

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

| <u>UNDER 35</u> | <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 | | | | | | |
| Chloe Moore | | 42.54 | | | 1.55.07 B | | | | |
| Claire Owen | | | 55.58 | 1.35.40 | | | | | |
| Ellie Gaskins | 19.06 | 32.05 G | 39.24 D | 1.09.05 G | 1.31.55 G | | 2.30.09 G | 3.19.19 G | |
| Emma Blake | 24.32 B | 43.03 | 52.14 B | | 1.58.19 | | 3.22.14 | | |
| 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 | |
| Ginny Fellows | 20.43 S | 35.15 | | 1.13.41 S | 1.36:38 G | | | | |
| Isabella List | | 32.15 G | | 1.08.26 G | | | | | |
| Josie Fryer | | | | | | | | | |
| Katie Fenn | 24.18 B | 38.10 B | 52.21 B | | 2.03.17 B | | | | |
| Kelly Piesse | 26.25 | 46.47 | 56.27 | | 2.12.13 | | | | |
| Laura Hick | 27.01 | 48.41 | | | 2.19.13 | | | | |
| Laura Johnson | 25.03 | 44.23 | 55.43 | 1.29.59 | 2.16.16 | | | | |
| Megan Swain | 22.46 B | 37:50 B | 51.29 B | | | | | | |
| Nouha Tate | 22.30 S | | 46.31 S | 1.19.15 S | 1.54.18 B | | | | |
| Stephanie Plume | 24.11 B | 41.52 | 50.35 B | 1.30.15 | 1.53.35 B | | | 4.11.27 | |
| Theresa Dean | | 44.38 | 1.03.43 | | | | | | |
| 35-39 | | | | | | | | | |
| Amy Fulcher | 23.03 S | 38.49 S | 49.02 S | | 1.47.50 S | | | | |
| Angela Hudson | | | | | | | | 6.08:51 | |
| Anna Spackman | | | | | | | | | |
| 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 | |
| Ellie Gaskins | | | 40.19 D | | 1.30.06 D | | | 3.16.57 D | |
| Emma Blake | 24.03 B | 40.19 B | 56.43 | 1.28.18 B | 1.48:38 S | | 3.35.12 | 4.45.52 | |
| Hayley Smith | 29.08 | 46.26 | 59.28 | 1.49.56 | 2.21.07 | | | | |
| Iwona Litwiniec | | | 50.40 S | | 1.53.08 S | | | | |
| Katie Fenn | 23.09 S | 40.21 B | 49.14 S | 1.37.12 | 1.54.35 B | | | 4.44.45 | |
| Laura Hick | 27.39 | 47.18 | | 1.42.12 | | | | | |

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|----------------------|---------|---------|---------|-----------|-----------|-----------|
| Lindsay Smith | 30.09 | 46.56 | 54.56 B | 1.34.21 | | |
| Nicola Lambert-John | 19.11 D | 32.43 D | 41.38 D | 1.09.35 D | 1.33.00 D | 3.42.50 S |
| Nouha Tate | 22.26 S | | 46.39 S | 1.19.16 S | 1.46.55 S | 4.05.15 B |
| Rachael Cole | 27.27 | | 56.07 | | 2.13.43 | |
| Rebecca Westmoreland | | | 50.49 B | | | |
| Sarah Circuit | | | 1.00.52 | | | |
| Theresa Dean | 25.01 B | | 58.11 | | 2.11.47 | |

40-44

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|----------------------|---------|---------|---------|-----------|-----------|---------------------|
| Adele Bushell | 26.04 B | 41.13 B | 54.02 B | 1.30.59 B | 2.03.46 B | |
| Amy Fulcher | 24.24 S | | | | | |
| Anna Spackman | 32.07 | 51.12 | 1.07.20 | 1.55.13 | 2.29.40 | |
| Caroline Britton | | | 53.19 B | 1.30.23 B | 2.09:13 | |
| Claire Owen | 23.57 S | 42.05 B | 51.27 S | 1.31.07 B | 2.01.05 B | 5.13.19 |
| 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 | 24.58 B | | 53.09 B | 1.18.16 G | 1.46.33 G | 2.58.28 S 4.07.02 B |
| Emma Jordan | 23.46 S | 41.57 S | | 1.22.07 S | 1.50.4 S | 4.03.01 S |
| Iwona Litwiniec | 23.50 S | | 49.54 S | 1.35.25 | 1.54.20 S | 4:28:33 B |
| Katie Fenn | 26.26 | | 1.07.29 | | | |
| Lindsay Smith | 26.17 B | 46.34 | 55.31 B | 1.31.59 B | 2:05:06 B | 3.16.35 B 4.47.14 |
| Marion Bensley | 25.31 B | 45.01 | 56.08 B | 1.33.50 B | 2.07:17 B | 5.24.33 |
| Nouha Tate | | | | | | 2.58.24 S |
| 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 | 22.42 S | 39.28 S | 49.43 S | 1.21.16 S | 1.54.09 S | 3.01.35 S |
| Sonja White | 22.11 G | 38.08 S | 49.42 S | 1.20.10 S | 1.47.06 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

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|------------------|---------|---------|---------|-----------|-----------|--|
| Adele Bushell | 25.09 S | 41.30 S | 52.17 S | 1.28.33 S | 1.55.37 S | |
| Alison Read | 30.25 | | 1.01:29 | 1.40.07 | 2.18.11 | |
| Caroline Britton | | 41.26 S | 52.47 S | 1.36.13 B | 2.04.21 B | |
| Claire Owen | 27.33 B | 48.22 | 58.36 | 1.39.36 | | |

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|------------------|---------|---------|---------|-----------|-----------|-----------|-----------|
| 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 Blake | | | | | | | |
| Emma Fiddy | | | | | | | |
| 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 | | |
| 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 | | |
| Marion Bensley | 26.40 B | | 56.40 B | | 2.37.01 | | |
| Mary Hopkins | | | | | | 2.58.14 S | |
| Ruth Gainsford | 25.40 B | | | | | | |
| Ruth Pilch | | 38.27 S | | | | | |
| Sarah Parkes | | 52.54 | | | | | |
| Sharon Jones | | 46.55 | 1.01.23 | 1.32.16 B | | | |
| Sonja White | 23.41 S | 37:47 G | 48.55 S | 1.24.42 S | 1.46.51 G | | |
| 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

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| Adele Bushell | 24.29 G | 41.21 S | 53.56 S | 1.28.53 S | 1.59.25 S | | 4.43.21 B |
| Alison Read | | | | | | | |
| 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 | 3.54.31 G |
| Emma Jordan | 25.40 S | | 52.17 S | 1.28.09 S | 1.56.44 S | 3.05.44 S | 4.17.51 S |
| Emma Penfold | 27.22 B | | | | 2.11.35 B | 3.24.42 B | 4.55.21 B |
| Hilda Peyrebrune | | | | | | | |
| 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 Bradley | | | | | | 3.16.29 S | |
| 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 |
| Sharon Jones | 24.57 S | 41.30 S | 53.43 S | 1.27.34 S | 1.53.18 G | | |
| Vee Clements | 32.38 | 55.52 | 1.09:55 | | 2.35.09 | | 6.31.35 |

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|----------------|---------|-------|---------|--|-----------|--|-----------|
| Vicky Tovell | 22.51 G | 37.46 | 45.59 D | | 1.45.52 G | | 3.47.07 G |
| Vicky Wardrope | | | 58.20 B | | | | |

55 - 59

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|-------------------|---------|---------|---------|-----------|-----------|-----------|-----------|
| Adele Bushell | | | | | 2.04.43 S | | |
| Becky Durant | 25.59 G | 43.32 G | 55.56 G | 1.35.21 S | 2.12.35 S | | 3.51.00 B |
| Christine Barnett | | | 56.01 S | | 2.15.23 S | | |
| Debbie Hall | 36.58 | 59.14 | 1.20.31 | | | | |
| 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 |
| Elly Young | | | | | | | |
| 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 | | |
| Marian Costello | 24.04 G | 41.14 G | | | | | |
| Pam Winfield | | | | | | | |
| Rosemary Jackson | 26.55 S | 43.59 S | | | | | |
| Rachel Robson | | | | | | | |
| Ruth Gainsford | 23.11 D | 39.07 D | 49.09 D | 1.22.04 D | 1.48.52 D | 2.58.24 D | 4.02.08 G |
| Sandra Roberts | 20.45 P | 35.10 P | 44.30 P | 1.14.37 P | 1.36.50 P | 2.40.15 D | 3.46.32 D |
| Sharon Jones | | 41.10 G | | 1.28.10 G | | 3.16.31 G | 4.29.52 S |
| Vee Clements | 32.22 | 59.40 | 1.11:30 | | | | 6.09:54 |

60-64

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|-------------------|---------|---------|-----------|-----------|-----------|-----------|-----------|
| 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 |
| Christine Barnett | 25.43 G | | 58.47 G | | | | |
| 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 | 28.29 S | | 1.01.30 S | 1.34.14 G | 2.03.34 G | | |
| Jackie Bye | 23.43 D | 40.46 D | 50.28 D | | 1.55.48 D | 3.18.56 G | 4.15.55 G |
| Jackie Gooch | | | | | | | |
| Lucy Walker | | | | 1.20.30 D | 1.46.35 D | | 4.00.20 D |
| Rachel Robson | 26.07 G | | | | | | |
| Rosemary Jackson | 23.41 D | 41.41 D | 52.15 D | 1.26.04 D | | 3.07:19 D | |
| Vee Clements | | | | | | | |

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Becky Durant

Dee Neal

Jackie Bye

Rosemary Jackson

25.03 D

40.01 P

53.40 D

51.18 D

1.27.15 D

1.54.30 D

4.20.54 D