

10km Female All Time

	Name	Time	Race	Date
1	Astrid McKeown	00:35:51	Standalone 10km	07/10/2007
2	Rachel Gibbs	00:36:34	WGC MWL 10k (RoTM)	04/06/2009
3	Lizzie Hall	00:37:15	Standalone 10k (RotM)	04/10/2009
4	Rebecca Newstead	00:37:50	NHRR MWL 10k (Ridlins) RotM	26/05/2010
5	Katie Harbon	00:38:01	Standalone 10k	06/10/2019
6	Paula Adams	00:38:50	MWL Race 3 Stevenage	07/06/2006
7	Melissa Benson	00:38:53	Standalone 10km	03/10/2004
8	Jane Drury	00:38:58	Standalone 10km	06/10/1996
9	Natasha Pitman	00:39:35	Standalone 10k (RotM)	04/10/2009
10	Jane Chappell	00:40:02	Standalone 10km	07/10/2007
11	Helen Nuttall	00:40:34	Standalone 10k	02/10/2016
12	Janie McCorriston	00:40:55	Standalone 10km	15/10/2000
13	Sarah Mitcherson	00:40:57	Royston MWL (RotM)	12/06/2012
14	Emily Hutchinson	00:40:58	Bearbrook 10k	12/08/2012
15	Amanda Cowan	00:41:15	Hatfield Broad Oak 10k	30/05/1994
16	Paula Holm	00:41:17	Standalone 10k	07/10/2018
17	Joylyn Saunders-Mullins	00:41:23	Royston 10km	09/04/1989
18	Helen Ferguson	00:41:57	Le Touquet 10k	19/08/2000
19	Suzy Trott	00:42:21	MWL Harlow	14/06/2005
20	Julie O'Hagen	00:42:22	Standalone 10km	07/10/2001
21	Denise Langston	00:42:30	Royston 10km	08/04/2001
=22	Susie Hancock	00:42:44	Royston 10km	04/04/1993
=22	Jo Harbon	00:42:44	Royston 10km	01/04/1999
24	Yuko Gordon	00:42:46	Silverstone 10k	04/05/2016
25	Jane Clarke	00:42:52	Standalone 10k	07/10/2018
26	Sophie Thrussell	00:42:55	Standalone 10k	07/10/2018
27	Rita Dungey	00:43:10	Royston 10km	09/04/1989
28	Helen Cairns	00:43:19	Love Welwyn 10k	15/02/2015
29	Mandy Moreton	00:43:20	Standalone 10km	06/10/2002
30	Chris King	00:43:26	Standalone 10k (RotM)	07/10/2012
31	Kat Burr	00:43:32	Standalone 10k	02/10/2016
32	Jacqui Streeter	00:43:44	Le Touquet 10km	21/08/1999
=33	Hannah Fisher	00:43:51	MWL Div1 Race 3 Royston	18/06/2015
=33	Paula James	00:43:51	Royston 10km	04/04/1993
35	Karen Dodsworth	00:44:00	Serpentine New Years Day 10k	01/01/1993
36	Caroline Thrussell	00:44:02	Standalone 10k	06/10/2019
37	Jo Summers	00:44:03	Hatfield Broad Oak 10k	29/05/2007
38	Michelle Young	00:44:05	Standalone 10km	05/10/1997
39	Claire Messenger	00:44:06	Woburn 10km	19/02/2006
40	Lysa Ralph	00:44:08	Woburn 10km	19/02/2006
41	Katrin Rippel	00:44:11	Royston 10km	20/04/1997
42	Chris Yuill	00:44:24	Welwyn MWL 10k (RotM)	11/05/2010
43	Hayley Spackman	00:44:40	Standalone 10km	07/10/2001
44	Lucy Sparkes	00:44:52	WGC MWL 10k (RoTM)	04/06/2009
45	Anne Callis	00:45:10	Woburn Rhino Run 10km	17/10/2004
46	Barbara Sayers	00:45:13	Mid Week League, Mob Match, Welwyn	14/07/2016
47	Sue Cross	00:45:15	Standalone 10km	04/10/1998
48	Allison Cook	00:46:00	Woburn 10km	04/03/2007
49	Rachel Annetts	00:46:06	Standalone 10km	05/10/1997
50	Anna Priestley	00:46:07	St Albans 10k	12/05/2002
51	Janet MacDonald	00:46:24	Welwyn 10k	28/06/2015
52	Tiffany Lovelock	00:46:28	Standalone 10k	05/10/2014
53	Rachel Arnott	00:46:29	Mid Week League: Division 1: Race 2: Royston	13/06/2019
54	Susan Foot	00:46:31	Standalone 10km	07/10/2001
=55	Becki Ansfield	00:46:58	Standalone 10km	15/10/2000
=55	Yvonne Gatward	00:46:58	Buntingford 10km	06/10/1991
57	Chloe Lucas	00:47:03	City of Lincoln 10km	07/04/2019
=58	Nicky Tracey	00:47:11	Royston MWL (RotM)	12/06/2012
=58	Nicky Tracey	00:47:11	Royston MWL (RotM)	12/06/2012
60	Emma Bradley	00:47:16	Stevenage MWL 3	20/06/2007
61	Linda Aird	00:47:17	Silverstone 10k	09/05/2012
62	Zoe Hague	00:47:22	Standalone 10k (RotM)	07/10/2012

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63	Helen Oakley	00:47:27	Flitwick 10k	27/04/1997
64	Tracy Pitcairn	00:47:30	Welwyn Garden City MWL	23/05/2013
65	Elizabeth McKinley	00:47:31	Regents Park 10k	03/08/2014
66	Joanne Bottomley	00:47:32	Royston 10km	04/04/1993
67	Helen Redwood	00:47:37	MWL Harlow	14/06/2005
68	Jane Tobitt	00:47:42	Welwyn MWL 10k (RotM)	11/05/2010
69	Mandy Donaldson	00:47:47	Standalone 10km	08/10/1995
=70	Rhia Botha	00:47:51	MWL Div 1: Race 4: Stevenage	27/06/2018
=70	Jillian Boys	00:47:51	Vitality London 10000	27/05/2019
72	Teresa Northey	00:47:54	WGC MWL 10k (RoTM)	04/06/2009
=73	Sarah Newbold	00:47:58	St Albans Ladies 10km Herts Champs	05/12/2002
=73	Ellie Scott	00:47:58	MWL Mob Match: Welwyn Garden City	12/07/2018
=75	Sharon Gregson	00:48:00	WGC MWL 10k (RoTM)	04/06/2009
=75	Helen Marchant	00:48:00	Buntingford 10km	08/10/1989
77	Lucy O'Connor	00:48:08	Flitwick10km	29/04/2018
78	Dervla Downing	00:48:09	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
79	Tanya Wilson	00:48:12	MWL Harlow	14/06/2005
80	Sophie Harne	00:48:21	Mid Week League: Division 2: Race 4: Stevenage (NHRR)	28/06/2017
81	Gail Smith	00:48:35	North Herts 10km	21/06/1992
82	Julie Vernon-Hamilton	00:48:37	Royston 10km	09/04/2000
83	Angela Mabert	00:48:38	Flitwick 10k	10/04/1994
84	Cherry Tomkins	00:48:40	Royston 10km	01/04/1992
85	Sam Barry	00:48:41	MWL Div 1: Race 4: Stevenage	27/06/2018
86	Michelle Stokes	00:48:53	Royston MWL (RotM)	12/06/2012
87	Charlotte Payne	00:48:55	Royston 10km	08/04/2001
88	Kat Gourd	00:48:57	Stevenage 10k	15/09/2019
89	Celia Osborne	00:48:58	Royston 10km	09/04/1989
90	Kate Bartlett	00:49:00	Energized Richmond 10k	01/08/2010
91	Sheena Cook	00:49:01	MWL Race 3 WGC (RoTM)	07/06/2011
92	Jill Derwent	00:49:08	North Herts 10km	29/06/1993
93	Jennie Fraser	00:49:16	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
=94	Claire Forrest	00:49:18	Flitwick 10k	10/04/1994
=94	Naomi Parkinson	00:49:18	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
96	Helen Harbon	00:49:24	Mid Week League: Division 1: Race 2: Royston	13/06/2019
97	Lucy Blevings	00:49:33	Welwyn MWL 10k (RotM)	11/05/2010
98	Verity Stow	00:49:36	MWL Div1 Race 3 Royston	18/06/2015
99	Damon Cleveley	00:49:39	Flitwick 10km	14/04/2019
100	Fiona Game	00:49:45	Codicote 10km	11/05/2003
101	Rachel Hosking	00:49:46	Standalone 10km	07/10/2001
102	Claire O'Sullivan	00:49:53	Mid Week League, Division 1, Race4, Stevenage	21/06/2016
103	Alison Brockway	00:49:58	St Albans Ladies' 10km	09/05/2004
104	Lisa Thackeray	00:50:01	St Albans Ladies' 10km	09/05/2004
105	Julie Lathwell	00:50:04	Flitwick 10k	10/04/1994
106	Niamh Barry	00:50:08	Flitwick10km	29/04/2018
=107	Joanna Cordy	00:50:20	Hatfield Broad Oak 10k	31/05/2005
=107	Laura McKenzie	00:50:20	Welwyn MWL 10k (RotM)	11/05/2010
109	Avril Ross	00:50:24	Standalone 10km	05/10/1997
110	Angela Piumi	00:50:26	MWL Race 1 Stevenage (RoTM)	05/05/2011
111	Maggie Monk	00:50:28	Provident Mutual 10km	13/08/1995
112	Christine Sharp	00:50:33	Royston 10km	08/04/2001
113	Jen Drury	00:50:40	Race for Life 10km Fairlands Valley	24/07/2011
114	Lucy Hurley	00:50:46	Flitwick10km	29/04/2018
115	Sarah Mitchell	00:50:50	Mid Week League: Division 2: Race 4: Stevenage (NHRR)	28/06/2017
116	Rebecca Masters	00:50:51	MWL Div1 Race 3 Royston	18/06/2015
117	Vanessa Rolfe	00:50:58	Le Touquet 10km	21/08/1999
118	Rebecca Payne	00:51:09	Flitwick 10k	25/04/2004
119	Sue Vaughan	00:51:23	Flitwick 10K	19/04/2015
120	Brenda Bozwood-Davies	00:51:24	Flitwick 10k	10/04/2005
121	Hannah Keeble	00:51:25	MWL Mob Match: Welwyn Garden City	12/07/2018
122	Angeliki Shearstone-Strathc	00:51:26	MWL Div 1: Race 4: Stevenage	27/06/2018
123	Mandy Waters	00:51:31	Crewe 10km	20/04/2003
124	Michelle Donnelly	00:51:33	Standalone 10k (RotM)	07/10/2012
125	Jenny O'Sullivan	00:51:36	Royston MWL (RotM)	12/06/2012

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=126	Kirstie Meldrum	00:51:37	Hampstead 10km	01/07/2007
=126	Stella Piper	00:51:37	WGC MWL 10k (RoTM)	04/06/2009
128	Karen Gardner	00:51:40	Hatfield Broad Oak 10k	29/05/2006
129	Georgia Head	00:51:41	Standalone 10k	05/10/2014
130	Sandra Elliott	00:51:43	North Herts 10km	18/06/1995
131	Lindsay Cook	00:51:57	Run London 10km	28/10/2004
132	Alice Noakes	00:52:03	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
133	Vicky Jones	00:52:10	Royston 10km	08/04/2001
134	Sonja Grbavac	00:52:13	Hitchin 10km	13/05/2018
135	Danielle Peters	00:52:15	Standalone 10km	07/10/2007
136	Vicky Brannan	00:52:20	FVS MWL 10k	29/05/2008
137	Gillian Hopkins	00:52:25	Stevenage MWL 3	20/06/2007
138	Amy Lancaster	00:52:28	Welwyn Garden City MWL	23/05/2013
139	Irene Bamberough	00:52:31	Codicote 10km	09/05/2004
140	Sue Gipson	00:52:37	St Albans Ladies 10km Herts Champs	05/12/2002
141	Ann Wonnacott	00:52:40	Standalone 10km	06/10/2002
142	Vicky Williams	00:52:48	Standalone 10km	07/10/2001
143	Jodie Brumhead	00:52:53	MWL Div 1: Race 4: Stevenage	27/06/2018
144	Sharon French	00:52:56	Bedford Harriers 10k	08/09/2013
=145	Angela Marchant	00:53:08	Provident Mutual 10km	14/08/1994
=145	Marie Shonk	00:53:08	Woburn 10km	19/02/2006
147	Lewina Agius	00:53:15	Hitchin 10km	19/05/2019
148	Sally Harkins	00:53:17	MWL Harlow	14/06/2005
149	Catherine Marsden-Jones	00:53:24	Stevenage MWL 3	20/06/2007
150	Natalie Simmonds	00:53:30	Woburn 10km	19/02/2006
151	Lesley Ramsay	00:53:36	Standalone 10km	07/10/2001
152	Jennie Andrews	00:53:41	Love Welwyn 10km	10/02/2019
153	Bev Evison	00:53:42	Woburn 10km	19/02/2006
154	Mary-Jane Robinson	00:53:50	BUPA London 10km	30/05/2011
155	Angela Edmondson-Jones	00:53:58	Standalone 10K	01/10/2017
156	Julie Harris	00:54:05	Ely 10k	31/12/2011
157	Joanne Ewings	00:54:08	Watford 10km	03/05/2004
158	Anna Ciurleo	00:54:27	Hatfield Broad Oak 10k	29/05/2006
159	Dolly Potgeiter	00:54:29	Standalone 10km	03/10/1999
160	Ellis Redmand	00:54:36	Standalone 10k (RotM)	04/10/2009
=161	Linsey Ashley	00:54:38	Mid Week League: Division 1: Race 2: Royston	13/06/2019
=161	Lisa Hiemstra	00:54:38	London Pride 10km	20/08/2011
163	Caroline Philipson	00:54:41	MWL Race 3 Stevenage	07/06/2006
164	Becky Kelly	00:54:43	Hatfield Broad Oak 10k	31/05/2005
165	Sarah Millhouse	00:54:55	Standalone 10k	02/10/2016
166	Michelle Grudzinski	00:54:58	MWL Mob Match (WGC)	16/07/2015
167	Ashley Murray-Rochard	00:55:00	Hatfield Broadoak 10km	25/05/2015
168	Miranda Morgan	00:55:17	Flitwick 10K	19/04/2015
169	Julie Smith	00:55:18	Mid Week League, Division 1, Race4, Stevenage	21/06/2016
170	Stephanie Killingbeck	00:55:24	WGC MWL 10k (RoTM)	04/06/2009
171	Jane Tyler	00:55:33	Standalone 10k (RotM)	02/10/2011
172	Carlie Flynn	00:56:01	Stevenage MWL	26/06/2013
173	Katie Marshall	00:56:14	Standalone 10k (RotM)	07/10/2012
174	Samantha Martin	00:56:19	Love Welwyn 10k	11/02/2018
175	Gina Joseph	00:56:27	Flitwick 10k	17/04/2016
176	Cara Sutton	00:56:30	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
177	Liza Mead	00:56:32	Standalone 10k (RotM)	07/10/2012
178	Lorraine Hewitt	00:56:48	Hatfield Broad Oak 10k	31/05/2005
179	Amy Murch	00:56:49	Run Through Victoria Park 10k	12/10/2019
180	Alex Dobinson	00:57:03	Standalone 10k (RotM)	03/10/2010
181	Charli Randall	00:57:08	Welwyn Garden City MWL	23/05/2013
182	Jennifer Naisbitt	00:57:16	Standalone 10K	01/10/2017
183	Joy Stroud	00:57:26	Hatfield Broadoak 10k	31/05/2010
184	Sandra McDonald	00:57:29	Weston Fun Run	22/09/1991
=185	Allison Blunt	00:57:40	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
=185	Vivienne Honey	00:57:40	Hatfield Broadoak 10k (RoTM)	25/05/2009
187	Sheila Leavy	00:57:45	Mid Week League: Division 2: Race 4: Stevenage (NHRR)	28/06/2017
188	Melanie Anderson	00:57:53	Luton 10km	08/09/1991

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189	Carina Quayle	00:57:56	Bupa London 10000	25/05/2015
190	Jennifer Robertson	00:57:58	MWL Div 1: Race 4: Stevenage	27/06/2018
191	Cathy Craig	00:58:11	Royston MWL (RotM)	12/06/2012
192	Georgina Quayle	00:58:16	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
193	Becky Currell	00:58:22	Standalone 10k (RotM)	02/10/2011
194	Helen Giffin	00:58:24	Flitwick10km	29/04/2018
195	Timehin Duncan	00:58:33	Mid Week League: Division 1: Race 2: Royston	13/06/2019
=196	Helen Govey	00:58:43	Waterside 10km	16/12/2018
=196	Jo Robinson	00:58:43	Standalone 10k (RotM)	07/10/2012
198	Jo Barber	00:59:01	MWL Harlow	14/06/2005
199	Chloe Aldridge	00:59:36	WGC MWL 10k (RoTM)	04/06/2009
200	Margaret Broom	00:59:46	Provident Mutual 10km	13/08/1995
201	Jeni Spurr-Jones	00:59:49	Mid Week League, Division 1, Race4, Stevenage	21/06/2016
202	Gladys Cheng	00:59:52	MWL Div 1: Race 4: Stevenage	27/06/2018
203	Hazel Cussens	00:59:55	Standalone 10km	04/10/1998
204	Julia Stroud	01:00:37	FVS MWL 10k (RoTM)	14/05/2009
205	Kathy Hall	01:00:44	Watford 10km	03/05/2004
206	Natasha Batsford	01:01:06	Royston MWL (RotM)	12/06/2012
207	Caron Lawton	01:01:17	Milton Keynes Festival of Running: 10K	08/03/2015
208	Becky Hayes	01:01:29	Mid Week League, Division 1, Race4, Stevenage	21/06/2016
209	Lorna Chambers	01:01:30	Milton Keynes Festival of Running – 10k	17/03/2019
210	Dawn Power	01:01:40	MWL Div1 Race 3 Royston	18/06/2015
211	Janine Tame	01:01:43	Standalone 10k (RotM)	07/10/2012
212	Victoria Adams	01:02:28	Standalone 10k	02/10/2016
213	Louise Wright	01:02:29	Welwyn Garden City MWL	23/05/2013
214	Laura Kimpton	01:02:42	Mid Week League: Division 2: Race 4: Stevenage (NHRR)	28/06/2017
215	Helen Marson-Smith	01:02:43	Mid Week League: Division 1: Race 2: Royston	13/06/2019
216	Rebecca Finch	01:02:50	Mid Week League, Mob Match, Welwyn	14/07/2016
217	Lisa Laundry	01:02:58	Standalone 10K	01/10/2017
218	Helen Cromack	01:03:15	Standalone 10K	01/10/2017
219	Jenny Gostick	01:03:39	Standalone 10km	08/10/1995
220	Patricia How	01:03:51	Standalone 10km	05/10/2003
221	Hayley Cocks	01:04:29	Hitchin 10km	19/05/2019
222	Alison Betts	01:04:47	Standalone 10km	08/10/1995
223	Caroline Swindells	01:04:51	St Albans Ladies' 10km	09/05/2004
=224	Karen Musker	01:05:10	WGC MWL 10k (RoTM)	04/06/2009
=224	Laura PRESTON	01:05:10	Bedford Autodrome 10km	27/10/2019
226	Ali Mottram	01:06:08	Love Welwyn 10km	10/02/2019
227	Camille Hiemstra	01:06:19	MWL Race 3 WGC (RoTM)	07/06/2011
228	Lorayne Seaholme	01:06:51	Welwyn Garden City MWL	23/05/2013
229	Helen Dudley	01:06:56	Vitality London 10000	27/05/2019
230	Anna Greetham	01:07:06	Stevenage 10k	15/09/2019
231	Joanne Sopala	01:07:50	Love Welwyn 10km	10/02/2019
232	Julia Callan	01:08:15	Run Bedford 10k	17/06/2018
233	Karen Parnell	01:08:17	Milton Keynes 10km	09/03/2014
234	Clare Hooley	01:08:18	Mid Week League: Division 1: Race 2: Royston	13/06/2019
235	Helen Fulcher	01:08:20	Standalone 10k (RotM)	02/10/2011
236	Janette Smith	01:08:30	Royston 10km	27/03/1994
237	Shani Fielding	01:08:53	London ASICS 10km	21/07/2019
238	Anna-Maria Atkinson	01:09:30	Woman's Own/Nike 10km	26/06/1988
239	Amy Bramble	01:09:31	Standalone 10km	03/10/1999
240	Judy Howlett	01:09:52	Standalone 10km	06/10/1996
241	Siobhan Sherry	01:10:14	Love Welwyn 10km	10/02/2019
242	Jo Kenlin	01:10:16	Bedford Autodrome 10km	31/03/2019
243	Melanie Mawji	01:10:28	Standalone 10k (RotM)	07/10/2012
244	Monica Cullin	01:12:04	Welwyn Garden City MWL	23/05/2013
245	Tae Luque De Mena	01:12:35	Run Norwich 10km	21/07/2019
246	Kelly Hanlon	01:14:25	British 10k	15/07/2018
247	Lindsey Lucas	01:15:44	City of Lincoln 10km	07/04/2019
248	Ruth Hicks	01:17:41	Great Newham London Run	17/07/2016
249	Randeep Sandher	01:20:03	Standalone 10K	01/10/2017
250	Shirley Calcutt	01:41:26	British 10k	15/07/2018