

Aldridge 10km Race Times



	Male	Female
2006	33:00	
2007	31:18	
2008	33:15	
2009	31:53	
2010	31:36	
2011	30:26 (Mark Miles)	37:35 (Lynne Cox)
2012	32:31 (Mark Couldwell)	38:11 (Kim Fawke)
2013	33:39 (Richard Burman)	43:33 (Kerry Schofield)
2014	34:02 (Yousef Al Lathaa)	39:38 (Sian Khan)
2015	33:21 (Yousef Al Lathaa)	40:59 (Sarah Dauncey)
2016	32:46 (Martin Williams)	38:33 (Mel Woodward)
2017	33:54 (Richard Carpenter)	43:00 (Pippa Steele)
2018	34:02 (Paul Ward)	40:26 (Carli Baldwin)
2019	34:01 (Daniel Robinson)	34:01 (Hayley Carruthers)

10km Course records held by:

- **Mark Miles** (Belgrave Running Club) – **30:26** (2011)
- **Hayley Carruthers** (Birchfield Harriers) – **34:01** (2019)

5km Race Times



2018	16:41 (Gary Whitehouse)	21:47 (Sabrina Thomas)
2019	17:16 (Danny Swain)	23:41 (Laura Ashwood)

5km Course records held by:

- **Gary Whitehouse** (Tipton Harriers) – **16:41** (2018)
- **Sabrina Thomas** – **21:47** (2018)

4.3km Fun Run Race Times



	Male	Female
2012	16:08	18:09
2013	16:02	20:27
2014	16:13 (Oliver Mardenborough)	17:21 (Georgia Curry)
2015	15:34 (Oliver Mardenborough)	18:57 (Esther Hunt)
2016	18:51 (Alex Jackson)	21:31 (Kelly Wagstaffe)
2017	15:49 (Danny Swain)	19:38 (Kelly Wagstaffe)

4.3km Course records held by:

Oliver Mardenborough – 15.34 (2015)

Georgia Curry – 17.21 (2014)