

Table 1

DISTANCE / AGE	FIRST NAME	SURNAME	TIME	VENUE	DATE
<b>10K</b>					
W35	JEN	GRANGER	35.19	WORTHING	OCT 2021
W40	KAREN	RUSHTON	36.45	TOTTON	APR 2008
W45	KAREN	RUSHTON	38.15	POOLE	DEC 2014
W50	SALLY	GILBERT	40.23	CHRISTCHURCH	DEC 2009
W55	LYNN	MASSEY	51.05	CHRISTCHURCH	DEC 2010
W60	LYNN	MASSEY	70.18	SOUTHAMPTON	APR 2016
W65	ANN	DUKES	58.58	NETLEY	APR 2005
<b>HALF MARATHON</b>					
W35	JEN	GRANGER	79.30	NEWBURY	MAY 2021
W40	KAREN	RUSHTON	81.40	BATH	MAR 2008
W45	KAREN	RUSHTON	84.37	GOSPORT	NOV 2014
W50	SALLY	GILBERT	89.41	WOKINGHAM	FEB 2008
W55	SALLY	GILBERT	96.22	GOSPORT	NOV 2013
W60	MARY	KEENAN	2.26.42	EDINBURGH	MAY 2018
<b>MARATHON</b>					
W35	ELLIE	MONKS	2.57.48	LONDON	OCT 2021
W40	HELEN	WALLINGTON	3.17.29	LONDON	APR 2010
W45	KAREN	RUSHTON	3.00.47	LONDON	APR 2014
W50	SALLY	GILBERT	3.04.17	LONDON	APR 2008
W55	SALLY	GILBERT	3.30.56	HOUSTON, USA	JAN 2015

## MASTERS W35

<u>EVENT</u>	<u>NAME</u>	<u>RECORD</u>	<u>VENUE</u>	<u>DATE</u>
10K	JEN GRANGER	35.19	WORTHING	OCT 2021
1/2 MAR	JEN GRANGER	79.30	NEWBURY	MAY 2021
MAR	ELLIE MONKS	2.57.48	LONDON	OCT 2021

## MASTERS W40

<u>EVENT</u>	<u>NAME</u>	<u>RECORD</u>	<u>VENUE</u>	<u>DATE</u>
10K	KAREN RUSHTON	36.45	TOTTON	APR 2008
1/2 MAR	KAREN RUSHTON	81.40	BATH	MAR 2008
MAR	HELEN WALLINGTON	3.17.29	LONDON	APR 2010

## MASTERS W45

<u>EVENT</u>	<u>NAME</u>	<u>RECORD</u>	<u>VENUE</u>	<u>DATE</u>
10K	KAREN RUSHTON	38.15	POOLE	DEC 2014
1/2 MAR	KAREN RUSHTON	84.37	GOSPORT	NOV 2014
MAR	KAREN RUSHTON	3.00.47	LONDON	APR 2014

## MASTERS W50

<u>EVENT</u>	<u>NAME</u>	<u>RECORD</u>	<u>VENUE</u>	<u>DATE</u>
10K	SALLY GILBERT	40.23	CHRISTCHURCH	DEC 2009
1/2 MAR	SALLY GILBERT	89.41	WOKINGHAM	FEB 2008
MAR	SALLY GILBERT	3.04.17	LONDON	APR 2008

## MASTERS W55

<u>EVENT</u>	<u>NAME</u>	<u>RECORD</u>	<u>VENUE</u>	<u>DATE</u>
10K	LYNN MASSEY	51.05	CHRISTCHURCH	DEC 2010
1/2 MAR	SALLY GILBERT	96.22	GOSPORT	NOV 2013
MAR	SALLY GILBERT	3.30.56	HOUSTON, USA	JAN 2015

## MASTERS W60

<u>EVENT</u>	<u>NAME</u>	<u>RECORD</u>	<u>VENUE</u>	<u>DATE</u>
10K	LYNN MASSEY	70.18	SOUTHAMPTON	APR 2016
1/2 MAR	MARY KEENAN	2.26.42	EDINBURGH	MAY 2018
MAR	ANNIE JONES	4.08.51	LONDON	OCT 2021

## MASTERS W65

<u>EVENT</u>	<u>NAME</u>	<u>RECORD</u>	<u>VENUE</u>	<u>DATE</u>
10K	ANN DUKES	58.58	NETLEY	APR 2005
1/2 MAR				
MAR				

## MASTERS W70

<u>EVENT</u>	<u>NAME</u>	<u>RECORD</u>	<u>VENUE</u>	<u>DATE</u>
10K				
1/2 MAR				
MAR				

## MASTERS W75

<u>EVENT</u>	<u>NAME</u>	<u>RECORD</u>	<u>VENUE</u>	<u>DATE</u>
10K				

<b>1/2 MAR</b>				
<b>MAR</b>				

# **MASTERS W80**

<b><u>EVENT</u></b>	<b><u>NAME</u></b>	<b><u>RECORD</u></b>	<b><u>VENUE</u></b>	<b><u>DATE</u></b>
<b>10K</b>				
<b>1/2 MAR</b>				
<b>MAR</b>				