hurman	3:30:33	Berlin	2015
5	Lisa Cleary	3:33:13	London	2013