

Female road records	U11	U13	U15	U17	U20	Senior	Veteran
1k	Ella Hawse 4:29 Lincoln 28/7/10						
3k							Janine Stones 10:53 Grimsby 7/7/08 (v35)
1 mile						Sheryl Hawse 5:42 Keelby 6/6/14	Janine Stones 5:38 Keelby 6/6/14