

Distance	Time	Race	Date	Name	PB	CB	Type	Gender	Age
1.87M	00:14:00	Nonsuch Relay	06/07/2011	Cat Gaskell			ROAD	F	30
1.87M	00:15:01	Nonsuch Relay	06/07/2011	Elaine Reid			ROAD	F	41
1.87M	00:15:23	Nonsuch Relay	06/07/2011	Ruth Cottam			ROAD	F	46
1.87M	00:15:30	Nonsuch Relay	06/07/2011	Annette Helliwell			ROAD	F	52
1.87M	00:15:35	Nonsuch Relay	06/07/2011	Gill Stalley			ROAD	F	47
1.87M	00:17:48	Nonsuch Relay	06/07/2011	Trish Coombs			ROAD	F	66
1.87M	00:20:41	Nonsuch Relay	06/07/2011	Sophie Gaskin			ROAD	F	45
1.87M	00:22:13	Nonsuch Relay	06/07/2011	Kate Knight			ROAD	F	51
10K	00:45:19	Oxshott 10k	30/10/2011	Mary James			ROAD	F	36
10K	00:45:22	Croydon 10k	16/10/2011	Jenny Sinfield			ROAD	F	35
10K	00:45:37	Oxshott 10k	30/10/2011	Jenny Sinfield			ROAD	F	35
10K	00:45:53	Surrey Classic Series - Nonsuch Park 10k	06/11/2011	Jenny Sinfield			ROAD	F	35
10K	00:46:49	Valentine's 10k	13/02/2011	Nicola Stevenson			ROAD	F	32
10K	00:49:41	Surrey Classic Series - Nonsuch Park 10k	06/11/2011	Elaine Reid	y		ROAD	F	41
10K	00:49:49	Valentine's 10k	12/02/2012	Elaine Reid			ROAD	F	42
10K	00:50:02	Valentine's 10k	12/02/2012	Jenny Sinfield			ROAD	F	35
10K	00:50:24	Horton Country Park 10k	18/12/2011	Elaine Reid			ROAD	F	42
10K	00:50:28	Surrey Classic 10k - Horton CP	27/03/2011	Ruth Cottam		y	ROAD	F	46
10K	00:50:50	Valentine's 10k	13/02/2011	Cat Gaskell			ROAD	F	29
10K	00:50:51	Oxshott 10k	30/10/2011	Elaine Reid	y		ROAD	F	41
10K	00:50:58	Croydon 10k	16/10/2011	Annette Helliwell	y		ROAD	F	52
10K	00:51:05	Valentine's 10k	12/02/2012	Ruth Cottam			ROAD	F	47
10K	00:51:12	Horton Country Park 10k	18/12/2011	Annette Helliwell			ROAD	F	52
10K	00:51:35	Surrey Classic Series - Nonsuch Park 10k	06/11/2011	Annette Helliwell			ROAD	F	52
10K	00:51:45	Valentine's 10k	12/02/2012	Annette Helliwell		y	ROAD	F	52
10K	00:51:50	Surrey Classic Series - Nonsuch Park 10k	06/11/2011	Ruth Cottam			ROAD	F	46
10K	00:51:57	Elmbridge 10k	24/07/2011	Cat Gaskell		y	ROAD	F	30
10K	00:51:58	Surrey Classic Series - Nonsuch Park 10k	06/11/2011	Cat Gaskell			ROAD	F	30
10K	00:52:07	Round The Tor 10k	01/05/2011	Cat Gaskell			ROAD	F	30

Distance	Time	Race	Date	Name	PB	CB	Type	Gender	Age
10K	00:52:16	Valentine's 10k	12/02/2012	Rachel Tanner			ROAD	F	42
10K	00:52:27	Valentine's 10k	13/02/2011	Ruth Cottam			ROAD	F	46
10K	00:52:28	Oxshott 10k	30/10/2011	Annette Helliwell			ROAD	F	52
10K	00:52:31	Croydon 10k	16/10/2011	Ruth Cottam			ROAD	F	46
10K	00:52:47	Horton Country Park 10k	18/12/2011	Ruth Cottam			ROAD	F	46
10K	00:52:48	Croydon 10k	16/10/2011	Cat Gaskell			ROAD	F	30
10K	00:53:00	Richmond 10k	19/06/2011	Cat Gaskell			ROAD	F	30
10K	00:53:15	Richmond 10k	19/06/2011	Annette Helliwell			ROAD	F	52
10K	00:53:16	Elmbridge 10k	24/07/2011	Annette Helliwell			ROAD	F	52
10K	00:53:34	Nonsuch Park 10k	26/02/2012	Rachel Tanner			MULTI	F	42
10K	00:54:06	Surrey Classic 10k - Horton CP	27/03/2011	Annette Helliwell			ROAD	F	51
10K	00:54:14	Richmond 10k	19/06/2011	Ruth Cottam			ROAD	F	46
10K	00:54:22	Surrey Classic 10k - Horton CP	27/03/2011	Cat Gaskell			ROAD	F	29
10K	00:54:25	Surrey Classic Series - Nonsuch Park 10k	06/11/2011	Alison Fox	y		ROAD	F	47
10K	00:54:38	Croydon 10k	16/10/2011	Elaine Reid			ROAD	F	41
10K	00:55:10	Elmbridge 10k	24/07/2011	Ruth Cottam			ROAD	F	46
10K	00:55:33	Valentine's 10k	13/02/2011	Annette Helliwell			ROAD	F	51
10K	00:55:43	Croydon 10k	16/10/2011	Alison Fox			ROAD	F	47
10K	00:55:47	Horton Country Park 10k	18/12/2011	Cat Gaskell			ROAD	F	30
10K	00:56:03	Sutton 10k	01/05/2011	Elaine Reid			ROAD	F	41
10K	00:56:17	Horton Country Park 10k	18/12/2011	Alison Fox			ROAD	F	47
10K	00:56:22	East Grinstead 10k	25/09/2011	Annette Helliwell			MULTI	F	52
10K	00:56:33	Horton Country Park 10k	18/12/2011	Lorraine Thomas	y		ROAD	F	40
10K	00:56:52	Surrey Classic 10k - Horton CP	27/03/2011	Lorraine Thomas	y		ROAD	F	39
10K	00:57:04	Sutton 10k	01/05/2011	Lorraine Thomas			ROAD	F	39
10K	00:57:12	Valentine's 10k	12/02/2012	Sandhya Drew			ROAD	F	46
10K	00:57:13	Valentine's 10k	12/02/2012	Alison Fox			ROAD	F	47
10K	00:57:19	Heartbreak 10k	26/02/2012	Jenny Sinfield			MULTI	F	35
10K	00:57:32	Horton Country Park 10k	18/12/2011	Gill Stalley	y		ROAD	F	48

Distance	Time	Race	Date	Name	PB	CB	Type	Gender	Age
10K	00:57:33	Oxshott 10k	30/10/2011	Cat Gaskell			ROAD	F	30
10K	00:57:40	Oxshott 10k	30/10/2011	Lorraine Thomas		y	ROAD	F	40
10K	00:58:33	Sutton 10k	01/05/2011	Alison Fox			ROAD	F	46
10K	00:59:14	Valentine's 10k	12/02/2012	Gill Stalley		y	ROAD	F	48
10K	00:59:37	Surrey Classic Series - Nonsuch Park 10k	06/11/2011	Gill Stalley		y	ROAD	F	48
10K	00:59:40	Oxshott 10k	30/10/2011	Gill Stalley		y	ROAD	F	48
10K	01:02:09	Richmond 10k	19/06/2011	Gill Stalley			ROAD	F	47
10K	01:02:12	Surrey Classic 10k - Horton CP	27/03/2011	Gill Stalley			ROAD	F	47
10K	01:02:31	Valentine's 10k	12/02/2012	Cat Gaskell			ROAD	F	30
10K	01:03:15	Croydon 10k	16/10/2011	Karen Weighall	y		ROAD	F	44
10K	01:05:02	Sutton 10k	01/05/2011	Gill Stalley			ROAD	F	47
10K	01:05:16	BUPA 10k	30/05/2011	Karen Weighall			ROAD	F	44
10K	01:06:05	Valentine's 10k	13/02/2011	Gill Stalley			ROAD	F	47
10K	01:06:19	Elmbridge 10k	24/07/2011	Karen Weighall			ROAD	F	44
10K	01:08:45	Valentine's 10k	12/02/2012	Nicola Tarrant			ROAD	F	27
10K	01:18:11	Valentine's 10k	12/02/2012	Kate Knight			ROAD	F	52
10K	01:21:46	Croydon 10k	16/10/2011	Kate Knight			ROAD	F	52
10K	01:24:20	Sutton 10k	01/05/2011	Sophie Gaskin			ROAD	F	44
10K	01:25:24	Sutton 10k	01/05/2011	Kate Knight			ROAD	F	51
10K	01:26:04	Croydon 10k	16/10/2011	Jean Quested			ROAD	F	63
10K	01:26:15	Surrey Classic Series - Nonsuch Park 10k	06/11/2011	Kate Knight			ROAD	F	52
10K	01:28:47	Surrey Classic 10k - Horton CP	27/03/2011	Sophie Gaskin			ROAD	F	44
10K	01:35:27	Surrey Classic 10k - Horton CP	27/03/2011	Kate Knight			ROAD	F	51
10K	01:35:42	Horton Country Park 10k	18/12/2011	Kate Knight			ROAD	F	52
10K	01:37:59	Epsom 10k	12/06/2011	Kate Knight			ROAD	F	51
10M	01:24:53	Tempest 10	04/09/2011	Cat Gaskell	y		ROAD	F	30
10M	01:27:10	Tadworth 10	02/01/2012	Elaine Reid	y		MULTI	F	42
10M	01:27:17	Epsom 10	20/11/2011	Ruth Cottam	y		ROAD	F	46
10M	01:27:45	Dorking 10	05/06/2011	Annette Helliwell	y		ROAD	F	52

Distance	Time	Race	Date	Name	PB	CB	Type	Gender	Age
10M	01:29:13	Tadworth 10	02/01/2012	Annette Helliwell			MULTI	F	52
10M	01:29:27	Epsom 10	20/11/2011	Elaine Reid			ROAD	F	41
10M	01:32:44	Tadworth 10	02/01/2012	Ruth Cottam		y	MULTI	F	46
10M	01:33:59	Dorking 10	05/06/2011	Alison Fox	y		ROAD	F	46
10M	01:34:08	Tadworth 10	02/01/2011	Ruth Cottam			MULTI	F	45
10M	01:36:56	Tadworth 10	02/01/2012	Cat Gaskell			MULTI	F	30
10M	01:39:08	Epsom 10	20/11/2011	Lorraine Thomas	y		ROAD	F	40
10M	01:39:08	Epsom 10	20/11/2011	Alison Fox			ROAD	F	47
10M	01:40:06	Tadworth 10	02/01/2011	Annette Helliwell			MULTI	F	51
10M	01:45:25	Tadworth 10	02/01/2012	Lorraine Thomas			MULTI	F	40
10M	01:45:26	Tadworth 10	02/01/2012	Alison Fox			MULTI	F	47
10M	01:45:54	Epsom 10	20/11/2011	Gill Stalley			ROAD	F	48
10M	01:47:37	Tempest 10	04/09/2011	Karen Weighall			ROAD	F	44
10M	02:20:20	Epsom 10	20/11/2011	Kate Knight			ROAD	F	52
10M	02:27:37	Tadworth 10	02/01/2011	Kate Knight			MULTI	F	51
10M	02:45:32	Tadworth 10	02/01/2012	Kate Knight			MULTI	F	52
10M	02:48:31	Dorking 10	05/06/2011	Kate Knight			ROAD	F	51
13.4M	02:06:08	Brighton Half	19/02/2012	Rachel Tanner			ROAD	F	42
13.4M	02:20:28	Brighton Half	19/02/2012	Sandhya Drew			ROAD	F	46
13.4M	03:09:02	Brighton Half	19/02/2012	Kate Knight			ROAD	F	52
1M	00:08:15	Fetch Mile - Battersea	18/02/2012	Alison Fox			ROAD	F	47
2.1M	00:16:19	ESL - Box Hill Relay	12/03/2011	Cat Gaskell			ROAD	F	29
2.1M	00:20:05	ESL - Ewell Court 2	07/04/2011	Aimee Fox			ROAD	F	14
2.6M	00:21:18	Forbanks Relay	11/05/2011	Cat Gaskell			ROAD	F	30
2.6M	00:22:25	Forbanks Relay	11/05/2011	Annette Helliwell			ROAD	F	51
2.6M	00:23:17	Forbanks Relay	11/05/2011	Annette Helliwell			ROAD	F	51
20M	03:12:11	Spitfire 20	13/03/2011	Cat Gaskell			ROAD	F	29
21.098K	01:46:19	New Forest Half	25/09/2011	Jenny Sinfield			MULTI	F	35
21.098K	01:53:27	Robin Hood Half	11/09/2011	Cat Gaskell			ROAD	F	30

Distance	Time	Race	Date	Name	PB	CB	Type	Gender	Age
21.098K	01:53:48	Reading Half	20/03/2011	Ruth Cottam			ROAD	F	46
21.098K	01:54:06	Great Birmingham Half	23/10/2011	Annette Helliwell			ROAD	F	52
21.098K	01:56:36	Tunbridge Wells Half	26/02/2012	Cat Gaskell			ROAD	F	30
21.098K	01:58:58	Richmond Half	08/05/2011	Cat Gaskell			ROAD	F	30
21.098K	01:59:43	Brighton Half	20/02/2011	Annette Helliwell			ROAD	F	51
21.098K	02:04:18	Hastings Half	20/03/2011	Annette Helliwell			ROAD	F	51
21.098K	02:04:29	Barns Green Half	30/10/2011	Alison Fox	y		ROAD	F	47
21.098K	02:12:25	Croydon Half	03/04/2011	Annette Helliwell			ROAD	F	51
21.098K	02:12:25	Croydon Half	03/04/2011	Lorraine Thomas			ROAD	F	39
21.098K	02:22:17	Bolbec Half	03/09/2011	Trish Coombs			ROAD	F	67
21.098K	03:00:16	Tunbridge Wells Half	26/02/2012	Kate Knight			ROAD	F	52
21.098K	03:16:29	New Forest Half	25/09/2011	Kate Knight			MULTI	F	52
21.1M	03:28:12	Cranleigh 21	20/03/2011	Cat Gaskell			ROAD	F	29
26.2M	05:50:16	Druids Challenge - Day 3	13/11/2011	Annette Helliwell			MULTI	F	52
26.7M	04:13:37	A20 Path 'n' Downs	13/11/2011	Melanie Ross			MULTI	F	36
26.8M	05:35:36	Druids Challenge - Day 2	12/11/2011	Annette Helliwell			MULTI	F	52
29M	06:25:50	Druids Challenge - Day 1	11/11/2011	Annette Helliwell			MULTI	F	52
3.6M	00:30:01	TOE - Nonsuch Pk	07/06/2011	Annette Helliwell			ROAD	F	52
3.6M	00:30:11	TOE - Nonsuch Pk	07/06/2011	Ruth Cottam			ROAD	F	46
3.6M	00:30:23	TOE - Hogsmill	08/06/2011	Annette Helliwell			MULTI	F	52
3.6M	00:31:48	TOE - Nonsuch Pk	07/06/2011	Elaine Reid			ROAD	F	41
3.6M	00:32:32	TOE - Nonsuch Pk	07/06/2011	Alison Fox			ROAD	F	46
3.6M	00:32:57	TOE - Hogsmill	08/06/2011	Elaine Reid			MULTI	F	41
3.6M	00:33:05	TOE - Hogsmill	08/06/2011	Lorraine Thomas			MULTI	F	39
3.6M	00:33:45	TOE - Nonsuch Pk	07/06/2011	Lorraine Thomas			ROAD	F	39
3.6M	00:34:44	TOE - Hogsmill	08/06/2011	Gill Stalley			MULTI	F	47
3.6M	00:35:41	TOE - Nonsuch Pk	07/06/2011	Gill Stalley			ROAD	F	47
3.6M	00:51:00	TOE - Nonsuch Pk	07/06/2011	Kate Knight			ROAD	F	51
3.6M	00:52:04	TOE - Hogsmill	08/06/2011	Kate Knight			MULTI	F	51

Distance	Time	Race	Date	Name	PB	CB	Type	Gender	Age
30M		Winter Tanners 30	09/01/2011	Melanie Ross			MULTI	F	36
30M	06:32:00	Punchbowl Marathon	13/02/2011	Melanie Ross			ROAD	F	36
30M	06:50:00	Sevenoaks Circular Challenge	20/03/2011	Melanie Ross			MULTI	F	36
31M	09:50:00	Isle Of Wight Ultra - Day 1	25/06/2011	Annette Helliwell			MULTI	F	52
33M	07:02:05	Pilgrims Challenge - Day 1	04/02/2012	Annette Helliwell			MULTI	F	52
33M	07:34:57	Pilgrim Challenge - Day 1	05/02/2011	Annette Helliwell			MULTI	F	51
33M	08:28:54	Pilgrim Challenge - Day 2	06/02/2011	Annette Helliwell			MULTI	F	51
33M	09:00:10	Pilgrims Challenge - Day 2	05/02/2012	Annette Helliwell			MULTI	F	52
38M	08:00:12	Isle Of Wight Ultra - Day 2	26/06/2011	Annette Helliwell			MULTI	F	52
3M	00:21:25	Surrey County Relays	10/09/2011	Jenny Sinfield			ROAD	F	35
3M	00:21:31	Surrey County Relays	10/09/2011	Melanie Ross			ROAD	F	36
3M	00:22:32	Surrey County Relays	10/09/2011	Jenny Sinfield			ROAD	F	35
3M	00:22:35	Surrey County Relays	10/09/2011	Melanie Ross			ROAD	F	36
3M	00:23:56	TOE - Nonsuch Pk	09/06/2011	Annette Helliwell			ROAD	F	52
3M	00:24:08	Surrey County Relays	10/09/2011	Elaine Reid			ROAD	F	41
3M	00:24:20	TOE - Nonsuch Pk	09/06/2011	Ruth Cottam			ROAD	F	46
3M	00:24:20	TOE - Nonsuch Pk	09/06/2011	Cat Gaskell			ROAD	F	30
3M	00:25:10	London Mini-Marathon	17/04/2011	Aimee Fox			ROAD	F	14
3M	00:25:31	Surrey County Relays	10/09/2011	Alison Fox			ROAD	F	47
3M	00:25:59	TOE - Nonsuch Pk	09/06/2011	Alison Fox			ROAD	F	46
3M	00:26:06	TOE - Nonsuch Pk	09/06/2011	Lorraine Thomas			ROAD	F	39
3M	00:26:36	TOE - Nonsuch Pk	09/06/2011	Gill Stalley			ROAD	F	47
3M	00:30:47	Surrey County Relays	10/09/2011	Karen Patching			ROAD	F	40
3M	00:40:08	TOE - Nonsuch Pk	09/06/2011	Kate Knight			ROAD	F	51
4.2M	00:34:37	ESL - Ewell Court 4	07/04/2011	Nicola Stevenson			ROAD	F	32
4.2M	00:36:28	ESL - Ewell Court 4	07/04/2011	Annette Helliwell			ROAD	F	51
4.2M	00:37:49	ESL - Ewell Court 4	07/04/2011	Lorraine Thomas			ROAD	F	39
4.2M	00:42:24	ESL - Ewell Court 4	07/04/2011	Gill Stalley			ROAD	F	47
4.2M	00:58:04	ESL - Ewell Court 4	07/04/2011	Kate Knight			ROAD	F	51

Distance	Time	Race	Date	Name	PB	CB	Type	Gender	Age
4.5M	00:45:38	Molehill Challenge - Leg 1	27/11/2011	Karen Weighall			MULTI	F	45
4.9K	00:24:49	Dave Clarke c5k	05/05/2011	Annette Helliwell			ROAD	F	51
4.9K	00:24:57	Dave Clarke c5k	05/05/2011	Cat Gaskell			ROAD	F	30
4.9K	00:26:38	Dave Clarke c5k	05/05/2011	Elaine Reid			ROAD	F	41
4.9K	00:30:50	Dave Clarke c5k	05/05/2011	Gill Stalley			ROAD	F	47
4.9K	00:31:04	Dave Clarke c5k	05/05/2011	Karen Weighall			ROAD	F	44
4.9K	00:40:09	Dave Clarke c5k	05/05/2011	Kate Knight			ROAD	F	51
42.195K	03:46:54	Riga Marathon	22/05/2011	Melanie Ross			ROAD	F	36
42.195K	03:47:00	Bucharest Marathon	09/10/2011	Melanie Ross			ROAD	F	36
42.195K	03:49:10	Shakespeare Marathon	08/05/2011	Melanie Ross			MULTI	F	36
42.195K	03:57:00	Moray Marathon	04/09/2011	Melanie Ross			ROAD	F	36
42.195K	04:00:10	New Forest Marathon	25/09/2011	Melanie Ross			MULTI	F	36
42.195K	04:05:55	Portsmouth Coastal Waterside Marathon	18/12/2011	Melanie Ross			MULTI	F	37
42.195K	04:05:58	Brighton Marathon	10/04/2011	Melanie Ross			ROAD	F	36
42.195K	04:08:00	Christmas Enigma Marathon	21/12/2011	Melanie Ross			ROAD	F	37
42.195K	04:12:21	Snowdonia Marathon	29/10/2011	Melanie Ross			ROAD	F	36
42.195K	04:14:37	Luton Marathon	20/11/2011	Melanie Ross			ROAD	F	36
42.195K	04:16:19	Dublin Marathon	31/10/2011	Ruth Cottam			ROAD	F	46
42.195K	04:20:00	Liverbird Double - Marathon 2	01/01/2012	Melanie Ross			ROAD	F	37
42.195K	04:23:00	Battle Of Northampton Challenge	28/01/2012	Melanie Ross			MULTI	F	37
42.195K	04:25:34	London Marathon	17/04/2011	Melanie Ross			ROAD	F	36
42.195K	04:26:35	Brighton Marathon	10/04/2011	Cat Gaskell			ROAD	F	29
42.195K	04:28:56	Marrakech Marathon	29/01/2012	Annette Helliwell	y		ROAD	F	52
42.195K	04:33:05	Gloucester Marathon	22/01/2012	Melanie Ross			ROAD	F	37
42.195K	04:34:01	100 Club AGM Marathon	08/01/2012	Melanie Ross			ROAD	F	37
42.195K	04:36:07	Shakespeare Marathon	08/05/2011	Annette Helliwell			MULTI	F	51
42.195K	04:37:00	Enigma Marathon	22/04/2011	Melanie Ross			ROAD	F	36
42.195K	04:43:41	Robin Hood Marathon	11/09/2011	Annette Helliwell			ROAD	F	52
42.195K	06:41:05	Loch Ness Marathon	02/10/2011	Kate Knight			ROAD	F	52

Distance	Time	Race	Date	Name	PB	CB	Type	Gender	Age
42.195K	06:51:17	Dublin Marathon	31/10/2011	Kate Knight			ROAD	F	52
42.195K	07:14:46	London Marathon	17/04/2011	Kate Knight			ROAD	F	51
45M	08:26:00	Country To Capital 45	15/01/2011	Melanie Ross			MULTI	F	36
4M	00:51:05	Molehill Challenge - Leg 3	27/11/2011	Karen Weighall			MULTI	F	45
5.33M	00:39:10	Recurring Handicap	01/12/2011	Jenny Sinfield			ROAD	F	35
5.33M	00:42:15	Recurring Handicap	03/03/2011	Nicola Stevenson			ROAD	F	32
5.33M	00:43:45	Mob Match - Recurring Handicap	02/06/2011	Nicola Stevenson			ROAD	F	32
5.33M	00:44:15	Recurring Handicap	01/12/2011	Annette Helliwell			ROAD	F	52
5.33M	00:44:41	Recurring Handicap	03/03/2011	Cat Gaskell			ROAD	F	29
5.33M	00:44:53	Recurring Handicap	01/12/2011	Elaine Reid	y		ROAD	F	41
5.33M	00:45:24	Recurring Handicap	03/03/2011	Ruth Cottam			ROAD	F	46
5.33M	00:45:41	Mob Match - Recurring Handicap	02/06/2011	Annette Helliwell			ROAD	F	52
5.33M	00:45:56	Recurring Handicap	01/09/2011	Elaine Reid			ROAD	F	41
5.33M	00:46:01	Recurring Handicap	01/09/2011	Annette Helliwell			ROAD	F	52
5.33M	00:46:11	Recurring Handicap	01/09/2011	Ruth Cottam			ROAD	F	46
5.33M	00:46:20	Mob Match - Recurring Handicap	02/06/2011	Ruth Cottam			ROAD	F	46
5.33M	00:48:03	Recurring Handicap	03/03/2011	Annette Helliwell			ROAD	F	51
5.33M	00:48:56	Mob Match - Recurring Handicap	02/06/2011	Alison Fox			ROAD	F	46
5.33M	00:49:03	Mob Match - Recurring Handicap	02/06/2011	Elaine Reid			ROAD	F	41
5.33M	00:49:26	Recurring Handicap	01/12/2011	Gill Stalley	y		ROAD	F	48
5.33M	00:49:30	Recurring Handicap	01/12/2011	Alison Fox			ROAD	F	47
5.33M	00:49:49	Recurring Handicap	03/03/2011	Lorraine Thomas			ROAD	F	39
5.33M	00:50:16	Mob Match - Recurring Handicap	02/06/2011	Lorraine Thomas			ROAD	F	39
5.33M	00:51:05	Recurring Handicap	01/12/2011	Lorraine Thomas			ROAD	F	40
5.33M	00:52:18	Recurring Handicap	01/09/2011	Gill Stalley			ROAD	F	47
5.33M	00:54:01	Mob Match - Recurring Handicap	02/06/2011	Gill Stalley			ROAD	F	47
5.33M	00:56:06	Recurring Handicap	01/09/2011	Karen Weighall			ROAD	F	44
5.33M	00:56:17	Recurring Handicap	03/03/2011	Gill Stalley			ROAD	F	47
5.33M	00:59:14	Recurring Handicap	01/12/2011	Michele Qualtrough			ROAD	F	57

Distance	Time	Race	Date	Name	PB	CB	Type	Gender	Age
5.33M	01:02:51	Recurring Handicap	01/12/2011	Trish Coombs			ROAD	F	67
5.33M	01:08:49	Recurring Handicap	01/12/2011	Kate Knight			ROAD	F	52
5.33M	01:12:26	Mob Match - Recurring Handicap	02/06/2011	Sophie Gaskin			ROAD	F	45
5.33M	01:17:15	Mob Match - Recurring Handicap	02/06/2011	Kate Knight			ROAD	F	51
50K	04:58:39	Gloucester 50k	23/01/2011	Melanie Ross			ROAD	F	36
50M	09:09:00	Thames Trot 50	04/02/2012	Melanie Ross			MULTI	F	37
50M	11:10:00	Wye Valley 50	12/03/2011	Melanie Ross			MULTI	F	36
5K	00:20:26	Nonsuch Park 5k parkrun	22/10/2011	Mary James			MULTI	F	36
5K	00:21:02	Nonsuch Park 5k parkrun	17/09/2011	Mary James			MULTI	F	36
5K	00:24:37	Self Transcendence 5k	23/05/2011	Annette Helliwell	y		ROAD	F	51
5K	00:24:41	Perseverance 5k	14/08/2011	Cat Gaskell			ROAD	F	30
5K	00:24:42	Kings Head Canter 5k	29/08/2011	Cat Gaskell		y	ROAD	F	30
5K	00:24:50	Self Transcendence 5k	18/07/2011	Annette Helliwell			ROAD	F	52
5K	00:24:59	Self Transcendence 5k	13/06/2011	Annette Helliwell			ROAD	F	52
5K	00:25:07	Richmond Park 5k parkrun	03/12/2011	Jenny Sinfield			MULTI	F	35
5K	00:25:19	Kingston 5k parkrun	12/11/2011	Cat Gaskell			MULTI	F	30
5K	00:25:24	Perseverance 5k	14/08/2011	Elaine Reid	y		ROAD	F	41
5K	00:26:08	Riddlesdown 5k parkrun	01/01/2012	Mary James			MULTI	F	36
5K	00:26:16	Perseverance 5k	14/08/2011	Ruth Cottam			ROAD	F	46
5K	00:26:18	Riddlesdown 5k parkrun	01/01/2012	Jenny Sinfield			MULTI	F	35
5K	00:27:56	Riddlesdown 5k parkrun	21/01/2012	Alison Fox		y	MULTI	F	47
5K	00:28:55	Perseverance 5k	14/08/2011	Gill Stalley			ROAD	F	47
5K	00:29:14	Riddlesdown 5k parkrun	01/01/2012	Alison Fox			MULTI	F	47
5K	00:31:21	Riddlesdown 5k parkrun	01/01/2012	Cat Gaskell			MULTI	F	30
5K	00:31:58	Riddlesdown 5k parkrun	01/01/2012	Gill Stalley			MULTI	F	48
5K	00:33:13	Riddlesdown 5k parkrun	01/01/2012	Karen Weighall			MULTI	F	45
5K	00:35:56	Nonsuch Park 5k parkrun	22/10/2011	Sophie Gaskin	y		MULTI	F	45
5K	00:36:06	Nonsuch Park 5k parkrun	29/10/2011	Sophie Gaskin			MULTI	F	45
5K	00:36:48	Nonsuch Park 5k parkrun	15/10/2011	Sophie Gaskin	y		MULTI	F	45

Distance	Time	Race	Date	Name	PB	CB	Type	Gender	Age
5K	00:37:38	Nonsuch Park 5k parkrun	26/11/2011	Sophie Gaskin			MULTI	F	45
5K	00:37:53	Nonsuch Park 5k parkrun	12/11/2011	Sophie Gaskin			MULTI	F	45
5K	00:41:14	Nonsuch Park 5k parkrun	01/10/2011	Sophie Gaskin		y	MULTI	F	45
5K	00:42:49	Nonsuch Park 5k parkrun	05/11/2011	Sophie Gaskin			MULTI	F	45
5K	00:43:02	Nonsuch Park 5k parkrun	24/09/2011	Sophie Gaskin			MULTI	F	45
5M	00:36:38	Switchback 5	25/09/2011	Mary James			MULTI	F	36
5M	00:42:47	Switchback 5	25/09/2011	Elaine Reid			MULTI	F	41
5M	00:44:32	Switchback 5	25/09/2011	Cat Gaskell			MULTI	F	30
5M	00:46:38	Hogsmill 5	08/05/2011	Alison Fox	y		MULTI	F	46
5M	00:48:33	Switchback 5	25/09/2011	Lorraine Thomas			MULTI	F	40
5M	00:50:43	Hogsmill 5	08/05/2011	Gill Stalley			MULTI	F	47
5M	00:50:49	Switchback 5	25/09/2011	Gill Stalley			MULTI	F	47
5M	01:08:14	Hogsmill 5	08/05/2011	Sophie Gaskin			MULTI	F	44
5M	01:08:55	Hogsmill 5	08/05/2011	Kate Knight			MULTI	F	51
6.06M	00:52:02	The Perch	29/01/2012	Elaine Reid			MULTI	F	42
6.06M	00:53:06	The Perch	29/01/2012	Ruth Cottam		y	MULTI	F	47
6.06M	00:56:31	The Perch	29/01/2012	Alison Fox			MULTI	F	47
6.06M	00:56:33	The Perch	29/01/2012	Cat Gaskell			MULTI	F	30
6.06M	01:00:16	The Perch	29/01/2012	Gill Stalley			MULTI	F	48
6.06M	01:06:56	The Perch	29/01/2012	Karen Weighall			MULTI	F	45
6.06M	01:28:42	The Perch	29/01/2012	Kate Knight			MULTI	F	52
6.25M	00:54:21	The Perch	16/01/2011	Nicola Stevenson			MULTI	F	32
6.25M	00:57:03	The Perch	16/01/2011	Ruth Cottam			MULTI	F	45
6.25M	00:57:31	The Perch	16/01/2011	Annette Helliwell			MULTI	F	51
6.25M	01:02:34	The Perch	16/01/2011	Lorraine Thomas			MULTI	F	39
66M	16:02:15	Pilgrims Challenge - Overall	05/02/2012	Annette Helliwell			MULTI	F	52
66M	16:03:51	Pilgrim Challenge - Overall	06/02/2011	Annette Helliwell			MULTI	F	51
7M	00:59:00	Elmore 7	16/07/2011	Cat Gaskell		y	ROAD	F	30
7M	01:01:05	Elmore 7	16/07/2011	Annette Helliwell			ROAD	F	52

Distance	Time	Race	Date	Name	PB	CB	Type	Gender	Age
7M	01:01:13	Elmore 7	16/07/2011	Ruth Cottam			ROAD	F	46
7M	01:04:11	Elmore 7	16/07/2011	Elaine Reid			ROAD	F	41
7M	01:08:20	Elmore 7	16/07/2011	Alison Fox	y		ROAD	F	46
7M	01:09:50	Elmore 7	16/07/2011	Lorraine Thomas			ROAD	F	39
7M	01:10:01	Elmore 7	16/07/2011	Gill Stalley			ROAD	F	47
7M	01:13:05	Elmore 7	16/07/2011	Trish Coombs			ROAD	F	67
7M	01:38:04	Elmore 7	16/07/2011	Kate Knight			ROAD	F	51
82M	17:51:42	Druids Challenge - Overall	13/11/2011	Annette Helliwell			MULTI	F	52
8K	00:50:21	Running For Women Windsor 8k	25/09/2011	Karen Weighall			ROAD	F	44
9.8K	00:50:18	Beddington Park 10k	27/11/2011	Ruth Cottam			ROAD	F	46
9.8K	00:50:41	Beddington Park 10k	27/11/2011	Annette Helliwell			ROAD	F	52
9.8K	00:52:30	Beddington Park 10k	12/06/2011	Cat Gaskell			ROAD	F	30
9.8K	00:52:53	Beddington Park 10k	12/06/2011	Annette Helliwell			ROAD	F	52
9.8K	00:56:25	Beddington Park 10k	27/11/2011	Alison Fox			ROAD	F	47
9.8K	00:56:41	Beddington Park 10k	12/06/2011	Lorraine Thomas			ROAD	F	39
9.8K	00:57:49	Beddington Park 10k	27/11/2011	Gill Stalley			ROAD	F	48
9.8K	00:58:04	Beddington Park 10k	27/11/2011	Sandhya Drew			ROAD	F	46
9.8K	01:19:23	Beddington Park 10k	27/11/2011	Kate Knight			ROAD	F	52
9.9K	00:53:21	Hillcrest 10k	15/05/2011	Annette Helliwell			MULTI	F	51
9.9K	00:54:04	Hillcrest 10k	15/05/2011	Ruth Cottam			MULTI	F	46
9.9K	01:01:56	Hillcrest 10k	15/05/2011	Gill Stalley			MULTI	F	47
9.9K	01:27:20	Hillcrest 10k	15/05/2011	Kate Knight			MULTI	F	51