

## 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	Jonathan Wills	00:16:39	Alistair Urquhart	00:18:51	Alistair Urquhart	00:19:09	Pete Rush	00:20:29	John Irving	00:24:24	Peter Sheppard	00:29:27
	Podium 5K	Aug-18	Heslington Parkrun	Mar-18	Even Splits 5k	May-19	York Parkrun	May-15	St Andrews Parkrun	Apr-17	Pegwell Bay Parkrun	Jul-18	York Parkrun	Jan-19	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	00:31:46	James Carvello	00:35:44	Steve Pinn	00:35:05	Alistair Urquhart	00:38:47	Alistair Urquhart	00:39:49	Pete Rush	00:43:37	John Irving	00:56:25		
	Isle of Man Running Festival	Apr-19	Battersea Park 10k	Mar-18	Dewsbury 10k	Feb-19	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	Nicola Walmsley	00:40:05	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	Dewsbury 10k	Feb-19	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	Callum Elson	00:54:01	James Carvello	00:59:32	Steve Pinn	00:57:52	Alistair Urquhart	01:04:56	Alistair Urquhart	01:09:07	John Elliott	01:21:22	John Irving	01:33:56		
	Tadcaster 10	Sep-18	Snake Lane 10	Feb-18	Snake Lane 10	Feb-19	Scottish 10M Champs	Apr-16	Tadcaster 10	Sep-17	Eccup 10	Jul-17	Grim Up North Canal Canter	Mar-19		
Female	Laura Dransfield	01:05:38	Hannah Carter	01:11:14	Susan Lewis	01:03:52	Julia Say	01:08:06	Nikki Eastwood	01:18:12	Carmel Barker	01:17:49	Mags Cook	01:35:52	Maureen Coffey	01:50:59
	Eccup 10	Jul-15	Snake Lane 10	Feb-16	Yorkshire 10	Oct-17	Thirsk 10	Mar-19	Eccup 10	Jul-18	Thirsk 10	Mar-19	Great South Run	Oct-13	Thirsk 10	Mar-19

Half Marathon																
	Senior		V35		V40		V45		V50		V55		V60		V70+	
Male	Callum Elson	01:11:29	James Carvello	01:20:02	Steve Pinn	01:20:15	Alistair Urquhart	01:24:31	Phil Burton	01:30:56	Pete Rush	01:34:30	John Irving	02:00:30		
	Rock 'n' Roll Dublin HM	Aug-17	Vale of York HM	Sep-18	Brass Monkey HM	Jan-19	Great North West HM	Feb-15	Great North Run	Sep-17	Monsal Trail Half Marathon	Mar-19	Great Manchester Run	May-19		
Female	Laura Dransfield	01:28:49	Niamh Jackson	01:29:50	Susan Lewis	01:26:32	Julia Say	01:29:34	Nikki Eastwood	01:37:19	Carmel Barker	01:44:45	Mags Cook	02:22:18	Anne Lewis	02:25:05
	Nottingham HM	Sep-14	Leeds Half Marathon	May-19	Vale of York HM	Sep-17	Leeds Half Marathon	May-19	Valencia Half Marathon	Mar-18	Leeds Half Marathon	May-19	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	Steve Pinn	02:52:07	Alistair Urquhart	02:58:01	Phil Burton	03:15:00	John Elliott	03:59:31				
	London Marathon	Apr-17	London Marathon	Apr-17	London Marathon	Apr-19	London Marathon	Apr-15	Yorkshire Marathon	Oct-17	London Marathon	Apr-19				
Female	Laura Dransfield	03:03:01	Nicola Walmsley	03:17:43	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	London Marathon	Apr-19	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**