Derby Athletic Club road running age group records

Women's Fastest Road Time, age group bests

UNDER 17 GIRLS

1 Mile	Jasmine Cooper	2018/05	London	5 mins 08 secs

SENIOR WOMEN

5k	Eleanor Stevens	2009/10	Derby	16 mins 47 secs
10k	Wendy Farrow	1998		34 mins 47 secs
1 mile	Eleanor Stevens	2009/04	Derby	4 mins 49 secs
5 miles	Wendy Farrow	1999/11	Wolverton	27 mins 58 secs
10 miles	Abbey Van Dijk	2022	Derby	59 mins 48 secs
Half mar	Wendy Rothenbaugh	1995		79 mins 25 secs
20 miles	Rachel Naylor	2018/03	Knighton	2hrs14min 27 secs
Marathon	Abbey Van Dijk	2021/05	Boston	2hrs 47mins 35 secs

FEMALE MASTERS OVER 35

5k	Sarah Holford	2013/10	Derby	20mins 00 secs
10k	Jill Cunningham	1997		36 mins 29 secs
1 mile	Sarah Holford	2013/11	Derby	5 mins 43 secs
10 miles	Wendy Roethenbaugh	2002		61 mins 08 secs
Half mar	Jill Cunningham	1997		80 mins 31secs
20 miles	Rachel Naylor	2018/03	Knighton	2hrs 14min 27 secs
Marathon	Wendy Roethenbaugh	2000	London	3hrs 6min 04 secs

FEMALE MASTERS OVER 40

5K Road	Lisa Palmer-Blount	2018/04	Kingsley	16 mins 54 secs
10K Road	Lisa Palmer-Blount	2018/04	Derby	35 mins 27 secs
1 mile	Sarah Holford	2014/02	Derby	5 mins 52 secs
5 miles	Jill Burke	2003/02	Alsager	29 mins 52 secs
10 miles	Jill Burke	2003/05	Burton	62 mins 52 secs
Half mar	Jill Burke	2006/03	Stafford	84 mins 15 secs
Marathon	Jill Burke	2006/04	London	3hrs 07min 17 secs

FEMALE MASTERS OVER 45

1 mile	Tracy Hinxman	2019/04	Derby	5 mins 30 secs
5k	Tracy Hinxman	2020/03	Berkley Gn	17 mins 42 secs
10k	Tracy Hinxman	2021/04	Mallory Pk	37 mins 00 secs
5 miles	Tracy Hinxman	2020/01	Cheltenham	29 mins 09 secs
10 miles	Tracy Hinxman	2019/11	Derby	62 mins 46 secs
Half mar	Tracy Hinxman	2010/02	Stafford	81 mins 39 secs
Marathon	Jackie Jackson	2000		3hrs 21min 57 secs

FEMALE MASTERS OVER 50

Marathon	Sophie Eadforth	2024/04	London	3hrs 9min 20 secs

Men's Fastest Road Times, age group bests

JUNIOR MEN (UNDER 20)

5k	Daniel Haymes	2015/02	Armagh	14 mins 41 secs
10k	Nick Lees	1977/09	Kirk Hallam	29 mins 15 secs

SENIOR MEN

5k	Ben Connor	2017/02	Armagh	13 mins 55 secs
10k	Ben Connor	2020	Valencia	28 mins 10 secs
1 mile	Luke Gunn	2013/06	London	4 mins 07 secs
5 miles	Nick Lees	1979/09	Sparkhill	22 mins 43 secs
10 miles	Ben Connor	2019/10	Portsmouth	47 mins 16 secs
20 miles	Harry Leeming	1974	Finchley	1hr 39min 18 secs
30 miles	Arthur Keily	1956	London	2hrs 50min 49 secs
100 miles	Arthur Mail	1959	London	13hr 17min 32 secs
Half mar	Ben Connor	2020	Antrim	60 mins 55 secs
Marathon	Ben Connor	2020	London	2hrs 11min 20 secs

MALE MASTERS OVER 40

5k	Pete Ivens	1999/02	Derby	16 mins 31 secs
10k	John Simmons	1984/09	Kirk Hallam	31 mins 17 secs
1 mile	Pete Ivens	1999/08	Derby	4 mins 31 secs
5 miles	Alasdair Kean	1988/04	Wolverton	24 mins 50 secs
10miles	Alasdair Kean	1987/12	Nene Valley	51 mins 24 secs
Half mar	Alasdair Kean	1988/08	Lincoln	68 mins 10 secs
Marathon	Alasdair Kean	1988/04	London	2hrs 23min 49 secs

MALE MASTERS OVER 45

5k	John Rouse	2022	Derby	17 mins 03 secs
10k	John Simmons	1990/05	Aldridge	34 mins 34 secs
1 mile	Russell Parkin	2011/02	Derby	4 mins 54.6 secs
5 miles	John Knibb	2011/02	Alsager	28 mins 05 secs
10 miles	Mick Smedley	1993/09	Nuneaton	58 mins 46 secs
Half mar	Mick Smedley	1993/10	Burton	77 mins 13 secs
Marathon	Alasdair Kean	1993/04	London	2hrs 30min 25 secs

MALE MASTERS OVER 50

5k	Mick Smedley	1998/09	Derby	17 mins 02 secs
10k	Mick Smedley	1998/03	Eastleigh	35 mins 17 secs
1 mile	John Simmons	1996/04	Derby	4 mins 37 secs
5 miles	John Simmons	1994/07	Derby	26 mins 54 secs
10 miles	Alasdair Kean	1998/12	Nene Valley	54 mins 22 secs
Marathon	Alasdair Kean	2000/04	London	2hrs 32min 15 secs

MALE MASTERS OVER 55

1 mile	Russell Parkin	2019/10	Derby	5 mins 15 secs
5k	Mick Smedley	2004/06	Horwich	17 mins 59 secs
10k	Mick Smedley	2004/10	Derby	36 mins 59 secs
5 miles	Mick Smedley	2004/10	Hucknall	29 mins 12 secs
Marathon	Alasdair Kean	2004/04	London	2hrs 44min 41 secs

MALE MASTERS OVER 60

5k	Russell Parkin	2024/04	Kingsley	18mins 34secs
1 mile	Russell Parkin	2023/06	Edinburgh	5 mins 10 secs