

## WOMBWELL SPORTING ATHLETIC CLUB ROAD RECORDS

I have compiled these records from my own past results and info from past and present members  
 Anyone with any results to pass on which will alter these records please pass them  
 Many thanks ,Dave Allemby

### DISTANCE

#### 5 KMS

##### SENIOR

MEN VET OVER 40

MEN VET OVER 45                      DAVE ALLEMBY                      20.26                      BARNSELY ,LOCKE PARK                      2003

MEN VET OVER 50                      DAVE ALLEMBY                      18.54                      DONCASTER                      2009

MEN VET OVER 55

MEN VET OVER 60

##### LADIES

LADIES VET OVER 35

LADIES VET OVER 40                      GAIL COLVILLE                      21.23                      DONCASTER                      2009

LADIES VET OVER 45

#### SPENCERS DASH 3.7 MILES

##### SENIOR

MEN VET OVER 40                      DAVE ALLEMBY                      22.18                      BARUGH GREEN ,BARNSELY                      1999

MEN VET OVER 45                      DAVE ALLEMBY                      24.15                      BARUGH GREEN ,BARNSELY                      2006

MEN VET OVER 50                      DAVE ALLEMBY                      23.39                      BARUGH GREEN ,BARNSELY                      2006

MEN VET OVER 55

MEN VET OVER 60

##### LADIES

LADIES VET OVER 35

LADIES VET OVER 40                      GAIL COLVILLE                      26.52                      BARUGH GREEN ,BARNSELY                      2009

LADIES VET OVER 45

#### 5 MILES

SENIOR                      MICK COOKE                      26.23                      WOMBWELL                      1989

MEN VET OVER 40

MEN VET OVER 45                      DAVE FEARN                      31.52                      WOMBWELL                      1994

MEN VET OVER 50                      DAVE ALLEMBY                      31.36                      WOMBWELL                      2007

MEN VET OVER 55                      BRIAN SAGAR                      39.31                      WOMBWELL                      2004

MEN VET OVER 60

##### LADIES

LADIES VET OVER 35

LADIES VET OVER 40                      GAIL COLVILLE                      34.52                      OXSPRING                      2009

LADIES VET OVER 45

#### 10KMS

##### SENIOR

MEN VET OVER 40

MEN VET OVER 45                      DAVE ALLEMBY                      38.33                      DEWSBURY                      2003

MEN VET OVER 50                      DAVE ALLEMBY                      39.32                      SHEFFIELD PERCY PUD                      2006

MEN VET OVER 55                      BRIAN SAGAR                      50.16                      ASKERN                      2005

MEN VET OVER 60

##### LADIES

LADIES VET OVER 35

LADIES VET OVER 40                      GAIL COLVILLE                      44.39                      ASKERN                      2009

LADIES VET OVER 45

#### 10 MILES

##### SENIOR

MEN VET OVER 40

MEN VET OVER 45

MEN VET OVER 50                      DAVE ALLEMBY                      66.46                      ASKERN                      2006

MEN VET OVER 55

MEN VET OVER 60

LADIES

LADIES VET OVER 35

LADIES VET OVER 40

LADIES VET OVER 45

**HALF MARATHON**

SENIOR

MEN VET OVER 40

MEN VET OVER 45

MEN VET OVER 50

MEN VET OVER 55

MEN VET OVER 60

LADIES

LADIES VET OVER 35

LADIES VET OVER 40

LADIES VET OVER 45

**15 MILES**

SENIOR

MEN VET OVER 40

MEN VET OVER 45

MEN VET OVER 50

MEN VET OVER 55

MEN VET OVER 60

LADIES

LADIES VET OVER 35

LADIES VET OVER 40

LADIES VET OVER 45

**20 MILES**

SENIOR

MEN VET OVER 40

MEN VET OVER 45

MEN VET OVER 50

MEN VET OVER 55

MEN VET OVER 60

LADIES

LADIES VET OVER 35

LADIES VET OVER 40

LADIES VET OVER 45

**MARATHON**

SENIOR

MEN VET OVER 40

MEN VET OVER 45

MEN VET OVER 50

MEN VET OVER 55

MEN VET OVER 60

LADIES

LADIES VET OVER 35

LADIES VET OVER 40

LADIES VET OVER 45

GAIL COLVILLE 77.18 ASKERN 2009

DAVE ALLEMBY 90.03 ACKWORTH 2005

DAVE ALLEMBY 88.22 DONCASTER 2007

EDDY SENIOR 104.43 ACKWORTH 2001

JANE HERBERT 100.57 ACKWORTH 2001

GAIL COLVILLE 99.31 SHEFFIELD 2009

MICK HOGDKINSON 2.36 NOTTINGHAM ROBIN HOOD 1999

DAVE FEARN 2.51.40 LONDON 19

SHARON MERRILLS 4.09.46 LONDON 2003

Please note both Brian Sagar and Dave Allembly ran faster for clubs before joining Wombwell SAC

Dave ran track and second claim for WSAC from 1996, became first claim WSAC for just 2 months in 1999 and finally becoming WSAC only in 2003