

Senior Women

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	16:14	Catherine Berry	10 Flora Light Challenge, Hyde Pk.	1 Sep 2002
5 miles	26:46	Tish Jones	1 Cardiff Bay 5	5 May 2014
10 kms	32:35	Sarah Astin	5 Trafford 10k, Partington nr. Manchester	5 Mar 2023
15 kms	52:37	+ ¹ Tish Jones	Virgin Money London Marathon	28 Apr 2019
10 miles	55:50	² Birhan Dagne	9 BUPA Great South Run, Portsmouth	09 Oct 2005
20 kms	1:10:37	+ Tish Jones	Virgin Money London Marathon	28 Apr 2019
½ Marathon	1:11:54	³ Gemma Astin	3 Manchester Half Marathon	15 Oct 2023
30 kms	1:46:49	+ Tish Jones	Virgin Money London Marathon	28 Apr 2019
20 miles	2:03:05	⁴ Samantha Amend	5 Maidenhead Easter 10	3 Apr 2015
Marathon	2:31.00	Tish Jones	16 Virgin Money London Marathon	28 Apr 2019
50 kms	3:28:07	⁵ Samantha Amend W35	1 Gloucester Winter 50 kms	20 Jan 2019
100 kms	7:48:39	⁶ Samantha Amend W40	2/1 Sri Chinmoy 100K (inc UKA Champs. & ACP), Perth	3 Apr 2022
50 miles	6:36:27	+ Samantha Amend W40	3/1 Centurion Track 100, Bedford	23 Apr 2022
100 miles	14:10:41	⁷ 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	⁸ 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

¹ Official intermediate times are marked +. Note that this 15 km time may not be as fast as the pace at which Birhan Dagne was running during her 55:50 10 miles run where, as far as we know, no intermediate 15 km time was taken but an estimation would indicate around 52:02.

² This recently discovered time from 2005 replaces Tish Jones' previously recorded best of 55:54 from 2014.

³ Gemma's gun time was 1:11:55.

⁴ Tish Jones would have been running faster than this as recorded at the 35 km point in her 2:31:00 marathon as would have been Birhan Dagne during her 2:34:45 marathon but no official 20-mile split time was taken.

⁵ Louise Cooper has a time of 3:41:56 set at the intermediate 30-mile point in a 35-mile race, but Sam Amend's time of 3:30.56 for 50 kms or 31.0686 miles supersedes that.

⁶ Positions are gender/position in age group

⁷ GBR National Record.

⁸ GBR National Record.