WOMEN

BROMSGROVE and REDDITCH AC
ROAD RECORDS

23/04/2026

	5 KILOMETRES			5 KILOMETRES PARK RUN				5 MILES			
U13	20.09 Kara-Rose Welborn	Kirkby Mallory	17-Apr-21	U13	20.06 Amy Mijovic-Couldwell	Arrow Valley	26-Oct-13	U20	36.10 Ruth Gameson	Chelmsley Wood	03-Jan-16
U15	19.56 Kara-Rose Welborn	Sutton Coldfield	01-Apr-23	U15	19.22 Ellen Bowen	Arrow Valley	28-Mar-15	Senior	28.41 Bronwen Smith	Coventry	28-Mar-82
U17	19.36 Amy Mijovic-Couldwell	Sutton Park	25-Mar-17	U17	19.04 Kara-Rose Welborn	Walsall	21-Dec-24	W35	27.13 Bronwen Cardy	Solihull	02-Sep-90
U20	22,19 Ruth Gameson	Sandhurst	16-Jun-15	U20	18.57 Beth Sykes	Arrow Valley	16-Nov-19	W40	34.24 Jane Anderson	Sandhurst	28-Feb-04
Senior	18.15 Sharon Hetherington	Hereford	24-May-01	Senior	17.52 Beth Sykes	Arrow Valley	22-Nov-22	W45	35.47 Jane Anderson	Little Aston	20-Sep-09
W35	17.13 Laura Kyte	Kingsley	26-Aug-22	W35	18.12 Laura Kyte	Arrow Valley	09-Jul-22	W55	44.38 Sharon Fox	Romsley	22-Nov-25
W40	18.05 Caroline Warrington	Bath	30-Jun-21	W40	18.46 Caroline Warrington	Cardiff	22-Nov-22				
W45	16.30 Bronwen Cardy	Gloucester	15-Jun-00	W45	19.11 Faye Stanyard	Arrow Valley	20-Apr-24		ONE MILE		
W50	18.58 Bronwen Cardy	Gloucester	18-Aug-05	W50	20.23 Kim Edmunds	Cannon Hill	28-Dec-13	U13	6.09 Harriet Boehm	Much Wenlock	13-Jul-25
W55	26.13 Jane Anderson	Carlisle	06-Sep-23	W55	23.25 Mary Morris	Arrow Valley	17-Oct-17	U15	7.26 Talitha Scoltock-Daftary	London	27-May-18
W60	23.24 Yvonne Priestman	Birmingham	19-Apr-09	W60	21.14 Bronwen Cardy	Arrow Valley	12-Sep-15	U17	7.26 Talitha Scoltock-Daftary	Bourton	13-Jul-19
W65	24.20 Yvonne Priestman	Falesia POR	12-Mar-11	W65	24.10 Yvonne Priestman	Brighton	30-Apr-11	Senior	7.04 Talitha Scoltock-Daftary	Darlington	21-May-25
W70				W70	32.18 Peggy Blunn	Arrow Valley	26-Nov-16	W40	5.49 Becky Selvey	Bourton	15-Jul-17
								W45	9.55 Yasmine Al-Daftary	Bourton	24-Jul-18
	10 KILOMETRES			10 MILES				20 MILES			
U13				U13				U13			
U15	42,12 Kara-Rose Welborn	Bournemouth	02-Apr-23	U15				U15			
U17	45.44 Lauren Coates	Redditch	28-Jun-22	U17				U17			
U20	40.38 Katie O'Byrne	Redditch	23-May-04	U20	84.30 Ruth Gameson	Leicester	06-Sep-15	U20			
Senior	36.01 Laura Kyte	Cipolletti Arg	05-Mar-16	Senior	56.05 Bronwen Cardy	Tipton	16-Nov-86	Senior	2.25.34 Natasha Newton	Milton Keynes	09-May-21
W35	33.52 Bronwen Cardy-Wise	Worcester	22-Mar-87	W35	56.38 Bronwen Cardy-Wise	Tadcaster	29-Apr-89	W35			
W40	34.05 Bronwen Cardy-Wise	Swansea	13-Sep-92	W40	56.16 Bronwen Cardy-Wise	Tipton	15-Nov-92	W40	2.22.42 Rowena Bales	Stafford	12-Mar-06
W45	34.25 Bronwen Cardy	Newport	15-Jul-00	W45	57.48 Bronwen Cardy-Wise	Llandudno	01-Nov-98	W45	2.28.24 Rowena Bales	Stafford	08-Mar-09
W50	39.05 Bronwen Cardy	Cardiff	29-Jul-07	W50	76.04 Ann Stuart	Derwentwater	07-Nov-10	W50	2.44.13 Sarah Richardson	Ashby	20-Mar-16
W55	45.52 Judy Appleby	Crowle	11-May-14	W55	79.35 Ann Stuart	Brampton	19-Nov-17	W55			
W60	47.25 Judy Appleby	Alcester	10-Oct-21	W60	82.40 Sarah Richardson	Walsall	08-Dec-24	W60			
W65	49.44 Yvonne Priestman	Crowle	08-May-11	W65				W65			
W70	78.10 Peggy Blunn	Bromsgrove	09-Jul-16	W70				W70			
	HALF MARATHON			MARATHON				20 KILOMETRES			
U13				U13							
U15				U15				W35	73.20 Bronwen Cardy-Wise	Aylesbury	02-Apr-89
U17				U17							
U20	1.51.45 Ruth Gameson	Birmingham	18-Oct-15	U20							
Senior	80.58 Laura Kyte	Rosario ARG	14-May-17	Senior	2.53.53 Bronwen Smith (Cardy)	Stockholm	07-Jun-86				
W35	74.43 Bronwen Cardy-Wise	Stroud	30-Oct-88	W35	2.45.30 Bronwen Cardy-Wise	Wolverhampton	05-Apr-87		50 MILES		
W40	74.52 Bronwen Cardy-Wise	Stroud	24-Oct-93	W40	2.54.19 Caroline Warrington	Valencia	05-Dec-21				
W45	78.04 Bronwen Cardy-Wise	Stroud	24-Oct-99	W45	3.08.09 Rowena Bales	London	26-Apr-09		MOUNTAIN RUNNING SPECIAL PERFORMANCE		
W50	92.21 Rowena Bales	Birmingham	20-Oct-13	W50	3.17.44 Kim Edmunds	Edinburgh	22-Aug-11	W50	13.16.07 Judy Appleby	Davros Switz	30-Jul-11
W55	1.40.01 Sarah Richardson	Birmingham	01-May-22	W55	3.40.20 Sarah Richardson	London	03-Oct-21				
W60	1.41.55 Judy Appleby	Siverstone	24-Nov-19	W60	4.03.25 Sarah Richardson	Inverness	28-Sep-25				
W65	1.55.57 Yvonne Priestman	Cardiff	16-Oct-11	W65					EVEREST MARATHON (42k)		
W70				W70							
								W60	10.57.5 Judy Appleby	Everest Nepal	29-May-19

Subject to scrutiny

Irene Nicholls 23/04/2026

WOMEN

BROMSGROVE and REDDITCH AC
ROAD RECORDS

23/04/2026

3K WALK

U13				
U15	15.14	Sharon Griffiths	Leicester	19-Feb-83
U17	14.53	Ruth Sugg	Douglas	07-May-83
U20				
Senior				
W35				
W40				
W45				
W50				
W55				
W60				
W65				
W70				

5K WALK

U13				
U15	26.31	Sharon Tonks	York	23-Mar-85
U17	25.53	Carla Jarvis	Sutton Coldfield	03-Nov-90
U20	26.13	Louise Pye	Leicester	11-Jun-88
Senior	23.53	Sharon Tonks	Tamworth	03-Dec-01
W35	25.30	Sharon Tonks	Perry Park	12-Nov-05
W40				
W45				
W50				
W55				
W60				
W65				
W70				

10K WALK

U13				
U15				
U17				
U20	54.59	Sharon Tonks	Hoddesdon	02-Sep-89
Senior	48.40	Sharon Tonks	Leamington	23-Mar-02
W35	52.54	Sharon Tonks	La Coruna Spain	04-Jun-05
W40	61.04	Sally Haynes	Chigwell	31-Oct-87
W45				
W50	72.49	Sally Haynes	Leicester	15-Sep-96

20K WALK

U13				
U15				
U17				
U20				
Senior	1.43.29	Sharon Tonks	East Moseley	02-Mar-02
W35	1.49.45	Sharon Tonks	La Coruna Spain	04-Jun-05
W40	2.18.58	Sally Haynes	Basildon	08-Apr-89
W45	2.17.06	Sally Haynes	Basildon	07-Apr-90

10 MILE WALK

Senior	88.10	Sharon Tonks	Jan-95

30K WALK

U13				
U15				
U17				
U20				
Senior				
W35				
W40				
W45				
W50				
W55				
W60				
W65				
W70				

5 MILE WALK

U13				
U15				
U17				
U20				
Senior	38.09	Sharon Tonks	Coventry	06-May-02
W35	41.00	Sharon Tonks	Coventry	27-Jun-05
W40				
W45				
W50				
W55				
W60				
W65				
W70				

Subject to scrutiny

Irene Nicholls 23/04/2026