



Sherfield Park Runners Club Records (as of 20-02-18)

1 mile	Name	Time	Event	Date
F18-19				
F20-24	Sophie Cannon	6:54	Magic Mile 2015	14th Jul 2015
F25-29				
F30-34				
F35-39				
F40-44	Louise Grainger	7:04	Magic Mile 2015	14th Jul 2015
F45-49	Suzanne Byrne	7:27	Magic Mile 2013	3rd Sep 2013
F50-54	Julie Hughes	6:45	Magic Mile 2014	29th Jul 2014
F55-59	Wendy Lodge	7:54	Magic Mile 2015	14th Jul 2015
F60-64	Val Ingle	9:30	Magic Mile 2015	14th Jul 2015
F65+				
M18-19				
M20-24				
M25-29				
M30-34	James Shanley	6:43	Magic Mile Jul 2017	4th Jul 2017
M35-39	Ben Eason	5:23	Magic Mile 2014	29th Jul 2014
M40-44	Nick Mison	5:47	Magic Mile 2014	29th Jul 2014
M45-49	Ian Rogan	5:39	BUPA Westminster Mile	24th May 2015
M50-54	Ian Rogan	5:48	Magic Mile Jul 2017	4th Jul 2017
M55-59				
M60-64				
M65+				
5k	Name	Time	Event	Date
F18-19				
F20-24	Sophie Cannon / Hester Watson	23:36	Sparkrun 5k TT	29th Sep 2015 / 12th April 2016
F25-29				
F30-34	Helen Judd	23:54	Sparkrun 5k TT	12th April 2016
F35-39	Deborah Enting	21:20	Sparkrun 5k TT	7th Apr 2015
F40-44	Sarah Crewe-Reed	23:54	Sparkrun 5k TT	7th Apr 2015
F45-49	Suzanne Byrne	26:10	Sparkrun 5k TT	12th April 2016
F50-54	Julie Hughes	22:03	Sparkrun 5k TT	11th Mar 2014
F55-59	Clare Coyle	24:42	Kesgrave parkrun	18th Nov 2017
F60-64	Wendy Lodge	26:52	Sparkrun 5k TT	21st Jun 2016
F65+				
M18-19				
M20-24				
M25-29				
M30-34	Nick Dransfield	18:53	Basingstoke parkrun	June 2014
M35-39	Adam Love	18:14	Basingstoke parkrun	14th Mar 2015
M40-44	Chris Basil	18:56	Basingstoke parkrun	10th Aug 2013
M45-49	Ian Rogan	18:31	Sparkrun 5k TT	12th April 2016
M50-54	Ian Rogan	18:40	Sparkrun 5k TT	4th Apr 2017

1 mile	Name	Time	Event	Date
M55-59				
M60-64				
M65+				
10k	Name	Time	Event	Date
F18-19				
F20-24	Hester Watson	49:45	Yateley 10k	1st Jun 2016
F25-29	Hattie Florey	58:36	Yateley 10k	6th Jul 2015
F30-34	Helen Judd	51:57	Yateley 10k	3rd Aug 2015
F35-39	Deborah Enting	48:42	Princes Risborough 10k	7th Jul 2013
F40-44	Sarah Crewe-Reed	46:19	Yateley 10k	3rd Aug 2015
F45-49	Sarah Broadhurst	54:09	Yateley 10k	3rd Jun 2015
F50-54	Julie Hughes	43:49	Shinfield 10k	5th May 2014
F55-59	Clare Coyle	58:03	Swinley Forest Muddy MoRun	25th Nov 2017
F60-64	Val Ingle	1:10:11	Yateley 10k	5th Aug 2015
F65+				
M18-19				
M20-24				
M25-29				
M30-34	Nick Dransfield	39:16	Yateley 10k	3rd Jun 2015
M35-39	Ben Eason	41:14	Yateley 10k	8th July 2015
M40-44	Mark Vines	43:41	Royal Berkshire 10k	21st May 2017
M45-49	Ian Rogan	39:08	Swallowfield 10k	18th Sep 2016
M50-54	Ian Rogan	40:50	Royal Berkshire 10k	21st May 2017
M55-59				
M60-64				
M65+				
10 miles	Name	Time	Event	Date
F18-19				
F20-24	Hester Watson	1:20:45	Bramley 10/20	19th Feb 2017
F25-29				
F30-34	Helen Judd	1:23:48	Bramley 10/20	14th Feb 2016
F35-39	Deborah Enting	1:16:19	Bramley 10/20	14th Feb 2016
F40-44	Sarah Crewe-Reed	1:25:30	Hook 10m	17th May 2015
F45-49				
F50-54	Julie Hughes	1:20:24	Tadley 10m	19th Oct 2014
F55-59	Janet Hancey	2:21:40	Bramley 10/20	19th Feb 2017
F60-64				
F65+				
M18-19				
M20-24				
M25-29				
M30-34	Nick Dransfield	1:08:41	Tadley 10m	19th Oct 2014
M35-39				
M40-44	Mark Vines	1:13:18	Bramley 10/20	19th Feb 2017
M45-49	Ian Rogan	1:02:53	Morrison's Great South Run	25th Oct 2015

<b>1 mile</b>	<b>Name</b>	<b>Time</b>	<b>Event</b>	<b>Date</b>
M50-54	Ian Rogan	1:07:00	Bramley 10/20	11th Feb 2018
M55-59				
M60-64				
M65+				
<b>Half-Marathon</b>	<b>Name</b>	<b>Time</b>	<b>Event</b>	<b>Date</b>
F18-19				
F20-24	Hester Watson	1:51:09	Reading H/M	19th Mar 2017
F25-29				
F30-34	Helen Judd	2:15:44	Basingstoke H/M	4th October 2015
F35-39	Deborah Enting	1:38:52	Royal Parks H/M	11th Oct 2015
F40-44	Sarah Crewe-Reed	1:53:26	Reading H/M	22nd Mar 2015
F45-49				
F50-54	Julie Hughes	1:38:09	Reading H/M	2nd Mar 2014
F55-59	Clare Coyle	2:27:18	Maverick Original Oxfordshire trail	21st Oct 2017
F60-64	Val Ingle	2:50:00		
F65+				
M18-19				
M20-24				
M25-29				
M30-34	Nick Dransfield	1:25:31	Hot Chocolate H/M Dorney Lake	21st Mar 2015
M35-39	Ben Eason	1:28	Windsor & Eton H/M	19th March 2015
M40-44	Mark Vines	1:38:30	Run Melbourne Half	31st Jul 2017
M45-49	Ian Rogan	1:24:25	Fleet H/M	20th Mar 2016
M50-54	Ian Rogan	1:25:55	Farnborough Winter H/M	22nd Jan 2017
M55-59				
M60-64				
M65+				
<b>20 miles</b>	<b>Name</b>	<b>Time</b>	<b>Event</b>	<b>Date</b>
F18-19				
F20-24				
F25-29				
F30-34				
F35-39				
F40-44				
F45-49				
F50-54	Julie Hughes	2:49:36	Lydd 20	8th Mar 2015
F55-59				
F60-64				
F65+				
M18-19				
M20-24				
M25-29				
M30-34	Nick Dransfield	2:32:06	Bramley 10/20	19th Feb 2015
M35-39				
M40-44				

1 mile	Name	Time	Event	Date
M45-49				
M50-54	Ian Rogan	2:24:10	Bramley 10/20	19th Feb 2017
M55-59				
M60-64				
M65+				
Marathon	Name	Time	Event	Date
F18-19				
F20-24				
F25-29				
F30-34				
F35-39	Deborah Enting	3:38:53	London Marathon	24th Apr 2016
F40-44				
F45-49				
F50-54	Julie Hughes	4:00:38	Vienna Marathon	10th Apr 2016
F55-59				
F60-64				
F65+				
M18-19				
M20-24				
M25-29				
M30-34	Nick Dransfield	3:17:51	London Marathon	26th Apr 2015
M35-39				
M40-44	Sandy Gingernuts	3:30:15	Manchester Marathon	10th Apr 2016
M45-49	Ian Rogan	3:00:04	London Marathon	24th Apr 2016
M50-54	Ian Rogan	3:15:36	Abingdon Marathon	22nd Oct 2017
M55-59				
M60-64				
M65+				
50k	Name	Time	Event	Date
F18-19				
F20-24				
F25-29				
F30-34				
F35-39	Deborah Enting	5:52:54	Salisbury 54321	9th Aug 2015
F40-44				
F45-49				
F50-54	Julie Hughes	5:52:54	Salisbury 54321	9th Aug 2015
F55-59				
F60-64				
F65+				
M18-19				
M20-24				
M25-29				
M30-34	Adrian Livingstone	4:39:55	Salisbury 54321	9th Aug 2015
M35-39	Nick Dransfield	4:22:27	Kings Forest Ultra	Sep 15

1 mile	Name	Time	Event	Date
M40-44				
M45-49				
M50-54	Jan Lochray	4:51.40	Salisbury 5k	9th Aug 2015
M55-59				
M60-64				
M65+				

Conditions:

1) Times are only valid in recognised races or parkruns. Our quarterly 5k Spark Run and Magic Mile events are void.  
Training runs do not count.

2) Runners will need to be SPR members when the times were recorded