

14/08/2025

Irene Nicholls 14/08/2025

WOMEN

BROMSGROVE and REDDITCH AC ROAD RECORDS

14/08/2025

3K WALK					5K WALK					10K WALK				
U13				U13				U13						
U15	15.14	Sharon Griffiths	Leicester	19-Feb-83	U15	26.31	Sharon Tonks	York	23-Mar-85	U15				
U17	14.53	Ruth Sugg	Douglas	07-May-83	U17	25.53	Carla Jarvis	Sutton Coldfield	03-Nov-90	U17				
U20				U20	26.13	Louise Pye	Leicester	11-Jun-88	U20	54.59	Sharon Tonks	Hoddesdon	02-Sep-89	
Senior				Senior	23.53	Sharon Tonks	Tamworth	03-Dec-01	Senior	48.40	Sharon Tonks	Leamington	23-Mar-02	
W35				W35	25.30	Sharon Tonks	Perry Park	12-Nov-05	W35	52.54	Sharon Tonks	La Coruna Spain	04-Jun-05	
W40				W40					W40	61.04	Sally Haynes	Chigwell	31-Oct-87	
W45				W45					W45					
W50				W50					W50	72.49	Sally Haynes	Leicester	15-Sep-96	
W55				W55										
W60				W60										
W65				W65										
W70				W70										
20K WALK					30K WALK					5 MILE WALK				
U13				U13				U13						
U15				U15				U15						
U17				U17				U17						
U20				U20				U20						
Senior	1.43.29	Sharon Tonks	East Moseley	02-Mar-02	Senior			Senior	38.09	Sharon Tonks	Coventry	06-May-02		
W35	1.49.45	Sharon Tonks	La Coruna Spain	04-Jun-05	W35			W35	41.00	Sharon Tonks	Coventry	27-Jun-05		
W40	2.18.58	Sally Haynes	Basildon	08-Apr-89	W40			W40						
W45	2.17.06	Sally Haynes	Basildon	07-Apr-90	W45			W45						
					W50			W50						
					W55			W55						
Senior	10 MILE WALK				W60			W60						
	88.10	Sharon Tonks		Jan-95	W65			W65						
					W70			W70						