

## VAC Battersea Park 5 Mile Run: Members' Age Group Course Records

### After the 5 Mile Championships on 5 May 2026

Age Group	Name	Time	Date
<b>Men</b>			
M35	Richard Macaulay	26:34	07-May-24
M40	John Rye	25:34	17-Aug-99
M45	Richard McDowell	25:39	07-May-24
M50	Andy Bond	26:41	07-May-24
M55	Neil Danby	27:35	09-May-23
M60	Gareth Jones	29:23	12-Jun-07
M65	Ron Higgs	29:58*	18-Aug-98
M70	Steve Charlton	31:59	17-Aug-99
M75	Peter Giles	34:24	06-Aug-19
M80	Steve Charlton	35:41	17-Apr-07
M85	Steve Charlton	41:14	31-Jul-12

\* Allcomers M65 Record of 29:31 set by non-member, Bob Bradbury, 16 April 2019

### Women

W35	Kay Sheedy	29:49*	09-May-23
W40	Marilyn Clarke	30:37**	19-Aug-97
W45	Nikki Sturzaker	30:25	09-May-23
W50	Karima Harris	30:16	07-May-24
W55	Clare Elms	29:05	11-Jun-19
W60	Clare Elms	29:53	05-May-26
W65	Pamela Whitter	35:56***	13-May-25
W70	Anna Garnier	38:15	13-May-25
W75	Penny Elliott	41:29	06-Aug-19
W80	Pam Jones	51:29	13-Jun-17

\* Allcomers W35 Record of 29:42 set by non-member, Bryony Proctor, 13 May 2019

\*\* Allcomers W40 Record of 30:25 set by non-member, Nichola Evans, 9 May 2023

\*\*\* Allcomers W65 Record of 33:12 set by non-member, Angharad Mair, 5 May 2026