

ROUNDHAY RUNNERS - CLUB RECORDS AND NOTABLE ACHIEVEMENTS

| 1 mile | | | | | | | | | | | | | | | | |
|--------|-------------------|----------|-------------------|----------|-------------------|----------|-----|--|-----------------|----------|-----|--|-----|--|------|--|
| | Senior | | V35 | | V40 | | V45 | | V50 | | V55 | | V60 | | V70+ | |
| Male | Callum Elson | 00:04:38 | | | Richard Gibbs | 00:05:10 | | | Phil Burton | 00:06:03 | | | | | | |
| | HPH Summer Mile | Jun-18 | | | Leeds Golden Mile | Sep-18 | | | HPH Summer Mile | Jun-17 | | | | | | |
| Female | Laura Dransfield | 00:05:40 | Nicola Walmsley | 00:05:35 | Susan Lewis | 00:05:36 | | | | | | | | | | |
| | Leeds Golden Mile | Sep-13 | Leeds Golden Mile | Sep-18 | Leeds Golden Mile | Sep-17 | | | | | | | | | | |

| 5K / Parkrun | | | | | | | | | | | | | | | | |
|--------------|------------------|----------|--------------------|----------|---------------|----------|----------------------|----------|--------------------|----------|---------------------|----------|------------------|----------|------------------|----------|
| | Senior | | V35 | | V40 | | V45 | | V50 | | V55 | | V60 | | V70+ | |
| Male | Callum Elson | 00:15:12 | James Carvello | 00:17:15 | Allan Dodds | 00:17:40 | Alistair Urquhart | 00:18:51 | Alistair Urquhart | 00:19:09 | Pete Rush | 00:20:29 | Joe Mellor | 00:33:05 | Peter Sheppard | 00:29:27 |
| | Podium 5K | Aug-18 | Heslington Parkrun | Mar-18 | Leeds Parkrun | May-14 | York Parkrun | May-15 | St Andrews Parkrun | Apr-17 | Pegwell Bay Parkrun | Jul-18 | Roundhay Parkrun | Aug-18 | Roundhay Parkrun | Aug-18 |
| Female | Laura Dransfield | 00:18:19 | Nicola Walmsley | 00:19:46 | Susan Lewis | 00:18:32 | Sara Elson | 00:20:47 | Sarah Swales | 00:23:46 | Sarah Swales | 00:27:26 | Mags Cook | 00:25:59 | Anne Lewis | 00:29:58 |
| | Leeds Parkrun | Feb-16 | Leeds Parkrun | Aug-18 | Leeds Parkrun | Mar-18 | Even Splits Leeds 5k | Mar-18 | Roundhay Parkrun | May-14 | Roundhay Parkrun | Dec-17 | Poole Parkrun | Aug-18 | Roundhay Parkrun | Nov-17 |

| 10K | | | | | | | | | | | | | | | | |
|--------|------------------|----------|--------------------|----------|------------------|----------|-------------------|----------|-------------------|----------|------------------|----------|------------------|----------|------------------|----------|
| | Senior | | V35 | | V40 | | V45 | | V50 | | V55 | | V60 | | V70+ | |
| Male | Callum Elson | 00:32:34 | James Carvello | 00:35:44 | Steve Pinn | 00:36:57 | Alistair Urquhart | 00:38:47 | Alistair Urquhart | 00:39:49 | John Elliott | 00:45:41 | | | | |
| | Nottingham 10K | May-17 | Battersea Park 10k | Mar-18 | Leeds Abbey Dash | Nov-17 | Leeds Abbey Dash | Nov-13 | Leeds Abbey Dash | Nov-17 | Leeds Abbey Dash | Nov-17 | | | | |
| Female | Laura Dransfield | 00:38:20 | Susan Lewis | 00:42:09 | Susan Lewis | 00:38:07 | Julia Davies | 00:42:04 | Nikki Eastwood | 00:42:02 | | | Mags Cook | 00:54:12 | Anne Lewis | 01:00:37 |
| | Bradford 10K | Mar-16 | Wakefield 10k | Apr-16 | Leeds Abbey Dash | Nov-17 | Leeds Abbey Dash | Nov-14 | Leeds Abbey Dash | Nov-17 | | | Leeds Abbey Dash | Nov-13 | Leeds Abbey Dash | Nov-14 |

Overall Club Record

ROUNDHAY RUNNERS - CLUB RECORDS AND NOTABLE ACHIEVEMENTS

| 10 Mile | | | | | | | | | | | | | | | | |
|---------|------------------|----------|----------------|----------|--------------|----------|---------------------|----------|-------------------|----------|---------------|----------|-----------------|----------|------------|----------|
| | Senior | | V35 | | V40 | | V45 | | V50 | | V55 | | V60 | | V70+ | |
| Male | Callum Elson | 00:54:01 | James Carvello | 00:59:32 | Steve Pinn | 00:58:40 | Alistair Urquhart | 01:04:56 | Alistair Urquhart | 01:09:07 | John Elliott | 01:21:22 | | | | |
| | Tadcaster 10 | Sep-18 | Snake Lane 10 | Feb-18 | Yorkshire 10 | Oct-18 | Scottish 10M Champs | Apr-16 | Tadcaster 10 | Sep-17 | Eccup 10 | Jul-17 | | | | |
| Female | Laura Dransfield | 01:05:38 | Hannah Carter | 01:11:14 | Susan Lewis | 01:03:52 | Sara Elson | 01:13:48 | Nikki Eastwood | 01:18:12 | Carmel Barker | 01:19:41 | Mags Cook | 01:35:52 | Anne Lewis | 01:55:47 |
| | Eccup 10 | Jul-15 | Snake Lane 10 | Feb-16 | Yorkshire 10 | Oct-17 | Elvington Flyer 10 | Apr-18 | Eccup 10 | Jul-18 | Eccup 10 | Jul-18 | Great South Run | Oct-13 | Eccup 10 | Jul-18 |

| Half Marathon | | | | | | | | | | | | | | | | |
|---------------|-------------------------|----------|-----------------|----------|-----------------|----------|---------------------|----------|------------------------|----------|--------------------------------|----------|---------------------|----------|-----------------|----------|
| | Senior | | V35 | | V40 | | V45 | | V50 | | V55 | | V60 | | V70+ | |
| Male | Callum Elson | 01:11:29 | James Carvello | 01:20:02 | Richard Gibbs | 01:23:08 | Alistair Urquhart | 01:24:31 | Phil Burton | 01:30:56 | Pete Rush | 01:34:46 | | | | |
| | Rock 'n' Roll Dublin HM | Aug-17 | Vale of York HM | Sep-18 | Vale of York HM | Sep-18 | Great North West HM | Feb-15 | Great North Run | Sep-17 | Tissington Trail Half Marathon | Sep-18 | | | | |
| Female | Laura Dransfield | 01:28:49 | Hannah Carter | 01:35:09 | Susan Lewis | 01:26:32 | Nikki Eastwood | 01:35:36 | Nikki Eastwood | 01:37:19 | Carmel Barker | 01:46:25 | Mags Cook | 02:22:18 | Anne Lewis | 02:25:05 |
| | Nottingham HM | Sep-14 | Vale of York HM | Sep-15 | Vale of York HM | Sep-17 | Leeds Half Marathon | May-17 | Valencia Half Marathon | Mar-18 | Leeds Half Marathon | May-18 | Leeds Half Marathon | May-15 | Vale of York HM | Sep-18 |

| Marathon | | | | | | | | | | | | | | | | |
|----------|------------------|----------|-----------------|----------|---------------------|----------|-------------------|----------|--------------------|----------|--------------------|----------|-----------------|----------|------|--|
| | Senior | | V35 | | V40 | | V45 | | V50 | | V55 | | V60 | | V70+ | |
| Male | Franco Pardini | 02:32:35 | Steve Pinn | 02:48:59 | Richard Gibbs | 02:54:04 | Alistair Urquhart | 02:58:01 | Phil Burton | 03:15:00 | John Elliott | 03:59:59 | | | | |
| | London Marathon | Apr-17 | London Marathon | Apr-17 | Manchester Marathon | Apr-18 | London Marathon | Apr-15 | Yorkshire Marathon | Oct-17 | Yorkshire Marathon | Oct-16 | | | | |
| Female | Laura Dransfield | 03:03:01 | Laura Reid | 03:23:10 | Susan Lewis | 02:58:50 | Sara Elson | 03:36:48 | Nikki Eastwood | 03:28:19 | Carmel Barker | 03:47:52 | Mags Cook | 05:26:33 | | |
| | London Marathon | Apr-16 | Hull Marathon | Sep-18 | London Marathon | Apr-18 | Chester Marathon | Oct-18 | Chester Marathon | Sep-17 | Yorkshire Marathon | Oct-18 | London Marathon | Apr-18 | | |

Overall Club Record

Other Notable Achievements

Pete Wilkie - Montane Spine Race - 3rd Place 117:14:00 - Jan 2016

Franco Pardini - Gloucester Winter 50K - 1st Place 03:05:47 - Jan 2018