

## 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	John Irving	00:26:15	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	Dec-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	00:36:22	Alistair Urquhart	00:38:47	Alistair Urquhart	00:39:49	Pete Rush	00:43:37	John Irving	00:56:25		
	Nottingham 10K	May-17	Battersea Park 10k	Mar-18	Leeds Abbey Dash	Nov-18	Leeds Abbey Dash	Nov-13	Leeds Abbey Dash	Nov-17	Leeds Abbey Dash	Nov-18	Leeds Abbey Dash	Nov-18		
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	Carmel Barker	00:47:26	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-18	Leeds Abbey Dash	Nov-13	Leeds Abbey Dash	Nov-14

Overall Club Record

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10 Mile																
	Senior		V35		V40		V45		V50		V55		V60		V70+	
Male	<b>Callum Elson</b>	<b>00:54:01</b>	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				
	<b>Tadcaster 10</b>	<b>Sep-18</b>	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	<b>Susan Lewis</b>	<b>01:03:52</b>	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	<b>Yorkshire 10</b>	<b>Oct-17</b>	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	<b>Callum Elson</b>	<b>01:11:29</b>	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				
	<b>Rock 'n' Roll Dublin HM</b>	<b>Aug-17</b>	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	<b>Susan Lewis</b>	<b>01:26:32</b>	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	<b>Vale of York HM</b>	<b>Sep-17</b>	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	<b>Franco Pardini</b>	<b>02:32:35</b>	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				
	<b>London Marathon</b>	<b>Apr-17</b>	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	<b>Susan Lewis</b>	<b>02:58:50</b>	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	<b>London Marathon</b>	<b>Apr-18</b>	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**