

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>
Chloe Moore		37.37 S			1.55.07 B				
Claire Owen			55.58	1.35.40					
Ellie Gaskins	19.06 G	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	19.46 G	32.44 G	42.11 G	1.10.20 G	1.36:38 G		2.33.31 G		
Isabella List		32.15 G		1.08.26 G					
Isabella Nudd			53.01						
Josie Fryer	40.49								
Katie Fenn	24.18 B	38.10 B	52.21 B		2.03.17 B				
Laura Hick	27.01	48.41			2.19.13				
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				
Polly Batch		43.55	52.56						
Stephanie Plume	24.11 B	41.52	50.35 B	1.30.15	1.53.35 B			4.11.27	
Tatiana Matthews	24.00 B	39.27 B	51,50 B						

35-39

Amy Fulcher	23.03 S	38.49 S	49.02 S		1.47.50 S				
Anna Spackman							6.08:51		
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	
Hannah Tolley	20.58 G	33.34 G							
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					
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
Rebecca Westmoreland			50.49 B				
Sarah Circuit			1.00.52				

40-44

Adele Bushell	26.04 B	41.13 B	54.02 B	1.30.59 B	2.03.46 B		
Amy Fulcher	24.24 S		52.29 B	1.24.31 S	1.52.11 S		
Anna Spackman	32.07	51.12	1.07.20	1.55.13	2.29.40		
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		1.02.56				5.10.23
Laura Hick							
Lindsay Smith	26.17 B	43.48	55.31 B	1.31.59 B	2:05:06 B	3.16.35 B	4.36.25
Marion Bensley	25.31 B	45.01	56.08 B	1.33.50 B	2.07:17 B		5.24.33
Michelle Clarke							
Nouha Tate		40.39 S			1.55.11 S	2.58.24 S	3.59.18 S
Rebecca Westmoreland	22.41 S			1.25.07 S	1.48.41 S		4.17.30 B
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	4.01.43 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

Adele Bushell	25.09 S	41.30 S	52.17 S	1.28.33 S	1.55.37 S		
Anna Spackman	40.40		1.16.09				
Claire Owen	27.33 B	48.22	58.36	1.39.36	2.17.12		
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	23.57 S	42.03 B					4.22.27 B
Emma Fiddy		40.14 S	52.45 S		1.56.57 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		
Hannah Andrew							
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		5.03.14
Mary Hopkins						2.58.14 S	
Rebecca Westmoreland							4.18.21 B
Ruth Gainsford	25.40 B						
Ruth Pilch		38.27 S				3.58.56 S	
Sarah Parkes		52.54					
Sharon Jones		46.55	1.01.23	1.32.16 B			
Sonja White	23.25 S	37:47 G	47.54 G	1.18.45 G	1.46.40 G		4.21.21 B
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
Andrea Peters							
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
Emily Spragge							
Emma Jordan	25.40 S	55.24	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	4.43.24 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 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
Ruth Pilch							
Sarah Parkes	35.53						
Sharon Jones	24.57 S	41.30 S	53.43 S	1.27.34 S	1.53.18 G		
Sonja White					1.42.13 D		
Vicky Tovell	22.09 D	37.46	45.53 D	1.17.46 D	1.45.52 G		3.47.07 G

Vicky Wardrope	27.12 B	46.52 B	57.31 B	1.36.59 B	2.12.07 B		5.16.45
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55 - 59

Adele Bushell					2.04.43 S		
Alex Darbyshire		45.10 B					
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	51.04 D	1.24.44 D	1.57.10 G		
Rosemary Jackson	26.55 S	43.59 S					
Rachel Robson							
Ruth Gainsford	23.08 D	38.52 D	49.09 D	1.22.04 D	1.48.52 D		2.58.24 D 3.59.14 D
Sandra Roberts	20.45 P	35.10 P	44.30 P	1.14.37 P	1.36.50 P		2.40.15 D 3.44.44 D
Sharon Jones		41.10 G		1.28.10 G			3.16.31 G 4.29.52 S

60-64

Alice Appleton	30.41						
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	25.13 D	44.00 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
Marian Costello	25.12 D		51.12 D	1.24.47 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
Ruth Gainsford	23.37 D	38.20 D	48.00 D	1.20.13 D	1.45.22 D		
Sandra Roberts	21.15 P	36.03 P	44.14 P	1.15.20 P	1.36.15 P		

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Becky Durant
Dee Neal
Jackie Bye
Rosemary Jackson

		45.40 D				4.49.55 G
26.54 D		53.40 D		2.09.43 G		
25.03 D	40.01 P	51.18 D	1.27.15 D	1.54.30 D	3.14.33 D	4.20.40 D