

## Liverpool Running Club Records – Women

	NAME	TIME	VENUE	DATE
<b>5K</b>				
U20	Rachel Burke	22.56	Wavertree Mystery	8th September 2011
<b>OPEN</b>	<b>Sue Greene</b>	<b>18.44</b>	<b>Croxteth Park</b>	<b>24th April 2002</b>
V40	Sue Greene	18.44	Croxteth Park	24th April 2002
V45	Anne Ferry	22.43	Croxteth Park	9th May 2000
V50	Vera Williams	23.1	Croxteth Park	28th June 2006
V55	N/A	N/A	N/A	N/A
V60	Barbara Brown	29.48	Croxteth Park	5th May 1999
V65	Irene Shaw	29.18	Croxteth Park	20th June 2007
V70	Barbara Brown	33.16	Croxteth Park	28th June 2006
V75	Barbara Brown	36.46	Croxteth Park	20th June 2007
<b>4 Mile</b>				
U20	Rachel Burke	34.22	Southport	22nd April 2011
<b>OPEN</b>	<b>Natalie Palin</b>	<b>24.49</b>	<b>Southport</b>	<b>2nd April 2010</b>
V40	Sue Greene	25.57	Southport	29th March 2002
V45	Sue Burke	28.33	Southport	10th April 2009
V50	Anne Ferry	31.21	Southport	14th April 2006
V55	Patricia Cross	42.46	Southport	2nd April 2010
V60	N/A	N/A	N/A	N/A
V65	N/A	N/A	N/A	N/A
V70	N/A	N/A	N/A	N/A
<b>5 Mile</b>				
U20	Rachel Burke	39.57	Birkenhead	8th June 2011
<b>OPEN</b>	<b>Natalie Palin</b>	<b>30.35</b>	<b>Birkenhead</b>	<b>3rd June 2010</b>
V40	Sue Greene	31.46	Sefton Park	24th July 2002
V45	Mary Doyle	33.08	Wavertree	14th July 1999
V50	Mary Doyle	34.1	Birkenhead	8th June 2005
V55	Lilian Park	43.15	Walton Park	28th May 2002
V60	Margie Quirk	43.55	Sefton Park	22nd July 1998
V65	Margaret Scotland	49.47	Walton Park	28th May 2002
V70	Barbara Brown	52.48	Walton Park	28th May 2002
<b>10K</b>				
U20	Tracy Ramsey	46.52	Bolton	22nd April 2007
<b>OPEN</b>	<b>Natalie Palin</b>	<b>39.27</b>	<b>Liverpool</b>	<b>4th October 2009</b>
V40	Sue Greene	39.3	Penny Lane	21st July 2002
V45	Mary Doyle	40.37	Garstang	January 2002
V50	Mary Doyle	42.42	Penny Lane	29th June 2003
V55	Sue Fitzpatrick	51.5	Penny Lane	20th June 1999
V60	Irene Shaw	1.04.47	Liverpool	16th May 2004
V65	Margie Quirk	58.38	Liverpool	23rd May 1999
V70	Barbara Brown	1.06.43	Liverpool	18th May 2002
V75	Barbara Brown	1.15.44	Penny Lane	8th July 2007

**15K**

U20	N/A	N/A	N/A	N/A
<b>OPEN</b>	<b>Sue Greene</b>	<b>1.03.08</b>	<b>Southport</b>	<b>7th May 2002</b>
V40	Sue Greene	1.03.08	Southport	7th May 2002
V45	Mary Doyle	1.06.55	Southport	7th May 2001
V50	Mary Doyle	1.07.21	Southport	2nd May 2005
V55	Sue Fitzpatrick	1.18.50	Southport	3rd May 1999
V60	N/A	N/A	N/A	N/A
V65	Barbara Brown	1.52.12	Southport	1st May 2000
V70	Barbara Brown	1.51.58	Southport	7th May 2002

**10 Mile**

U20	Angela Shurie	1.27.05	Llandudno	1st November 1998
<b>OPEN</b>	<b>Sue Greene</b>	<b>1.05.30</b>	<b>Llandudno</b>	<b>10th November 2002</b>
V40	Sue Greene	1.05.30	Llandudno	10th November 2002
V45	Mary Doyle	1.08.20	Llandudno	10th November 2002
V50	Mary Doyle	1.11.31	Preston	5th December 2004
V55	Lilian Park	1.28.50	Llandudno	10th November 2002
V60	Gladys Quirk	1.32.05	Llandudno	1st November 1998
V65	Margie Quirk	1.27.33	Llandudno	1st November 1998
V70	N/A	N/A	N/A	N/A

**Half Marathon**

U20	N/A	N/A	N/A	N/A
<b>OPEN</b>	<b>Natalie Palin</b>	<b>1.22.30</b>	<b>Wrexham</b>	<b>15th February 2009</b>
V40	Sue Greene	1.29.03	Liverpool	1st September 2002
V45	Mary Doyle	1.27.04	York	27th January 2002
V50	Mary Doyle	1.35.28	Chester	22nd May 2005
V55	Lilian Park	2.09.41	Liverpool	12th October 2003
V60	E Sullivan	2.29.25	Liverpool	12th October 2003
V65	Barbara Brown	2.43.24	Isle of Man	13th August 2000
V70	N/A	N/A	N/A	N/A

**20 Mile**

U20	N/A	N/A	N/A	N/A
<b>OPEN</b>	<b>Vicky Unsworth</b>	<b>2.27.04</b>	<b>Stafford</b>	<b>13th March 2011</b>
V40	Liz Thornton	2.45.43	Stafford	9th March 2003
V45	N/A	N/A	N/A	N/A
V50	N/A	N/A	N/A	N/A
V55	Lilian Park	3.46.50	Trimpell	21st March 2004
V60	N/A	N/A	N/A	N/A
V65	N/A	N/A	N/A	N/A
V70	N/A	N/A	N/A	N/A

**Marathon**

U20	N/A	N/A	N/A	N/A
<b>OPEN</b>	<b>Vicky Unsworth</b>	<b>3.10.07</b>	<b>London</b>	<b>17th April 2011</b>
V40	Ann Pryden	3.37.35	London	13th April 2003
V45	Mary Doyle	3.15.38	London	14th April 2002
V50	Mary Doyle	3.23.53	London	13th April 2003
V55	N/A	N/A	N/A	N/A
V60	N/A	N/A	N/A	N/A
V65	N/A	N/A	N/A	N/A
V70	N/A	N/A	N/A	N/A