

Table 1

DISTANCE / AGE	FIRST NAME	SURNAME	TIME	DATE	VENUE
10K					
W35	LORNA	BUKHORY	38.49	MAY 2010	NETLEY
W40	KAREN	RUSHTON	36.45	APR 2008	TOTTON
W45	KAREN	RUSHTON	38.15	DEC 2014	POOLE
W50	SALLY	GILBERT	40.23	DEC 2009	CHRISTCHURCH
W55	LYNN	MASSEY	51.05	DEC 2010	CHRISTCHURCH
W60	LYNN	MASSEY	70.18	APR 2016	SOUTHAMPTON
W65	ANN	DUKES	58.58	APR 2005	NETLEY
HALF MARATHON					
W35	ELLIE	MONKS	84.50	MAR 2019	FLEET
W40	KAREN	RUSHTON	81.40	MAR 2008	BATH
W45	KAREN	RUSHTON	84.37	NOV 2014	GOSPORT
W50	SALLY	GILBERT	89.41	FEB 2008	WOKINGHAM
W55	SALLY	GILBERT	96.22	NOV 2013	GOSPORT
W60	MARY	KEENAN	2.26.42	MAY 2018	EDINBURGH
MARATHON					
W35	ELLIE	MONKS	2.58.49	APR 2019	LONDON
W40	HELEN	WALLINGTON	3.17.29	APR 2010	LONDON
W45	KAREN	RUSHTON	3.00.47	APR 2014	LONDON
W50	SALLY	GILBERT	3.04.17	APR 2008	LONDON
W55	SALLY	GILBERT	3.30.56	JAN 2015	HOUSTON, USA