

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	08:57:37(79)	42.00m	47.06	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			49:21	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			55:22(62)	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	44:54(16)	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)	10-14				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)	10-14			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	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-Hopkinson	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	Woodroffe	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	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	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	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	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	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	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	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	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
 1. King's Forest 10K Jan 7
 2. Watford HM Feb 4
 3. Snetterton 10K Jan 14
 4. Tarpley 10 Feb 25
 5. Seville Marathon Feb 25
 6. Marriott's Way HM Feb 18
 7. Brighton HM Feb 25
 8. Roding Valley HM Feb 25
 9. Cambridge HM Mar 4
 10. HaverHalf HM Mar 11
 11. Thetford Forest 10K Hooahaah Mar 18
 12. Runfest Lee Valley HM
 13. GBC Spring Quad HM Apr 1
 14. Bungay HM Apr 8
 15. Paris Marathon Apr 8
 16. Cambourne 10K Apr 15
 17. City of Norwich HM Apr 15
 18. Brighton Marathon Apr 15
 19. Greater Manchester Marathon Apr 8
 20. Virgin London Marathon Apr 22

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

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

41. Wibly Wobbly Log Jog 5 Jul 13
 42. Royal Parks 10K: Regent's Park Jul 22
 43. Lee Valley 10 Fest 10 mile Jul 29
 44. Littleport 10K Jul 29
 45. Run Norwich 10K Aug 5
 46. Newmarket Heath Race 5.4K May 3
 47. Ekiden Relay 7.2K Jul 15
 48. SVP 50K (51.0K) Aug 11
 49. Draycote Water 10K Aug 12
 50. Kimbolton Castle HM Aug 19
 51. Bedford Twilight 10K Sep 1
 52. Bedford HM Sep 2
 53. Colchester Zoo Stampede HM Sep 9
 54. Great North Run HM Sep 9
 55. Berlin Marathon Sep 16
 56. Great East Run HM Sep 16
 57. Round Norfolk Relay Sep 15/16
 58. Sandringham XK 10K Sep 23
 59. Felixstowe Coastal 10 Sep 23
 60. Grantchester 10K Sep 30

61. Bure Valley 10 Sep 30
 62. Abington 10K Oct 7
 63. Perkins Great Eastern HM Oct 14
 64. Yorkshire Marathon Oct 14
 65. Cambridge Town & Gown Oct 21
 66. King's Forest HM Oct 20
 67. Thurlow 5 Oct 21
 68. Thurlow 10 Oct 21
 69. St Eds' HM Oct 28
 70. Lode HM Nov 4
 71. Bonfire Burn 10K Nov 4
 72. Adnam's Southwold 10K Nov 18
 73. Snetterton HM Nov 18
 74. St Neots Riverside HM Nov 18
 75. Bass Belle 10 Nov 25
 76. Festive Forest HM Dec 15
 77. GBC Tripple Tipple HM Dec 29
 78. Ely NYE 10K Dec 31
 79. Devil 'O' the Highlands 42 Aug 4