

## Women's Road-MT Achievements Table 2018

### Newmarket Joggers

First Name	Surname	Age Group	5K H'cap SB	5K KH SB	5K park-run SB	5K New-mrkt GRL	All 5K SB	5K AG%	5M SB	5M AG%	10K SB	10K AG%	10M SB	10M AG%	HM SB	HM AG%	MAR SB	MAR AG%	Non Standard Distance Time	Non Standard Dist.	SB Non Standard	Top AG%	CLUB STANDARD
Daisy	Glover	25-29			18:04		18:04	81.73	29:37(35)	81.71	36:22(78)	83.41	1:01:30(68)	80.24	1:19:14(56)	82.29	2:52:17(15)	78.60	02:07:55(25)	18.30m	72.33	83.41	Sapphire
Grainne	Brennan	25-29	19:07	19:01			19:01	77.65			42:35(40)	71.23			1:25:00(63)	76.71						77.65	Diamond
Ursula	Ransom	40-44									42:14(29)	75.49					4:14:00(21)	56.19				75.49	Diamond
Hannah	Pollard	35-39		19:50			19:50	75.46	33:35(39)	73.05	43:11(42)	71.25			1:34:19(52)	70.37	3:25:01(64)	67.03	02:10:32(57)	16.60m	65.00	75.46	Diamond
Pauline	Green	55-59		24:45			24:45	70.57			43:11(42)	73.82	1:24:16(4)	70.83					00:42:54(57)	5.49m	74.48	74.48	Platinum
Belinda	Schofield	60-64	26:33	27:48			26:33	70.68			43:11(42)	72.19	1:30:18(4)	71.56								72.19	Platinum
Nicky	Chapman	35-39		20:47	26:56	23:39	20:47	72.01	42:38(41)	57.54	43:11(42)	68.78	1:12:39(4)	68.87	1:34:23(9)	70.03			02:39:52(25)	18.30m	58.74	72.01	Platinum
Ruby	Davis (Jnr)	11-14				22:23	22:23	72.00														72.00	Platinum
Rebecca	Oettle	30-34	20:35	21:05			20:35	71.74							1:41:04(9)	64.58			00:24:11(46)	5.40K	66.16	71.74	Platinum
Isabella	Soro	20-24	20:47	21:40			20:47	71.05														71.05	Platinum
Melanie	Tindale	40-44		23:14	21:45		21:45	70.11			51:04(36)	61.55			1:42:41(9)	66.13	3:45:18(19)	62.38	01:09:12(57)	7.90m	58.14	70.11	Platinum
Sarah	Boneham	45-49		22:54		24:03	22:54	69.87			47:41(78)	69.42			1:53:40(77)	63.01	4:07:36(55)	59.96				69.87	Gold
Erica	Burger	55-59	25:38				25:38	69.77							2:00:38(9)	67.96						69.77	Gold
Emma	Newman	30-34	21:51	23:57	21:14	23:45	21:14	69.70	45:17(41)	53.48	43:55(65)	69.15	1:14:16(75)	66.74	1:39:12(63)	65.89			00:27:39(46)	5.40K	57.93	69.70	Gold
Tasmin	Long	20-24		21:14			21:14	69.54			52:38(36)	57.63										69.54	Gold
Eadie	Brooker (Jnr)	11-14			24:49		25:00*	69.53														69.53	Gold
Ruth	Eberhardt	45-49	23:19	22:55	22:39	27:14	22:39	69.39					1:17:05(75)	68.89	1:55:30(76)	60.75			00:34:06(47)	7.20K	67.45	69.39	Gold
Mary	Marsh	65-69	30:46	30:55	31:30		30:46	64.14			61:55(62)	67.35			2:13:50(74)	67.50						67.50	Gold
Lynda	McCormack	55-59	28:27	28:27			28:27	62.86			56:17(78)	67.28	1:38:03(68)	63.28	2:05:41(9)	64.38						67.28	Gold
Olivia	Carter	20-24	22:48	22:10			22:10	66.62														66.62	Gold
Jan	Holmes	55-59	26:18	27:02	27:16	29:29	26:18	66.41	53:46(41)	53.16	55:10(62)	66.04	1:31:54(75)	64.94	2:05:56(63)	62.61						66.41	Gold
Jenny	Osborn	70-74	32:31	33:56	34:59	34:49	32:31	64.94			67:46(62)	66.31										66.31	Gold
Caroline	McIntosh	65-69	30:20	31:37	33:45	33:56	30:20	65.93			66:11(62)	63.91	1:55:26(43)	59.23	2:25:31(73)	62.99	5:24:01(55)	58.48				65.93	Gold
Sarah	Sales	45-49		25:00	25:54	26:40	25:00	65.40			52:24(65)	64.63			1:57:17(9)	62.47	4:21:14(27)	58.20				65.40	Gold
Cathy	Russell	50-54	26:14	26:32			26:14	65.12							2:13:13(54)	57.73						65.12	Gold
Ellie	Bithell	40-44	23:28	24:11		25:26	23:28	64.99	48:11(41)	51.99	52:52(60)	59.46	1:21:13(75)	63.29	1:48:40(63)	62.48	3:55:29(18)	59.69	00:26:02(46)	5.40K	62.78	64.99	Silver
Hannah	Parsons	40-44	24:13	25:02			24:13	63.87			49:31(65)	64.39										64.39	Silver
Bee	Chapman	50-54		28:29	26:46	26:46	26:46	63.08														63.08	Silver
Danielle	Jones	20-24	23:33	23:36	23:46	26:06	23:33	62.70			49:30(62)	61.28	1:25:47(75)	57.53					00:26:40(46)	5.40K	60.00	62.70	Silver
Rebecca	Fordham	45-49	29:33	28:07			28:07	56.91			52:54(65)	62.57										62.57	Silver
Meera	Mahadevan	40-44		25:44	25:08	26:16	25:08	61.54	42:47(67)	59.41	51:09(60)	62.33			1:52:55(63)	61.05					62.33	Silver	
Sarah	Driver	20-24																	00:25:42(46)	5.40K	62.26	62.26	Silver
Troi	Baxter	20-24		23:57			23:57	61.66														61.66	Silver
Mandy	Davis	55-59	28:28				28:28	61.36	52:24(?)	55.88					2:28:10(9)	53.22						61.36	Silver
Carolynn	Anderson	40-44			25:25		25:25	61.31			55:25(78)	58.02										61.31	Silver
Sianie	Painter	50-54		30:26	31:10	28:30	28:30	59.24			57:43(62)	60.81	1:37:42(75)	58.85	2:23:28(66)	52.95			00:35:06(46)	5.40K	52.18	60.81	Silver
Jackie	Hall	40-44	24:57	25:57			24:57	60.79					1:27:22(75)	58.43	1:57:20(9)	57.49						60.79	Silver
Laura	Gomez Miguel	30-34	26:14	24:36			24:36	60.03											00:28:17(46)	5.40K	56.67	60.03	Silver
Stephanie	Greenwood	50-54	30:45	29:43	28:20		28:20	59.59														59.59	Bronze
Helen	Billis	35-39	25:30			25:54	25:30	58.89							1:58:14(8)	56.41						58.89	Bronze
Jo	Curtis	30-34	25:23	26:05			25:23	58.17			51:32(23)	58.86			2:03:29(9)	52.81						58.86	Bronze
Jessica	Podd	15-19		25:08	25:29		25:08	58.75											00:28:01(46)	5.40K	57.17	58.75	Bronze
Ellie	Margetts	35-39													1:53:41(9)	58.67	4:48:04(20)	47.93				58.67	Bronze
Nicole	Burger	20-24	25:18				25:18	58.37														58.37	Bronze
Joanne	Podd	50-54		28:18			28:18	58.36											00:31:31(46)	5.40K	56.85	58.36	Bronze
Caroline	Sheehan	60-64	31:48				31:48	58.28														58.28	Bronze
Tracey	Bolden	50-54									61:11(65)	58.08			2:14:50(63)	57.03						58.08	Bronze
Vicky	Russell-Hopkin	25-29	25:28				25:28	57.98														57.98	Bronze
Svitlana	Zinchenko	35-39	27:07	26:02			26:02	57.94	43:07(30)	57.44	56:31(36)	54.94			2:10:37(14)	51.33						57.94	Bronze
Alice	Leadbeter	40-44			32:47		26:54a	57.93			55:55(65)	57.50			2:12:28(2)	52.48	4:46:41(18)	50.22				57.93	Bronze
Sandra	Jaina	45-49	28:27	28:15	28:40		28:15	57.88							2:08:46(9)	56.24						57.88	Bronze

Jill	O'Grady	35-39	26:21	26:48			26:21	56.99			53:41(65)	57.56																			57.56	Bronze
Sharon	Woodroofe	55-59		32:38	34:10		32:38	54.80			65:24(65)	57.16																			57.16	Bronze
Marjie	Davis	50-54		29:58			29:58	57.01																							57.01	Bronze
Sarah	Rowland	50-54	30:24				30:24	56.20																			00:33:23(46)	5.40K	56.17	56.20	Bronze	
Sarah	Kinston	40-44	27:47	30:02	28:40	31:54	27:47	56.09	54:37(41)	46.90	58:44(71)	54.74	1:43:16(75)	50.95	2:19:18(63)	49.90									00:33:31(46)	5.40K	50.02	56.09	56.09	Bronze		
Amy	Baker	35-39													1:58:46(9)	55.88															55.88	Bronze
Jacqueline	Henley	50-54	30:25				30:25	54.90							2:28:30(9)	49.93	5:20:38(20)	48.62													54.90	Tungsten
Isabel	Vicente	50-54	31:34	30:11	34:11	34:12	30:11	54.72							2:55:32(9)	42.24	5:41:01(27)	45.14							00:37:22(46)	5.40K	47.95	54.72	54.72	Tungsten		
Gillian	Green	55-59		32:45	33:12		32:45	54.61			70:23(62)	53.11													08:35:54(48)	51.0K	40.58	54.61	54.61	Tungsten		
Pearl	Fay	55-59	33:15				33:15	54.44							2:35:24(9)	53.46															54.44	Tungsten
Jane	Smith	60-64	33:42				33:42	54.35																							54.35	Tungsten
Sharon	McFarlane	45-49		28:57			28:57	54.29																							54.29	Tungsten
Bethany	Broughton	20-24	27:18				27:18	54.09							2:13:37(7)	48.80	5:02:52(18)	44.71													54.09	Tungsten
Sara	Brown	30-34		27:22	29:18		27:22	53.96			63:29(36)	47.78			2:15:36(69)	48.13															53.96	Tungsten
Daphne	Hurley	55-59	33:17				33:17	53.73																							53.73	Tungsten
Lisa	Winnington	40-44		30:18		36:45	28:15b	52.98							2:06:07(9)	53.17															53.17	Tungsten
Sharon	Smith	55-59	32:38				32:38	52.91																							52.91	Tungsten
Lisa	Hillman	35-39	29:33		28:21	29:55	28:21	52.79																	01:01:29(31)	6.55m	52.81	52.81	52.81	Tungsten		
Lisa	Jennings	45-49		30:12			30:12	52.48			63:55(78)	51.79			2:36:13(77)	45.84															52.48	Tungsten
Kate	Warboys	45-49	30:34	31:26	33:24	33:12	30:34	51.85							2:19:37(9)	50.76									01:06:13(57)	5.76m	45.71	51.85	51.85	Tungsten		
Rebecca	Hannah	30-34	28:42	30:02	29:35	32:11	28:42	51.45	54:37(41)	44.34	62:41(71)	48.44			2:19:17(63)	46.93								00:33:32(46)	5.40K	47.71	51.45	51.45	Tungsten			
Alexia	Smithson	30-34	28:50		29:03	32:28	28:50	51.45			63:41(65)	47.84																		51.45	Tungsten	
Clare	Kingsley	45-49	32:41	30:52			30:52	51.35																							51.35	Tungsten
Clodie	Rolph	35-39	29:30				29:30	50.40							2:26:41(9)	45.06								00:33:25(46)	5.40K	48.33	50.40	50.40	Tungsten			
Helen	Parker	45-49	31:06	32:37			31:06	50.11																							50.11	Tungsten
Kate	Richardson	35-39	30:14				30:14	49.67																							49.67	Copper
Orla	Dockery	30-34	29:58				29:58	49.39																							49.39	Copper
Sarah	Last	45-49									67:44(65)	48.87			2:41:57(9)	43.76															48.87	Copper
Emma	Bartle	40-44		36:18	31:24	31:24	48.30				66:54(36)	46.69																			48.30	Copper
Carissa	Terry/Wells	25-29	36:06	30:41			30:41	48.13																	00:38:56(46)	5.40K	41.1	48.13	48.13	Copper		
Niamh	McGroarty	25-29		33:06	31:34		31:34	46.78			79:27(1)	38.18			2:55:16(9)	37.20															46.78	Copper
Carol	Challinor	45-49	34:40				34:40	45.72																							45.72	Copper
Karen	Andrew	40-44	36:05	34:26	36:07	35:09	34:26	44.92	67:52(41)	37.45																				44.92	Iron	
Frances	Turrell	50-54	37:32				37:32	44.01																							44.01	Iron
Rachel	Allen	35-39	35:08	35:51			35:08	42.41	67:53(41)	36.14	77:28(62)	39.72			2:57:24(63)	37.41															42.41	Iron
Emma	Townsend	35-39	35:21				35:21	41.96							2:44:19(9)	39.95	6:44:27(20)	33.64													41.96	Iron
Sonia	Orriss	25-29	39:26	41:46			39:26	37.45																							37.45	Granite

a. Girton 5K Jun 28

- King's Forest 10K Jan 7
- Watford HM Feb 4
- Snetterton 10K Jan 14
- Tarpley 10 Feb 25
- Seville Marathon Feb 25
- Marriott's Way HM Feb 18
- Brighton HM Feb 25
- Roding Valley HM Feb 25
- Cambridge HM Mar 4
- HaverHalf HM Mar 11
- Thetford Forest 10K Hoohaah Mar 18
- Runfest Lee Valley HM
- GBC Spring Quad HM Apr 1
- Bungay HM Apr 8
- Paris Marathon Apr 8
- Cambourne 10K Apr 15
- City of Norwich HM Apr 15
- Brighton Marathon Apr 15
- Greater Manchester Marathon Apr 8
- Virgin London Marathon Apr 22

b. Ekiden 5K Jul 15

- Run Breckland Marathon Apr 22
- Ekiden 10K Jul 15
- Brighton 10K Apr 15
- Alton Water 10K May 6
- Bury to Clare 18 (18.3m) May 13
- Sudbury Friday 5 May 25
- Edinburgh Marathon May 27
- Fen Ditton 5 May 20
- Colchester Zoo Stampede 10K May 20
- Kirton Friday 5 Jun 1
- Flaming June QM (6.55m) Jun 3
- St Albans HM Jun 10
- Bury Friday 5 Jun 23
- Steeple Bumpstead 10K Jun 24
- Stowmarket Friday 5 Jun 29
- Marcus Gynn Newmarket 10K Jul 1
- Friday Forest Frolic 10K Jun 29
- Orwell 10K Jun 24
- Gt Bentley Friday 5 Jul 5
- Fen Gallop 10K Jul 8

\*Recorded 25:00 aged 10 for better age grade.

- Wibbly Wobbly Log Jog 5 Jul 13
- Royal Parks 10K: Regent's Park Jul 22
- Lee Valley 10 Fest 10 mile Jul 29
- Littleport 10K Jul 29
- Run Norwich 10K Aug 5
- Newmarket Heath Race 5.4K May 3
- Ekiden Relay 7.2K Jul 15
- SVP 50K (51.0K) Aug 11
- Draycote Water 10K Aug 12
- Kimbolton Castle HM Aug 19
- Bedford Twilight 10K Sep 1
- Bedford HM Sep 2
- Colchester Zoo Stampede HM Sep 9
- Great North Run HM Sep 9
- Berlin Marathon Sep 16
- Great East Run HM Sep 16
- Round Norfolk Relay Sep 15/16
- Sandringham XK 10K Sep 23
- Felixstowe Coastal 10 Sep 23
- Grantchester 10K Sep 30
- Bure Valley 10 Sep 30
- Abington 10K Oct 7
- Perkins Great Eastern HM Oct 14
- Yorkshire Marathon Oct 14
- Cambridge Town & Gown Oct 21
- King's Forest HM Oct 20
- Thurlow 5 Oct 21
- Thurlow 10 Oct 21
- St Eds' HM Oct 28
- Lode HM Nov 4
- Bonfire Burn 10K Nov 4
- Adnam's Southwold 10K Nov 18
- Snetterton HM Nov 18
- St Neots Riverside HM Nov 18
- Bass Belle 10 Nov 25
- Festive Forest HM Dec 15
- GBC Tripple Tipple HM Dec 29
- Ely NYE 10K Dec 31