



Evesham Vale Running Club



Senior Female

	Name	Time	Date	Venue
1 Mile	Alix Cornish	6'18.5"	03/09/16	Staverton
5 km	Natasha Day	21'36"	01/06/08	Warndon
	Gwen Fennell	21'10"	22/06/08	Evesham RFL ⁽¹⁾
4 Miles	Marianne Day	28'55"	05/08/10	Sandhurst
5 Miles	Natasha Day	37'09"	01/11/09	Tewkesbury
10 km	Annabelle McCourt	41'09"	30/09/18	Blenheim
12 km	Natasha Day	56'35"	17/01/10	Stratford
10 Miles	Natasha Day	1.18'27"	04/01/09	Gloucester
Half Marathon	Annabelle McCourt	1.31'26"	16/09/18	Worcester
20 Miles	Natasha Day	2.49'34"	13/03/11	Gloucester
Marathon	Gwen Fennell	3.21'23"	06/04/08	Paris, France
50 Miles	Helen Manners	16.07'03"	13/06/15	Endure 24
Bredon Hill	Marianne Day	50'28"	23/06/11	Bredon Hill

Veteran Ladies 40

	Name	Time	Date	Venue
1 Mile	L. Lewis-Painter	5'58.3"	03/09/16	Staverton
5 km	L. Lewis-Painter	20'40"	01/07/12	Evesham
	Sheila Barbour	20'01"	08/11/14	Arrow Valley ⁽¹⁾
5 Miles	Sheila Barbour	33'25"	07/11/10	Tewkesbury
10 km	Michelle Parsons	39'05"	30/08/10	Stratford
12 km	Michelle Parsons	49'00"	16/01/11	Stratford
10 Miles	Sheila Barbour	1.09'44"	14/12/14	Bloxwich
Half Marathon	Michelle Parsons	1.24'59"	09/05/10	Tewkesbury
20 Miles	Sheila Barbour	2.31'27"	16/03/14	Gloucester
Marathon	Sheila Barbour	3.12'58"	28/07/14	Berlin
100 Miles				
Bredon Hill	Sheila Barbour	47'03"	23/06/11	Bredon Hill

Veteran Ladies 50

	Name	Time	Date	Venue
1 Mile	Ann Tarry	7'30"	23/07/11	Bourton
5 km	Ann Tarry	24'18"	01/07/12	Evesham
	L. Lewis-Painter	20'39"	16/07/22	Pitchcroft ⁽¹⁾
5 Miles	L. Lewis-Painter	33'35.9"	06/11/22	Tewkesbury
10 km	L. Lewis-Painter	42'17"	09/10/22	Alcester
12 km	Ann Tarry	1.05'09"	16/01/11	Stratford
10 Miles	Ann Tarry	1.45'34"	07/02/10	Stourbridge ^(MT)
Half Marathon	L. Lewis-Painter	1.34'34"	16/10/22	Bath
20 Miles	Ann Tarry	3.14'13"	07/03/10	Gloucester
Marathon	Michelle Parsons	3.14'43"	23/04/17	London
100 km	Denise James	14.42'24"	17/07/17	Race to Stones
Bredon Hill	Ann Tarry	56'32"	17/06/10	Bredon Hill

Veteran Ladies 60

	Name	Time	Date	Venue
1 Mile				
5 km	Nikki Holden	30'20"	02/04/12	Evesham
	Debbie Osborne	25'44"	03/09/22	Alderton ⁽¹⁾
5 Miles	Jane Westcott	44'26"	07/11/21	Tewkesbury
10 km	Debbie Osborne	54'31"	30/10/22	Redditch
12 km	Diane Icke	1.12'15"	17/01/10	Stratford
10 Miles	Diane Icke	1.52'44"	07/02/10	Stourbridge ^(MT)
Half Marathon				
Marathon	Debbie Osborne	4'38'32"	02/10/22	London
Bredon Hill	Diane Icke	1.04'05"	18/06/09	Bredon Hill

Veteran Ladies 70

	Name	Time	Date	Venue
1 Mile	Virginia Pawlyn	8'02.5"	28/09/13	Staverton
5 km	Virginia Pawlyn	27'33"	27/03/11	Evesham
5 Miles				
10 km	Virginia Pawlyn	52'56"	27/02/11	Bourton
12 km	Virginia Pawlyn	1.06'53"	16/01/11	Stratford
Half Marathon	Virginia Pawlyn	2.00'46"	06/03/11	Droitwich
20 Miles	Virginia Pawlyn	3.22'04"	25/03/12	Merthyr Tydfil
Marathon	Virginia Pawlyn	4.14'30"	21/10/12	Chester
Bredon Hill	Virginia Pawlyn	1.05'37"	23/06/11	Bredon Hill

Veteran Ladies 35

	Name	Time	Date	Venue
	Caroline Morgan	6'32"	19/07/14	Bourton
	Sheila Barbour	20'31"	06/06/10	Warndon
	Emma Gill	34'21"	07/11/10	Tewkesbury
	Sheila Barbour	41'43"	18/07/10	Worcester
	Sheila Barbour	52'19"	17/01/10	Stratford
	Sheila Barbour	1.24'11"	08/02/09	Stourbridge ^(MT)
	Sheila Barbour	1.34'51"	25/10/09	Coventry
	Sheila Barbour	2.35'42"	07/03/10	Gloucester
	Sheila Barbour	3.28'00"	18/10/09	Amsterdam, NL
	Nicola Dusterhoff	11.33'49"	2015	Rocky Raccoon
	Sheila Barbour	45'55"	17/06/10	Bredon Hill

Veteran Ladies 45

	Name	Time	Date	Venue
	Michelle Parsons	19'31"	31/03/12	Evesham
	Michelle Parsons	31'35"	06/11/11	Tewkesbury
	Michelle Parsons	38'43"	20/07/11	Droitwich
	Michelle Parsons	48'22"	15/01/12	Stratford
	Maria Lord	1.18'39"	13/08/17	Hereford
	Michelle Parsons	1.28'19"	09/03/13	Blackminster
	Michelle Parsons	2.59'09"	22/05/11	Edinburgh
	Aly Grout	25.00'00"	2019	Endure 24
	Sarah Gazey	52'18"	18/06/09	Bredon Hill

Veteran Ladies 55

	Name	Time	Date	Venue
	Nikki Holden	7'31"	25/04/11	Bushley
	Nikki Holden	25'05"	27/03/11	Evesham
	Mandy Bell	24'49"	17/02/18	Tooting Common ⁽¹⁾
	Nikki Holden	41'55"	01/11/09	Tewkesbury
	Mandy Bell	50'27"	07/10/18	Alcester
	Nikki Holden	1.03'42"	18/01/09	Stratford
	Nikki Holden	1.48'02"	07/02/10	Stourbridge ^(MT)
	Michelle Parsons	1.27'08"	15/05/22	Tewkesbury
	Nikki Holden	4.35'44"	05/10/08	Inverness
	Nikki Holden	59'25"	18/06/09	Bredon Hill

Veteran Ladies 65

	Name	Time	Date	Venue
	Nikki Holden	9'00.2"	02/09/17	Staverton
	Virginia Pawlyn	27'10"	01/06/08	Warndon
	Virginia Pawlyn	44'45"	02/11/08	Tewkesbury
	Virginia Pawlyn	56'23"	28/02/10	Bourton
	Virginia Pawlyn	1.08'58"	18/01/09	Stratford
	Virginia Pawlyn	1.55'42"	07/02/10	Stourbridge ^(MT)
	Virginia Pawlyn	2.05'46"	19/10/08	Coventry
	Virginia Pawlyn	7.51'16"	20/06/10	Cheltenham ⁽¹⁾
	Virginia Pawlyn	1.10'52"	18/06/09	Bredon Hill

Notes:

⁽¹⁾ Non-UKA event:

Established in an event not in accordance with UKA regulations, therefore considered a "club best" time.

^(MT) Stourbridge Stagger:

Multi-Terrain Event

(Updated: 07/11/2022)