

Denmead Striders Club Race Records
 (no age limit, members at the time of the run, bold = best performance)

Male

| Distance | Time | Name | Date | Event Location |
|---------------|--------------|-----------------------|--------------------|------------------|
| 800 m | 2:11.9 | Lee Mawson | 10 Jul 2017 | Aldershot |
| 1500m | 4:376 | David Woods | 5 Jun 2010 | Salisbury |
| 3000 m | 9:196 | Julian Manning | 14 Apr 2012 | Portsmouth |
| 5k | 15:43 | Stephen Bishop | 11 May 2005 | Portsmouth |
| 5 miles | 26:02 | Julian Manning | 18 Sep 2011 | Portsmouth |
| 10 k | 32:10 | Julian Manning | 25 Mar 2012 | Eastleigh |
| 10 miles | 00:53:54 | Julian Manning | 7 Nov 2011 | Lordshill |
| Half marathon | 1:11:56 | 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 Jul 2017 | Denmead |

Female

| Distance | Time | Name | Date | Event Location |
|---------------------------|----------------|---------------------|--------------------|-------------------|
| 800 m | 2:15.7 | Karrie Blake | 26 Aug 2007 | Portsmouth |
| 1500m | 5:40.4 | Liz Steward | 30 April 2018 | Winchester |
| 3000 m | 12:01.8 | Tina Turner | 11 Sep 2005 | Battersea |
| 5k | 18:25 | Karrie Blake | 10 May 2006 | Portsmouth |
| | | | 9 May 2007 | Portsmouth |
| 5 miles | 30:10 | Karrie Blake | 14 Jun 2006 | Hayling Island |
| 10k | 38:20 | Karrie Blake | 14 Jan 2007 | Stubbington |
| 10 miles | 1:04:44 | Karrie Blake | 26 Oct 2006 | Great South Run |
| Half marathon | 1:23:22 | Karrie Blake | 19 Nov 2006 | Gosport |
| 20 miles | 2:17:33 | Tina Turner | 23 Feb 2003 | Bramley |
| Marathon | 3:08:15 | Kirsty Aked | 5th May 2019 | London |
| | (chip 3:08:08) | | | |
| Club handicap (5436 m) | 20:15 | Karrie Blake | 24 Apr 2006 | Denmead |