

## Denmead Striders Club Race Records

(no age limit, members at the time of the run, bold = best performance)

### Male

800 m	2:11.9	Lee Mawson	10 Jul 2017	Aldershot
1500m	4:37.6	David Woods	5 Jun 2010	Salisbury
3000 m	9:19.6	Julian Manning	14 Apr 2012	Portsmouth
5 k	15:43	Stephen Bishop	11 May 2005	Portsmouth
5 miles	26:02	Julian Manning	18 Sep 2011	Portsmouth
<b>10 k</b>	<b>32:10</b>	<b>Julian Manning</b>	<b>25 Mar 2012</b>	<b>Eastleigh</b>
10 miles	53:54	Julian Manning	7 Nov 2011	Lordshill
Half marathon	71:56	Julian Manning	20 Nov 2011	Gosport
20 miles	1:51:59	Stephen Bishop	29 Feb 2004	Bramley
Marathon	2:37:38	Nick Baker	25 Apr 2010	London
Club handicap	17:32	Stephen Bishop	7 Aug 2002	Denmead
(5436 m)	17:32	Julian Manning	26 July 2017	Denmead

### Female

<b>800 m</b>	<b>2:15.7</b>	<b>Karrie Blake</b>	<b>26 Aug 2007</b>	<b>Portsmouth</b>
1500m	5:40.4	Liz Steward	30 April 2018	Winchester
3000 m	12:01.8	Tina Turner	11 Sep 2005	Battersea
5 k	18:25	Karrie Blake	9 May 2007/10 May	2006 Portsmouth
5 miles	30:10	Karrie Blake	14 Jun 2006	Hayling Island
10 k	38:20	Karrie Blake	14 Jan 2007	Stubbington
10 miles	64:44	Karrie Blake	26 Oct 2006	Great South Run
Half marathon	83:22	Karrie Blake	19 Nov 2006	Gosport
20 miles	2:17:33	Tina Turner	23 Feb 2003	Bramley
Marathon	3:08:07	Kirsty Aked	5 <sup>th</sup> May 2019	Southampton
Club handicap	20:15	Karrie Blake	24 Apr 2006	Denmead
(5436 m)				