

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	4:376	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	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

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	9 May 2007/10 May	2006 Portsmouth
5 miles	30:10	Karrie Blake	14 Jun 2006	Hayling Island
10k	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	3:08:15 (chip 3:08:08)	Kirsty Aked	5th May 2019	Southampton
Club handicap (5436 m)	20:15	Karrie Blake	24 Apr 2006	Denmead