

## COLTISHALL JAGUARS LADIES RECORDS

moved up to another age group

CURRENT MEMBERS

### Club Records

Red time is the fastest in each age group

B=Bronze S=Silver G=Gold D=Diamond P=Platinum

### UNDER 35

	<u>5K</u>	<u>5M</u>	<u>10K</u>	<u>10M</u>	<u>HALF MAR</u>	<u>15M</u>	<u>20M</u>	<u>MARATHON</u>	<u>2k</u>
Angela Hudson	30.48	55.52	1.03:34						
Clare Hicks		46.55	1.02.25						
Claire Owen			55.58	1.35.40					
Emily Beavis					1.55.43 B				
Emma Pointer	19.45 G	35.16 S	44.22 S		1.44.18 S	1.53.22 S	2.42:34 S	3.43.36	
Ellie Gaskins	19.30 G	32.58 G	39.24 D	1.09.05 G	1.31.55 G		2.30.09 G	3.20.24 G	
Ginny Fellows	20.43 S	35.15		1.13.41 S	1.36:38 G				
Hattie Swain	23.51 B	41.14 B	49.23 B	1.27.48 B	1.58.39				
Isabella List		32.15 G		1.08.26 G					
Katie Fenn	24.18 B	38.10 B	52.21 B		2.03.17 B				
Kelly Piesse	30.08								
Laura Hick	27.01	48.41			2.19.13				
Laura Johnson	25.03		55.48	1.29.59					
Megan Swain	23.07 B	41.00 B	51.29 B						
Nicola Lambert-John	20.25 G	33.52 G	43.56 S	1.16.02 S	1.36.31 G		3.02.55 B		
Nouha Tate	22.30 S		46.31 S	1.19.15 S	1.54.18 B				
Samantha Beales	26.14	46.15	56.41	1.33.42	2.02:51				
Sarah Letzer	27.26	45.59			2.11.14				
Stephanie Hall	25.02	41.52	51.56 B	1.30.15	1.53.35 B				
Theresa Dean		44.38	1.03.43						
Violet Vincent	24.41 B		51.25 B		2.26.50				

### 35-39

Amy Fulcher	23.03 S				1.47.50 S				
Angela Hudson									
Anna Spackman								6.08:51	
Alexandra Bland	20.47 G		42.41 G		1.38.22 G			3.31.31 G	
Clare Hicks		44.15 B	59.53	1.42.13	2.14.20			5.49.55	
Claire Owen	25.05 B	42.35 B	53.00 B	1.30.36 B	2.02.05 B		3.29.14	4.56.57	
Deb Cissell Jones		36.47 G	49.35 S		1.42.18 G			4.06.39 B	

Hayley Smith	29.46		1.10:30	2.00.39	2.45.09		
Iwona Litwiniec			50.40 S		1.53.08 S		
Joanna Cottrell	23.02 S	38.10 S	51.25 B	1.30.40 B	1.53.18 S		
Katie Fenn	23.09 S	40.21 B	49.14 S	1.37.12	1.54.35 B		
Laura Hick	27.39			1.42.12			
Laura Thompson	26.42						
Nicola Lambert-John	19.11 D	32.43 D	41.38 D	1.09.35 D	1.33.00 D		
Nouha Tate	22.26 S		46.39 S	1.19.16 S	1.46.55 S		
Orla Cobb	29.03		1.05:28		2.15.14		6.04.23
Rachael Cole	27.27		56.07		2.13.43		
Rebecca Westmoreland			50.49 B				
Samantha Beales							
Sarah Circuit			1.00.52				
Sarah Letzer		1.04:23	1.23.17				6.35.09
Theresa Dean	25.01 B		58.11		2.11.47		

#### 40-44

Adele Bushell	26.04 B	41.13 B	54.02 B	1.30.59 B	2.03.46 B		
Annette Yeomanson	29.08	52.20	1.08.53		2.27.35		5.57.19
Caroline Allen							
Caroline Britton			53.19 B	1.30.23 B	2.09:13		
Clare Hicks	26.29 B	44.04 B	1.01:19	1.32.59 B	2.01.26 B	3.36.49	
Claire Owen	23.57 S	42.05 B	51.27 S	1.31.07 B	2.01.05 B		5.13.19
Dawn Chapman	26.36 B			1.41.21	2.16.15		
Deb Cissell-Jones					1.47.32 S		3.49.27 S
Emily Spragge	31.59		1.08:10	1.58.26	2.37.47		
Emma Blake	19.43 D	34.38 G	40.51 D	1.08.15 D	1.31.33 D	2.40.28 G	3.38.03 G
Emma Fiddy				1.18.16 G	1.46.33 G		
Emma Goldsmith			54.17 B				
Emma Jordan	23.46 S	41.57 S		1.22.07 S	1.50.4 S		4.03.01 S
Iwona Litwiniec			50.39 S		1.54.20 S		4:28:33 B
Joanna Cottrell					2.03.03 B		
Laura Thompson							
Luce Cornell							
Marion Bensley	25.31 B	45.01	56.08 B	1.33.50 B	1.38.44	2.07:17 B	5.24.33

Melanie Young			1.14.03					
Olivia Newstead	28.41	56.09	1.06:43					
Orla Cobb								
Rachael Cole II								
Rachel Jackson			59.09					
Rebecca Westmoreland	22.41 S			1.25.07 S		1.48.41 S		
Ruth Pilch	22.02 G	37.40 S	51.03 S	1.22.02 S	1.47.19 S			
Sarah Circuit	24.24 S			1.27.23 B	1.54.09 S			
Sonja White	22.11 G	38.08 S	49.42 S	1.20.10 S	1.47.06 S			
Sonya Turner	24.10 S	41.36 B	52.32 B	1.21.51 S	1.53.37 S		4.00.22 S	
Vicky Tovell	21.53 G	36.17 G	45.52 G	1.19.54 S	1.43.26 G		3.53.34 S	

### 45 -49

Adele Bushell	25.09 S	41.30 S	52.17 S	1.28.33 S	1.55.37 S			
Alison Hood	28.34		56.11	1.34.08	2.10:32			
Annette Yeomanson	28.22	49.40	1.02:47	1.50.09	2.30.28		6.08:27	
Ashlee McNeill								
Caroline Britton		41.26 S	52.47 S	1.36.13 B	2.04.21 B			
Clare Hicks			51.34 S		2.00.40 B			
Claire Owen								
Dawn Chapman	27.19 B	46.58	57.40 B	1.39.55	2.08.17 B			
Deb Cissell-Jones								
Elly Young	20.29 D	33.55 D	43.24 D	1.12:52 D	1.37.20 D		3.38:13 G	
Emily Spragge	36.28	58.22	1.09:31	1.56.11	2.46:31			
Emma Goldsmith	26.15 B				1.57.33 S			
Emma Jordan	23.37 S	40.01 S	51.55 S	1.23.35 S	1.53.22 S	3.01.45 S	4.32.10 B	
Emma Penfold			56.10 B	1.37.33	2.17.45			
Estelle Corner								
Hilda Peyrebrune		53.05	1.05.33	1.48.39	2.24.52			
Jackie Bye	24.15 S	40.44 S	50.28 S		1.52.29 S			
Jackie Gooch	28.24	45.23 B	58.47					
Karen Bradley	26.37 B	44.32 B	55.51 B	1.34.49 B	2.08.48 B			
Karen Evans	25.29 B	41.02 S	52.50 S	1.32.24 B	1.58.06 S	3.12:43 B	4.25.12 S	
Marion Bensley			57.55 B					
Mary Hopkins						2.58.14 S	4.12.20 B	

Olivia Newstead	31.10		1.07:40				
Penny Murray	35.03	1.06:31	1.14:26				
Rachel Kirkham	32.33		1.07:30				
Ruth Gainsford	25.40 B						
Ruth Pilch							
Sue Emmett	29.04	47.15	59.27	1.42:39	2.11.03		
Sharon Jones		46.55	1.01.23	1.32.16 B			
Sonja White	23.41 S			1.28.09 S	1.51.04 S		
Sonya Turner		39.22 S	50.48 S	1.23.20 S	1.55.08 S	3.04:54 S	
Vanja Briggs							5.24.39
Vicky Tovell	21.31 G	38.50 S	45.25 G	1.14.00 G	1.41.27 G		3.44.55 G

### 50 -54

Adele Bushell	24.29 G	41.21 S	53.56 S	1.28.53 S	1.59.25 S		4.43.21 B
Angela Pleasants			1.18.59		2.48.40		
Annette Yeomanson							
Caren Maidment	32.36	1.00.15	1.09:45	1.59.41	2.45.18		
Dawn Chapman							
Debbie Hall	33.32	57.51	1.11:28		2.46.46		
Dee Neal	26.26 S	43.09 S	57.37 S	1.40.15 B	2.07.42 B	3.36.46 B	
Elly Young	20.52 P	34.46 D	44.20 D	1.13.11 D	1.38.01 D	2.42.06 D	
Emma Jordan	25.40 S			1.28.09 S	1.56.44 S		
Emma Penfold	27.22 B					3.42.07	4.55.21 B
Jackie Bye	23.31 G	37.53 G	48.50 G	1.21.38 G	1.52.18 G	3.02.51 G	
Jackie Gooch	25.54 S	42.03 S	55.17 S	1.30.12 S	2.00.05 S	3.19.05 S	4.59.24
Karen Evans	24.29 G		51.01 G		1.55.26 G		
Lynn Lambert	27.39 B	47.35 B	1.00:51 B	1.37.26 B	2.05.24 S		
Penny Murray	35.07						
Rachael Kirkham	33.27	58.50	1.22.41				
Ruth Gainsford	23.48 G	40.25 G	50.48 G	1.24.36 G	1.55.49 G	3.02:01 G	4.04.12 G
Ruth Steele	22.48 G	39.53 G	47.27 G	1.18.47 G	1.46.16 G		3.51.55 G
Sharon Jones	24.57 S	41.30 S	53.43 S	1.27.34 S	1.53.18 G		
Sonya Turner							
Vanja Briggs					2.43.25		
Vee Clements	32.38	55.52	1.09:55		2.35.09		6.31.35

### 55 - 59

Brenda Hutcheon			49.48 D					
Becky Durant	25.59 G	43.32 G	55.56 G	1.35.21 S	2.12.35 S		3.51.00 B	
Chris Barnett					2.27.19 B			
Dee Neal	24.53 G	41.04 G	52.20 G	1.28.06 G	1.59.49 G	3.27.49 S	5.18.35 B	
Helen Ganson	27.21 S		56.20 S	1.33.52 S	2.06.45 S			
Jackie Bye	23.52 G	38.57 D	50.04 D	1.24.13 D	1.51.53 D		4.39.16 S	
Jackie Gooch	25.34 G	43.45 G	52.42 G	1.29.59 G	1.59.23 G			
Jane Harrison								
Jenny Welsh		56.29			2.44.20		5.52.37	
Lynn Lambert					2.11.43 S			
Rosemary Jackson	26.55 S	43.59 S						
Ruth Gainsford			51.31 G	1.24.58 G	1.55.09 G		3.07.03 G	
Sue Allen	21.21 P	37.23 D		1.20.53 D	1.46.40 D			
Vee Clements	32.22	59.40	1.11.30		1.08.56		6.09:54	

### 60-64

Becky Durant	25.45 G	42.10 D	53.33 D	1.42.22 S	2.12.57 G		4.00.35 B	5.35.32 B
Dee Neal	25.14 G	42.24 D		1.27.31 D	2.05.15 G	2.23.16 G	3.16:17 G	
Helen Ganson				1.34.14 G	2.03.34 G			
Jackie Bye	23.43 D	41.50 D	50.28 D		1.55.48 D		4.15.55 G	
Jenny Welsh	37.48	1.11:18	1.24.:05		2.49.11			
Lucy Walker			50.34 D	1.20.30 D	1.46.35 D		4.00.20 D	
Rosemary Jackson	23.41 D	41.41 D	52.15 D	1.26.04 D			3.07:19 D	

### 65 +

Becky Durant								
Daphne Hathaway	25.42 D	45.37 D	55.26 D		2.00.26 D		4.44.30 G	
Jenny Welsh								
Heather Hollister					1.59.32 D			
Rosemary Jackson	26.01 D		51.18 D	1.28.05 D	1.54.30 D		4.23.39 D	