

**ABRaS AC**  
**Club Records: Women**



**Key:** GWA: GEMS World Academy, DCS Half: Dubai Creek Striders Half Marathon, RAK Half: Rak Half Marathon, DAA: Dubai American Academy


**Last updated:** 19th May 2012

These records commence from 1st September 2008. Qualifying races can be both local and international, subject to approval

Please see separate tabs for historical records (by Age Group). Pages have been formatted for printing.

	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon
FU 18	2:23 <b>Hannah Mclaughlin</b> 22/05/17 DAA	4:59.60 <b>Juliette D'Othee</b> 15/05/17 DAA	10:52 <b>Juliette D'Othee</b> 01/05/17 DAA	18:48 <b>Juliette D'Othee</b> 17/04/17 DAA	20:28 <b>Katrina Birimac</b> 14/12/15 Autodrome 5k	43:28 <b>Katrina Birimac</b> X/03/15 AUTODROME		1:36.04 <b>Katarina Birimac</b> 10/02/17 RAK HALF	
FSenior	2:25.07 <b>Sonja Ellmann</b> 20/06/11 DAA	4:45 <b>Emily Waugh</b> 15/05/17 DAA	10:08 <b>Emily Waugh</b> 01/05/17 DAA	17:30 <b>Emily Waugh</b> 17/04/17 DAA	16:54 <b>Emily Waugh</b> 14/10/16 2XU Compression Run	36:08 <b>Emma Phillips</b> 02/03/11 Abu Dhabi 10k	1:02:36 <b>Emma Phillips</b> 19/11/10 Mirdiff Milers	1:20:29 <b>Emily Waugh</b> 10/02/17 RAK	2:50:33 <b>Jane Khan</b> 06/11/11 JoongAng Seoul Marathon
FV 40	2:34 <b>Myriam Lamure</b> 08/06/15 DAA	5:06.05 <b>Myriam Lamure</b> 25/05/15 DAA	10:59 <b>Myriam Lamure</b> 04/05/2015 DAA	18:53 <b>Myriam Lamure</b> 02/05/16 DAA	18:13 <b>Myriam Lamure</b> 4/10/15 Autodrome 5k	38:24 <b>Myriam Lamure</b> 27/03/15 ABRaS Mina 10k	1:06:20 <b>Debbie Powell</b> 19/11/10 Mirdiff Milers	1:24:52 <b>Myriam Lamure</b> 5/12/14 DCS Half	3:07:41 <b>Tracey Watson</b> 16/01/09 Dubai Marathon
FV 45	2:39 <b>Debbie Powell</b> 30/05/16 DAA	5:27.07 <b>Debbie Powell</b> 23/05/16 DAA	11:40 <b>Aline Vacheron</b> 09/05/16 DAA	19:54 <b>Aline Vacheron</b> 02/05/16 DAA	19:25 <b>Debbie Powell</b> 4/10/15 Autodrome 5k	39:44 <b>Aline Vacheron</b> 27/01/17 2XU Series	1:12:26 <b>Sally Johnston</b> 25/11/11 Mirdiff Milers	1:26:13 <b>Aline Vacheron</b> 08/12/17 DCS Half	3:05:22 <b>Tracey Watson</b> 21/01/11 Dubai Marathon
FV 50	3:06 <b>Kersten Grant</b> 22/05/17 DAA	6:19.90 <b>Kersten Grant</b> 23/05/16 DAA	13:31 <b>Kersten Grant</b> 09/15/16 DAA	23:04 <b>Kersten Grant</b> 02/05/16 DAA		47:34 <b>Kersten Grant</b> 28/10/16 ABRaS Mina 10k		1:45:14 <b>Kersten Grant</b> 04/12/15 DCS Half	3:42:00 <b>Kersten Grant</b> 22/01/16 Dubai Marathon
FV 55									
FV 60									

**ABRaS AC**  
**Club Records: Female U18**

 <b>Key: GWA:</b> GEMS World Academy, <b>DCS Half:</b> Dubai Creek Striders Half Marathon, <b>RAK Half:</b> Rak Half Marathon, <b>DAA:</b> Dubai American Academy Historical Data for Club Records (from current to previous)										
	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon	
<b>Current</b>	2:23 <b>Hannah McLaughlin</b> 22/05/17 DAA	4:59.60 <b>Juliette D'Othee</b> 15/05/17 DAA	10:52 <b>Juliette D'Othee</b> 01/05/17 DAA	18:48 <b>Juliette D'Othee</b> 17/04/17 DAA	20:28 <b>Katrina Birimac</b> 14/12/15 Autodrome 5k	43:28 <b>Katrina Birimac</b> X/03/15 AUTODROME		1:36:04 <b>Katarina Birimac</b> 10/02/17 RAK HALF		
<b>Past</b>	2:28.00 <b>Anna Knightley</b> 30/05/16 DAA	5:05.07 <b>Juliette D'Othee</b> 23/05/16 DAA	10:58 <b>Juliette D'Othee</b> 09/05/16 DAA	18:50 <b>Juliette D'Othee</b> 02/05/16 DAA	22:24 <b>Carina Rodd</b> 24/01/09 Hatta 5k XC	46:02 <b>Luca Kastner</b> 29/03/13 ABRaS Mina 10k		1:43:56 <b>Libby Johnson</b> 12/02/16 RAK HALF		
	2:31.00 <b>Anna Knightley</b> 09/06/14 DAA	5:15.76 <b>Anna Knightley</b> 26/05/14 GWA	11:29.94 <b>Anna Knightley</b> 12/05/14 GWA	20:25.86 <b>Katrina Birimac</b> 4/05/15 DAA						
	2:48.02 <b>Natasha Barkman</b> 07/03/11 DC	5:35 <b>Carina Rodd</b> 08/06/09 GWA	11:54 <b>Carina Rodd</b> 25/06/09 GWA	20:33.96 <b>Katrina Birimac</b> 28/04/14 GWA						
	2:54 <b>Carmen Fourie</b> 05/02/11 DAA			20:39 <b>Carina Rodd</b> 04/05/09 GWA						

**ABRaS AC**  
**Club Records: Female Senior**



**Key:** GWA: GEMS World Academy, DCS Half: Dubai Creek Striders Half Marathon, RAK Half: Rak Half Marathon, DAA: Dubai American Academy

Historical Data for Club Records (from current to previous)

	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon
<b>Current</b>	2:25.07 <b>Sonja Ellmann</b> 20/06/11 DAA	4:45 <b>Emily Waugh</b> 15/05/17 DAA	10:08 <b>Emily Waugh</b> 01/05/17 DAA	17:30 <b>Emily Waugh</b> 17/04/17 DAA	16:54 <b>Emily Waugh</b> 14/10/16 2XU Compression Run	36:08 <b>Emma Phillips</b> 02/03/11 Abu Dhabi 10k	1:02:36 <b>Emma Phillips</b> 19/11/10 Mirdiff Milers	1:20:29 <b>Emily Waugh</b> 10/02/17 RAK	2:50:33 <b>Jane Khan</b> 06/11/11 JoongAng Seoul Marathon
<b>Past</b>	2:30 <b>Emma Phillips</b> 22/06/09 GWA	4:56 <b>Sonja Ellmann</b> 13/06/11 DAA	10:26 <b>Emma Phillips</b> 05/06/10 DAA	17:55 <b>Emma Phillips</b> 17/05/10 DAA	18:02 <b>Emma Phillips</b> 11/12/13 Autodrome 5k	36:19 <b>Emma Phillips</b> 04/02/11 ABRaS Mina 10k	1:04:36 <b>Bethany McChesney</b> 20/11/09 Mirdiff Milers	1:20:47 <b>Jane Khan</b> 07/12/2012 DCS Half	3:07:18 <b>Anna Berrill</b> 11/04/10 Zurich Marathon
		5:03 <b>Emma Phillips</b> 08/06/09 GWA	10:58 <b>Emma Phillips</b> 25/05/09 GWA	20:31 <b>Debbie Powell</b> 04/05/09 GWA	18:50 <b>Emma Phillips</b> 12/12/2012 Autodrome 5k	36:50 <b>Emma Phillips</b> 27/12/08 UK, Wheaton Aston	1:07:34 <b>Anna Berrill</b> 26/12/08 Meadows 10	1:20:48 <b>Emma Phillips</b> 06/03/10 Milton Keynes	3:14:14 <b>Anna Berrill</b> 16/01/09 Dubai Marathon
					19:02 <b>Emma Phillips</b> 15/09/10 Iftar Challenge	38:07 <b>Emma Phillips</b> 17/10/08 ABRaS Mina 10k		1:23:26 <b>Emma Phillips</b> 14/09/08 Bristol Half Marathon	3:27:46 <b>Anna Berrill</b> 02/11/28 New York Marathon
					19:13 <b>Emma Phillips</b> 10/09/09 Iftar Challenge	38:33 <b>Emma Phillips</b> 21/09/08 Swansea 10k			

**ABRaS AC**  
**Club Records: Female Senior**

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**ABRaS AC**  
**Club Records: Female V40**



**Key:** GWA: GEMS World Academy, DCS Half: Dubai Creek Striders Half Marathon, RAK Half: Rak Half Marathon, DAA: Dubai American Academy

Historical Data for Club Records (from current to previous)

	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon
Current	2:34 <b>Myriam Lamure</b> 08/06/15 DAA	5:06.05 <b>Myriam Lamure</b> 25/05/15 DAA	10:59 <b>Myriam Lamure</b> 04/05/2015 DAA	18:53 <b>Myriam Lamure</b> 02/05/16 DAA	18:13 <b>Myriam Lamure</b> 4/10/15 Autodrome 5k	38:24 <b>Myriam Lamure</b> 27/03/15 ABRaS Mina 10k	1:06:20 <b>Debbie Powell</b> 19/11/10 Mirdiff Milers	1:24:52 <b>Myriam Lamure</b> 5/12/14 DCS Half	3:07:41 <b>Tracey Watson</b> 16/01/09 Dubai Marathon
	2:37.07 <b>Debbie Powell</b> 20/06/11 DAA	5:14 <b>Debbie Powell</b> 13/06/11 DAA	11:16 <b>Debbie Powell</b> 13/05/13 DAA	19:12 <b>Myriam Lamure</b> 11/05/2015 DAA	18:29 <b>Myriam Lamure</b> 11/12/14 Autodrome 5k	38:46 <b>Debbie Powell</b> 03/01/14 ABRaS Mina 10k	1:09:46 <b>Julie Rayfield</b> 02/04/10 UK, Maidenhead 10	1:24:58 <b>Anna Berrill</b> 08/12/13 Bedford Harriers Half	3:25:11 <b>Gigi Young</b> 28/09/08 Berlin Marathon
Past	2:39 <b>Anna Berrill</b> 21/06/10 DAA	5:15 <b>Anna Berrill</b> 14/06/10 DAA	11:22 <b>Anna Berrill</b> 31/05/10 DAA	19:39 <b>Debbie Powell</b> 29/04/13 DAA	19:03 <b>Debbie Powell</b> 11/12/13 Autodrome 5k	38:49 <b>Anna Berrill</b> 01/04/11 ABRaS Mina 10k	1:10:32 <b>Sally Johnston</b> 20/11/09 Mirdiff Milers	1:26:25 <b>Anna Berrill</b> 10/12/10 DCS Half	
	2:40 <b>Sally Johnston</b> 22/06/09 GWA	5:25 <b>Anna Berrill</b> 05/06/10 DAA	11:32 <b>Sally Johnston</b> 25/05/09 GWA	19:42 <b>Anna Berrill</b> 17/05/10 DAA	19:10 <b>Anna Berrill</b> 25/07/12 Bedford Harriers 5k	39:14 <b>Debbie Powell</b> 04/02/11 ABRaS Mina 10k	1:14:12 <b>Tracey Watson</b> 27/02/09 Mirdiff Milers	1:27:17 <b>Tracey Watson</b> 20/02/09 AD Striders Half	
		5:26 <b>Sally Johnston</b> 08/06/09 GWA		20:32 <b>Tracey Watson</b> 04/05/09 DAA	19:20 <b>Debbie Powell</b> 11/11/11 Dubai 5k Women's Run, Palm	39:59 <b>Tracey Watson</b> 05/02/10 ABRaS Mina 10k		1:29:08 <b>Tracey Watson</b> 05/12/08 DCS Half	
					20:15 <b>Tracey Watson</b> 18/09/08 Iftar Challenge	41:22 <b>Tracey Watson</b> 30/10/09 ABRaS Mina 10k		1:34:49 <b>Tracey Watson</b> 14/11/08 AD Striders Half	

**ABRaS AC**  
**Club Records: Female V40**


**ABRaS AC**  
**Club Records: Female V45**



**Key:** **GWA:** GEMS World Academy, **DCS Half:** Dubai Creek Striders Half Marathon, **RAK Half:** Rak Half Marathon, **DAA:** Dubai American Academy

Historical Data for Club Records (from current to previous)

	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon
Current	2:39 <b>Debbie Powell</b> 30/05/16 DAA	5:27.07 <b>Debbie Powell</b> 23/05/16 DAA	11:40 <b>Aline Vacheron</b> 09/05/16 DAA	19:54 <b>Aline Vacheron</b> 02/05/16 DAA	19:25 <b>Debbie Powell</b> 4/10/15 Autodrome 5k	39:44 <b>Aline Vacheron</b> 27/01/17 2XU Series	1:12:26 <b>Sally Johnston</b> 25/11/11 Mirdiff Milers	1:26:13 <b>Aline Vacheron</b> 08/12/17 DCS Half	3:05:22 <b>Tracey Watson</b> 21/01/11 Dubai Marathon
	Past	2:44 <b>Sally Johnston</b> 20/06/11 DAA	5:28 <b>Sally Johnston</b> 13/06/11 DAA	11:47 <b>Sally Johnston</b> 23/05/11 DAA	20:51 <b>Sally Johnston</b> 20/05/11 DAA	19:43 <b>Debbie Powell</b> 14/12/15 Autodrome 5k	40:03 <b>Debbie Powell</b> JAN /2015 ABRAS 10k	1:20:36 <b>Janet Anderson</b> 26/012/08 Meadows 10	1:26:47 <b>Tracey Watson</b> 10/12/10 DCS Half
3:05 <b>Jane Beere</b> 17/06/08 DAA		5:54 <b>Jane Beere</b> 24/06/08 GWA	12:45 <b>Jane Beere</b> xx/05/08 DAA	22:28 <b>Jane Beere</b> xx/05/08 DAA	20:40 <b>Sally Johnston</b> 15/06/12 Bedford 5k	40:38 <b>Sally Johnston</b> 01/04/11 ABRAS Mina 10k		1:37:08 <b>Jane Beere</b> 05/12/08 DCS Half	3:44:26 <b>Jane Beere</b> 16/01/09 Dubai Marathon
					21:03 <b>Tracey Watson</b> 21/09/11 Iftar Challenge	42:22 <b>Sally Johnston</b> 18/03/11 DRR Autodrome 10k		1:39:43 <b>Jane Beere</b> 14/11/08 AD Striders Half	3:56:00 <b>Janet Anderson</b> 02/11/08 New York Marathon
					24:36 <b>Janet Anderson</b> 10/09/09 Iftar Challenge	44:37 <b>Jane Beere</b> 30/10/09 ABRAS Mina 10k			

**ABRaS AC**  
**Club Records: Female V45**



**ABRaS AC**  
**Club Records: Male V50**




**Key:** GWA: GEMS World Academy, DCS Half: Dubai Creek Striders Half Marathon, RAK Half: Rak Half Marathon, DAA: Dubai American Academy


Historical Data for Club Records (from current to previous)

	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon
<b>Current</b>	3:06 <b>Kersten Grant</b> 22/05/17 DAA	6:19.90 <b>Kersten Grant</b> 23/05/16 DAA	13:31 <b>Kersten Grant</b> 09/15/16 DAA	23:04 <b>Kersten Grant</b> 02/05/16 DAA		47:34 <b>Kersten Grant</b> 28/10/16 ABRaS Mina 10k		1:45:14 <b>Kerstem Grant</b> 04/12/15 DCS Half	3:42:00 <b>Kersten Grant</b> 22/01/16 Dubai Marathon
<b>Past</b>		6:46.95 <b>Bridgette Stoffberg</b> 27/05/13 DAA	14:21 <b>Bridgette Stoffberg</b> 13/05/13 DAA	24:45 <b>Bridgette Stoffberg</b> 29/04/13 DAA		49:22 <b>Bridgette Stoffberg</b> 30/03/12 ABRaS Mina 10k		1:55:24 <b>Bridgette Stoffberg</b> 09/12/11 DCS Half	4:06:47 <b>Bridgette Stoffberg</b> 25/01/13 Dubai Marathon
						49:38 <b>Bridgette Stoffberg</b> xx/xx/xx ABRaS Mina 10k			4:18:13 <b>Bridgette Stoffberg</b> 27/01/12 Dubai Marathon

**ABRaS AC**  
**Club Records: Male V5**

 <b>Key: GWA:</b> GEMS World Academy, <b>DCS Half:</b> Dubai Creek Striders Half Marathon, <b>RAK Half:</b> Rak Half Marathon, <b>DAA:</b> Dubai American Academy Historical Data for Club Records (from current to previous)										
	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon	
Current										
Past										

**ABRaS AC**  
**Club Records: Male V60**

 <b>Key: GWA:</b> GEMS World Academy, <b>DCS Half:</b> Dubai Creek Striders Half Marathon, <b>RAK Half:</b> Rak Half Marathon, <b>DAA:</b> Dubai American Academy Historical Data for Club Records (from current to previous)										
	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon	
Current										
Past										