

## PONTEFRACT ATHLETICS CLUB – ROAD RECORDS

### SENIOR MEN

5 Kms	J. Capon	16.32	Pontefract	Mar 2014
5 Miles	N. Doy	28.37	Darrington	June 2022
10 Kms	N. Doy	33.11	Doncaster	Nov 2021
10 Miles	S. Lowe	57.04	York	Apr 2019
Half Mar	N. Doy	1.13.37	York	Jan 2022
20 Miles	A. Masterman	2.03.29	Hull	Mar 2014
Marathon	A. Masterman	2.45.57	London	Apr 2014

### MEN OVER 40

5 Kms	S. Lowe	17.20	Pontefract	May 2018
5 Miles	S. Lowe	29.21	Darrington	June 2018
10 Kms	S. Lowe	34.40	Askern	May 2019
10 Miles	S. Lowe	57.04	York	Apr 2019
Half Mar	S. Lowe	1.17.23	Pontefract	Sept 2018
20 Miles	A. Masterman	2.03.29	Hull	Mar 2014
Marathon	A. Masterman	2.45.57	London	Apr 2014

### MEN OVER 45

5 Kms	S. Daly	17.34	Doncaster	July 2017
5 Miles	S. Daly	30.32	Darrington	June 2018
10 Kms	S. Daly	35.48	Dewsbury	Feb 2020
10 Miles	S. Daly	1.00.37	Thirsk	Mar 2020
Half Mar	A. Masterman	1.18.01	Gt Nth Run	Sept 2014
20 Miles	A. Masterman	2.03.29	Hull	Mar 2014
Marathon	A. Masterman	2.45.57	London	Apr 2014

### MEN OVER 50

5 Kms	S. Daly	18.01	York	Apr 2021
5 Miles	S. Daly	31.01	Darrington	June 2022
10 Kms	S. Daly	37.25	Dewsbury	Feb 2024
10 Miles	S. Daly	1.02.30	Thirsk	Mar 2022
Half Mar	S. Daly	1:23.23	Barcelona	Feb 2024
20 Miles	C. Jones	2.59.03	Hull	Mar 2006
Marathon	M. Flaherty	3.19.54	Manchester	Apr 2012

### MEN OVER 55

5 Kms	K. Waite	19.37	York	Oct 2022
5 Miles	K. Waite	34.04	Pontefract	Oct 2020
10 Kms	C. Farrow	41.18	Doncaster	Nov 2023
10 Miles	A. Boyd	1.11.06	Thirsk	Mar 2022
Half Mar	M. Flaherty	1.32.43	York	Jan 2023
20 Miles	C. Jones	2.59.03	Hull	Mar 2006
Marathon	C. Farrow	3.33.31	York	Oct 2023

### MEN OVER 60

5 Kms	K. Waite	19.37	York	Oct 2022
5 Miles	A. Boyd	34.17	Darrington	June 2022
10 Kms	K. Waite	41.35	Grimsby	June 2023
10 Miles	A. Boyd	1.11.06	Thirsk	Mar 2022
Half Mar	M. Flaherty	1.32.43	York	Jan 2023
20 Miles	C. Jones	3.02.37	Hull	Mar 2012
Marathon	V. Taylor	4.19.12	Edinburgh	May 2006

### MEN OVER 65

5 Kms	C. Jones	23.52	Methley	July 2011
5 Miles	C. Jones	40.26	Darrington	June 2011
10 Kms	C. Jones	51.55	Dewsbury	Mar 2012
10 Miles	C. Jones	1.25.02	Askern	Aug 2012
Half Mar	V. Taylor	1.47.10	Sheffield	May 2005
20 Miles	C. Jones	3.02.37	Hull	Mar 2012
Marathon	V. Taylor	4.19.12	Edinburgh	May 2006

### MEN OVER 70

5 Kms	V. Taylor	27.16	St Annes	July 2011
10 Kms	V. Taylor	56.27	Barnsley	Nov 2010
10 Miles	V. Taylor	1.40.43	Guy Fawkes	Oct 2010
Half Mar	V. Taylor	1.48.21	Sheffield	May 2006
20 Miles	V. Taylor	3.04.59	Hull	Mar 2006
Marathon	V. Taylor	4.19.12	Edinburgh	May 2006

### MEN OVER 75

5 Kms	V. Taylor	27.16	St Annes	July 2011
10 Kms	V. Taylor	58.55	Wistow	Oct 2012
10 Miles	V. Taylor	1.42.18	Askern	Aug 2011
Half Mar	V. Taylor	2.05.56	Rotherham	Mar 2011

## PONTEFRACT ATHLETICS CLUB – ROAD RECORDS

### SENIOR LADIES

5 Kms	F. Banks	18.05	Lancaster	May 2007
5 Miles	F. Lightowler	30.32	Leeds	Nov 2005
10 Kms	F. Lightowler	35.36	Tholthorpe	Sept 2017
10 Miles	F. Lightowler	60.13	Askern	Aug 2017
Half Mar	F. Lightowler	1.17.48	York	Sept 2017
20 Miles	F. Banks	2.09.15	Trimpell	Mar 2008
Marathon	F. Lightowler	2.50.29	Chester	Oct 2017

### LADIES OVER 35

5 Kms	F. Lightowler	18.06	Pontefract	Nov 2020
5 Miles	F. Lightowler	31.03	Darrington	June 2019
10 Kms	F. Lightowler	35.36	Tholthorpe	Sept 2017
10 Miles	F. Lightowler	60.13	Askern	Aug 2017
Half Mar	F. Lightowler	1.17.48	York	Sept 2017
20 Miles	C. McCarthy	2.19.53	Hull	Mar 2006
Marathon	F. Lightowler	2.50.29	Chester	Oct 2017

### LADIES OVER 40

5 Kms	F. Lightowler	18.06	Pontefract	Nov 2020
5 Miles	J. Sutcliffe	32.11	Darrington	June 2024
10 Kms	J. Sutcliffe	38.20	Dewsbury	Feb 2022
10 Miles	C. McCarthy	65.31	Snake Lane	Feb 2006
Half Mar	F. Lightowler	1.21.46	London	Sept 2021
20 Miles	C. McCarthy	2.19.53	Hull	Mar 2006
Marathon	F. Lightowler	2.57.46	Manchester	Apr 2022

### LADIES OVER 45

5 Kms	A. Hannon	19.28	Pontefract	Sept 2015
5 Miles	J. Sutcliffe	32.11	Darrington	June 2024
10 Kms	J. Sutcliffe	38.20	Dewsbury	Feb 2022
10 Miles	C. McCarthy	1.05.31	Snake Lane	Feb 2006
Half Mar	C. McCarthy	1.25.17	Selby	Oct 2005
20 Miles	C. McCarthy	2.19.53	Hull	Mar 2006
Marathon	J. Sutcliffe	2.58.14	Manchester	Apr 2022

### LADIES OVER 50

5 Kms	C. McCarthy	20.20	Pontefract	Aug 2012
5 Miles	C. McCarthy	34.26	Darrington	June 2012
10 Kms	C. McCarthy	41.04	York	Aug 2012
10 Miles	C. McCarthy	68.13	Thirsk	Mar 2012
Half Mar	C. McCarthy	1.29.32	Cardiff	Oct 2013
20 Miles	C. McCarthy	2.28.35	Hull	Mar 2014
Marathon	C. McCarthy	3.13.21	Berlin	Sept 2010

### LADIES OVER 55

5 Kms	C. McCarthy	20.37	Doncaster	July 2019
5 Miles	C. McCarthy	35.00	Pontefract	Oct 2020
10 Kms	C. McCarthy	42.04	Salford	Sept 2019
10 Miles	C. McCarthy	1.09.12	York	Oct 2019
Half Mar	C. McCarthy	1.32.25	York	Sept 2019
20 Miles	C. McCarthy	2.35.11	Hull	Mar 2017
Marathon	C. McCarthy	3.16.12	York	Oct 2021

### LADIES OVER 60

5 Kms	C. McCarthy	20.48	Pontefract	Sept 2020
5 Miles	C. McCarthy	35.00	Pontefract	Oct 2020
10 Kms	C. McCarthy	43.17	Pontefract	Aug 2021
10 Miles	C. McCarthy	1.12.21	Tadcaster	Nov 2021
Half Mar	C. McCarthy	1.33.19	Wokingham	Mar 2022
20 Miles	C. McCarthy	2.57.02	Spensborough	Feb 2024
Marathon	C. McCarthy	3.16.12	York	Oct 2021

### LADIES OVER 65

5 Kms	J. Haigh	27.30	Pontefract	Nov 2024
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