



## Correct as of 17/05/2012 14:20

	V40	Jane Horler	00:39:26	Bristol	15/05/2011
	V45	Niki Morgan	00:40:55	Berkeley	14/05/2012
	V50	Lorna Shaw	00:43:39	Cardiff	12/09/2010
	V55	Sue Ashton	00:45:46	Frampton	11/07/2011
	V60	Brenda Avery	00:47:11	Bristol	15/05/2011
	V65				
8 miles	JL				
	SL	Sam Mulligan (Harris)	00:55:45	Llswerry	27/01/2008
	V35	Helen Duffield	00:53:08	Llswerry	30/01/2011
	V40	Lou Summers	00:51:48	Llswerry	19/01/2012
	V45	Denise Evans	01:04:30	Llswerry	19/01/2012
	V50	Jane Bayliss	01:08:25	Llswerry	25/01/2004
	V55	Brenda Avery	01:01:32	Llswerry	31/01/2010
	V60	Brenda Avery	01:01:14	Llswerry	30/01/2011
	V65				
10 miles	JL				
	SL	Marianne Gittoes	01:05:23	Elan Valley 10	20/11/2010
	V35	Rebecca Merriman	01:10:14	Reverse 10	03/02/2008
	V40	Judith Llewellyn	01:06:35	Gloucester	08/01/2006
	V45	Sian Stroud	01:08:54	Gloucester	08/01/2006
	V50	Sue Ashton	01:12:40	Gloucester	08/01/2006
	V55	Brenda Avery	01:17:50	Brecon 10	01/08/2010
	V60	Brenda Avery	01:20:26	Melksham	13/02/2011
	V65				
Half Marathon	JL				
	SL	Kath Matthews	01:20:29	Barcelona	14/02/2010
	V35	Judith Llewellyn	01:30:38	Guernsey	20/06/2004
	V40	Lou Summers	01:29:07	Forest of Dean	01/04/2012
	V45	Niki Morgan	01:28:37	Llanelli	04/03/2012
	V50	Sue Ashton	01:36:10	Cheddar	11/11/2006
	V55	Brenda Avery	01:42:46	Stroud	22/10/2006
	V60	Brenda Avery	01:44:24	Chippenham	12/09/2010
	V65				
20 miles	JL				
	SL	Becky Jones	02:41:07	Gloucester	05/03/2006
	V35	Heather Graz	02:30:53	Duchy 20	07/03/2010
	V40				
	V45	Sian Stroud	02:29:38	Gloucester	05/03/2006
	V50				
	V55	Glen Jackson	02:46:54	Gloucester	06/03/2005
	V60	Brenda Avery	03:03:54	Gloucester	18/03/2012
	V65				
Marathon	JL				
	SL	Marianne Gittoes	03:06:28	London	25/04/2010
	V35	Judith Llewellyn	03:23:40	London	**/04/2002

Correct as of 17/05/2012 14:20

	V40	Judith Llewellyn	03:20:13	Amsterdam	16/10/2005
	V45	Sian Stroud	03:24:07	Prague	14/05/2006
	V50				
	V55	Brenda Avery	03:43:05	Alpes-Maritimes	09/11/2008
	V60	Glen Jackson	03:41:11	Cardiff	15/10/2006
	V65				
32 miles	V35	Claire Gibson	05:49:28	Dartmoor Discovery	02/06/2007
50 km	V55	Brenda Avery	04:59:13	Gloucester	25/01/2009