

PERIVALE 5 ALL-TIME RANKING - Age group records

TIME	NAME	TEAM	CAT.	YEAR
	MEN			
25:54	Mohamed Ali	Ealing Southall & Mddx	U17	2018
25:11	Mehretab Solomon	London Heathside	U20	2009
27:05	Matt Flannelly	Woodford Grn & Essex L	M40	2005
27:18	Simon Shaw	Ealing Southall & Mddx	M45	2017
27:20	Michael Hager	Tipton	M50	2000
29:38	Paul Reddaway	Ware Joggers	M55	2018
28:29	Paul Gregory	Vale of Aylesbury	M60	2017
30:43	Bob Bradbury	Woking AC	M65	2018
36:42	Ian Spencer	Datchet Dashers	M70	2015
48:03	Terry Nichols	Ware Joggers	M75	2018
66:50	Michael Middleton	Wadhurst	M80	2014
58:35	John Butcher	Ware Joggers	M85	2018

	WOMEN			
34:17	Kirsty Martin	Unattached	U20	1998
28:35	Danielle Sanderson	Watford Harriers	W35	1998
30:09	Jane Laws	Muswell Hill	W40	1999
31:48	Sasha Birkin	Metros	W45	2017
33:30	Ros Tabor	Dulwich Runners	W50	2003
30:37	Fiona Kennedy	Ealing Southall & Mddx	W55	2013
36:12	Margaret Moody	Vets AC	W60	2013
39:14	Jane Rowden	West 4 Harriers	W65	2018
43:22	Angela Duncan	Hillingdon	W70	2013
61:44	Margaret Jones	Unattached	W75	2018