

Women 35-39

We have included times for distances recorded for best performances by the National Union of Track Statisticians – 15 kms, 10 miles, half-marathon and marathon. Beyond these we show the ultra-distances in tens of miles up to 100 miles, tens of kilometres up to 50 kilometres, plus 100 kilometres and the three standard elapsed time runs of 6, 12 and 24 hours. Recorded elsewhere, but not published, are best times set at various other distances which are rarely run but which might crop up as intermediate times in major marathons.

5 kms	17:37	Samantha Amend	8 Ipswich Building Society Twilight 5K	14 Aug 2015
5 miles	29:03	Samantha Amend	1 Hatfield 5	30 Nov 2014
10 kms	34:05	Getenesh Tamirat	5 Admiral Swansea Bay 10k	23 Sep 2012
15 kms	53:05	+ ¹ Tish Jones	Virgin Money Elite London Marathon	4 Oct 2020
20 kms	1:10:45	+ Tish Jones	Virgin Money Elite London Marathon	4 Oct 2020
10 miles	59:11	Samantha Amend	4 Cabbage Patch 10, Twickenham	16 Oct 2016
½ Marathon	1:14:43	+ Tish Jones	Virgin Money Elite London Marathon	4 Oct 2020
30 kms	1:48:01	+ Tish Jones	Virgin Money Elite London Marathon	4 Oct 2020
20 miles	2:03:05	Samantha Amend	5 Maidenhead Easter 10	3 Apr 2015
40 kms	2:27:38	+ Tish Jones	Virgin Money Elite London Marathon	4 Oct 2020
Marathon	2:36:25	Tish Jones	16 Virgin Money Elite London Marathon	4 Oct 2020
50 kms	3:28:07	Samantha Amend	1 Gloucester Winter 50 kms	20 Jan 2019
40 miles	4:56:17	Samantha Amend	Barry 40 (Inc. Welsh Ultra Champs.)	10 Mar 2019
50 miles	6:36:27	+ Samantha Amend W40 3/1	Centurion Track 100, Bedford	23 Apr 2022
100 kms	7:48:39	Samantha Amend W40 2/1	Sri Chinmoy 100K (inc UKA Champs. & ACP), Perth	3 Apr 2022
100 miles	14:10:41	² Samantha Amend W40 1/1	Centurion Track 100, Bedford	23 Apr 2022
6 Hours	73.669k	+ Samantha Amend W40 3/1	Centurion Track 100, Bedford	23 Apr 2022
12 Hours	140.310k	³ Samantha Amend W40 1/1	Centurion Track 100, Bedford	23 Apr 2022
24 hours	223.609k	Samantha Amend W40	4 Gloucester Elite Track Race	23 Oct 2021

Women 40-44

5 kms	18:29	Juliette Clark	2 Dulwich 5k, Dulwich	16 Jun 2004
5 miles	30:03	Juliette Clark	Brighton	18 Sep 2005
10 kms	37:24	Samantha Amend	1/1 Kew Gardens AIR 10K	15 May 2021
½ Marathon	1:22:37	Kate Rennie	4 Berkhamstead ½ Marathon	6 Mar 2016
20 miles	2:11:00	Samantha Amend	1 Running Grand Prix, Goodwood	27 Sep 2020
Marathon	2:42:47	Marina Wong	12/2 TCS London Marathon	23 Apr 2023
50 kms	3:54:19	⁴ Samantha Amend	2 Run to the Sea Ultra 50K, Ringwood	10 Oct 2020
50 kms	3:54:53	+ Samantha Amend	1/1 Centurion Track 100, Ashford	24 Apr 2021
50 miles	6:36:27	+ ⁵ Samantha Amend	3/1 Centurion Track 100, Bedford	23 Apr 2022
100 kms	7:48:39	Samantha Amend	2/1 Sri Chinmoy 100K (inc UKA Champs. & ACP), Perth	3 Apr 2022
100 miles	14:10:41	⁶ Samantha Amend	1/1 Centurion Track 100, Bedford	23 Apr 2022
6 Hours	73.669k	+ Samantha Amend	3/1 Centurion Track 100, Bedford	23 Apr 2022
12 Hours	140.310k	⁷ Samantha Amend	1/1 Centurion Track 100, Bedford	23 Apr 2022
24 hours	223.609k	Samantha Amend	4 Gloucester Elite Track Race	23 Oct 2021

¹ + Indicates official intermediate time

² GBR Senior Women's National Record.

³ GBR Senior Women's National Record.

⁴ Multi-terrain

⁵ GBR W40 National Record.

⁶ GBR Senior Women's National Record.

⁷ GBR Senior Women's National Record.

Women 45-49

5 kms	20:19	+	Fee Maycock		Frankfurt Marathon, GER	28 Oct 2012
5 miles	30:30		Fee Maycock	3/1	Guy Fawkes 5, Tewksbury	2 Nov 2014
10 kms	37:59		Fee Maycock	48/3	Leeds Abbey Dash	17 Nov 2013
15 kms	1:00:42	+	Fee Maycock		Frankfurt Marathon, GER	28 Oct 2012
10 miles	1:10:16		Helen Smethurst	W50 9	Bruggenlauf 10, Basel, SUI	16 Aug 2015
20 kms	1:20:50	+	Fee Maycock		Frankfurt Marathon, GER	28 Oct 2012
½ Marathon	1:23:26		Fee Maycock	19/1	Bristol ½ Marathon	30 Sep 2012
30 kms	2:01:31	+	Fee Maycock		Frankfurt Marathon, GER	28 Oct 2012
40 kms	2:44:33	+	Fee Maycock		Frankfurt Marathon, GER	28 Oct 2012
Marathon	2:54:17		Fee Maycock	25/1	Frankfurt, GER	28 Oct 2012