

ROUNDHAY RUNNERS - CLUB RECORDS AND NOTABLE ACHIEVEMENTS

1 mile																
	Senior		V35		V40		V45		V50		V55		V60		V70+	
Male	Callum Elson	00:04:25	Joe Morton	00:05:22	Steve Pinn	00:05:01	Lee Hargadon	00:05:53	Phil Burton	00:05:41	John Walker	00:06:53	John Irving	00:07:13		
	Leeds Golden Mile	Sep-19	HPH Summer Mile	Jun-19	Leeds Golden Mile	Sep-19	Leeds Golden Mile	Sep-19	Leeds Golden Mile	Sep-19	HPH Summer Mile	Jun-19	HPH Summer Mile	Jun-19		
Female	Laura Dransfield	00:05:40	Nicola Walmsley	00:05:32	Susan Lewis	00:05:36			Hilary Humpleby	00:07:24					Maureen Coffey	00:09:04
	Leeds Golden Mile	Sep-13	Leeds Golden Mile	Sep-19	Leeds Golden Mile	Sep-17			HPH Summer Mile	Jun-19					Leeds Golden Mile	Sep-19

5K / Parkrun																
	Senior		V35		V40		V45		V50		V55		V60		V70+	
Male	Callum Elson	00:15:12	James Carvello	00:17:15	Jonathan Wills	00:15:50	Alistair Urquhart	00:18:51	Phil Burton	00:19:05	Phil Burton	00:20:11	John Irving	00:24:17	Peter Sheppard	00:29:27
	Podium 5K	Aug-18	Heslington Parkrun	Mar-18	Even Splits 5k	Oct-19	York Parkrun	May-15	Heslington Parkrun	Jun-19	Roundhay Parkrun	Feb-20	Harrogate Parkrun	Jul-19	Roundhay Parkrun	Aug-18
Female	Laura Dransfield	00:18:19	Nicola Walmsley	00:19:40	Susan Lewis	00:18:05	Sara Elson	00:20:47	Sarah Swales	00:23:46	Carmel Barker	00:23:03	Mags Cook	00:25:59	Anne Lewis	00:29:58
	Woodhouse Moor Parkrun	Feb-16	Canal Run 5K	Jul-19	Woodhouse Moor Parkrun	Sep-19	Even Splits Leeds 5k	Mar-18	Roundhay Parkrun	May-14	Heslington Parkrun	Mar-20	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	00:33:59	Matt Blakeley	00:37:52	Phil Burton	00:38:37	Phil Burton	00:38:42	John Irving	00:56:25	Peter Sheppard	00:56:15
	Isle of Man Running Festival	Apr-19	Battersea Park 10k	Mar-18	Leeds Abbey Dash	Oct-19	Leeds Abbey Dash	Oct-19	Leeds Abbey Dash	Oct-19	Dewsbury 10k	Feb-20	Leeds Abbey Dash	Nov-18	Salford 10k	Sep-19
Female	Laura Dransfield	00:38:20	Nicola Walmsley	00:39:16	Susan Lewis	00:38:06	Julia Say	00:41:12	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-20	Salford 10k	Sep-19	Dewsbury 10k	Feb-20	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	Matt Newell	00:58:51	Jon Wills	00:53:29	Alistair Urquhart	01:04:56	Phil Burton	01:05:57	Phil Burton	01:05:18	John Irving	01:33:56		
	Tadcaster 10	Sep-18	Thirsk 10	Mar-20	Tadcaster 10	Nov-19	Scottish 10M Champs	Apr-16	Tadcaster 10	Oct-19	Snake Lane 10	Feb-20	Grim Up North Canal Canter	Mar-19		
Female	Laura Dransfield	01:05:38	Hannah Carter	01:10:34	Susan Lewis	01:02:29	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	Yorkshire 10 mile	Oct-19	Thirsk 10	Mar-20	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	01:17:21	Alistair Urquhart	01:24:31	Phil Burton	01:28:27	Pete Rush	01:34:30	John Irving	02:00:30		
	Rock 'n' Roll Dublin HM	Aug-17	Vale of York HM	Sep-18	Edinburgh Half Marathon	May-19	Great North West HM	Feb-15	Edinburgh Half Marathon	May-19	Monsal Trail Half Marathon	Mar-19	Great Manchester Run	May-19		
Female	Laura Dransfield	01:28:49	Niamh Jackson	01:29:50	Susan Lewis	01:24:27	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	Chesterfield Half Marathon	Oct-19	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	James Carvello	02:46:34	Alistair Urquhart	02:58:01	Phil Burton	03:08:23	John Elliott	03:59:31	John Irving	04:59:26		
	London Marathon	Apr-17	London Marathon	Apr-17	Berlin Marathon	Sep-19	London Marathon	Apr-15	Berlin Marathon	Sep-19	London Marathon	Apr-19	Canal Christmas Cracker	Dec-19		
Female	Laura Dransfield	03:03:01	Nicola Walmsley	03:17:43	Susan Lewis	02:57:49	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	Berlin Marathon	Sep-19	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

Golden Acre Relay - Men's Team Winners 2019 - Marcos Valero Palacios, Callum Elson, Jon Wills (Course Record 43:13)

Endure 24 - Mixed Team Winners 2017 & 2018 - Callum Elson, Steve Pinn, Sara Elson, Tony Hodge, Chris Cobb (Mixed Team Course Record 40 laps)

Endure 24 - Ladies Team Winners 2019 - Laura Reid, Alissa Sharma, Sara Elson, Kirsty Ryan, Nikki Eastwood (Ladies Course Record 37 laps)

PECO XC 2018/19 - Ladies Seniors & Ladies Vets Premier Division Winners