

## Women's Road-MT Achievements Table 2019

### Newmarket Joggers

First Name	Surname	Age Group	5K H'cap SB	5K KH SB	5K park-run SB	5K New-mrkt GRL SB	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%	Top AG%	CLUB STANDARD
Grainne	Brennan	25-29	19:46				19:01a	77.65											77.65	Diamond
Eadie	Brooker (Jnr)	10-14			24:17		24:17	69.60											69.60	Gold
Emma	Newman	30-34	21:42		21:29		21:29	68.89											68.89	Gold
Belinda	Schofield	60-64			28:31		28:31	66.63					1:35:53(2)	68.33					68.33	Gold
Ruth	Eberhardt	45-49	23:17		25:29		23:17	67.50											67.50	Gold
Hannah	Parsons	40-44	23:56			25:13	23:56	64.62											64.62	Silver
Jan	Holmes	55-59			27:49		27:49	62.79											62.79	Silver
Caroline	McIntosh	65-69	32:01		33:30		32:01	62.47			68:14(1)	61.99							62.47	Silver
Sarah	Sales	50-54			26:15		26:15	62.29											62.29	Silver
Jenny	Osourn	70-74	34:04		35:25	35:07	34:04	61.99											61.99	Silver
Danielle	Jones	20-24	24:11				24:11	61.06											61.06	Silver
Sianie	Painter	50-54	28:24		29:16		28:24	60.15			59:26(1)	59.79							60.15	Silver
Ellie	Bithell	40-44				25:56	25:56	59.19											59.19	Bronze
Melanie	Tindale	40-44			26:00		26:00	58.65											58.65	Bronze
Jill	O'Grady	35-39	26:02			27:08	26:02	57.94			54:59(1)	56.47							57.94	Bronze
Rebecca	Fordham	45-49	28:10				28:10	57.40											57.40	Bronze
Sarah	Kinston	40-44	27:35		28:49		27:35	56.50											56.50	Bronze
Meera	Mahadevan	40-44	27:36				27:36	56.46											56.46	Bronze
Stephanie	Greenwood	50-54			30:07		30:07	56.06											56.06	Bronze
Sara	Brown	30-34			27:49		27:49	53.09											53.09	Tungsten
Alexia	Smithson	30-34	29:07		30:37		29:07	50.94			61:23(1)	49.63							50.94	Tungsten
Orla	Dockery	30-34	29:57				29:57	49.42											49.42	Copper
Isabel	Vicente	50-54	34:02				34:02	49.07											49.07	Copper
Rebecca	Hannah	30-34	30:27		31:30		30:27	48.55											48.55	Copper
Kate	Warboys	45-49			33:29		33:29	47.78											47.78	Copper
Clodie	Rolph	35-39			31:43		31:43	46.98											46.98	Copper

a. Snetterton 5K Jan 20

1. Thetford Trail 10K Jan 6

2. Freethorpe 10 Jan 27