

NJ Women's XC Achievements 2019 YTD

Newmarket Joggers

First Name	Surname	Age band	Suffolk County Champ (10.2K) 6th Jan Time	Suffolk County Champ AG%	Stow-market XC (5.3m) 20th Jan Time	Stow-market AG%	Bury XC (5.1m) 17th Feb Time	Bury XC AG%	Bungay XC (4.2m) 10th Mar Time	Bungay AG%	Haver-hill XC (5.0m) 24th Mar Time	Haver-hill AG%	Framling-ham XC (5.6m) 3rd Nov Time	Framling-ham AG%	Wood-bridge XC (4.6m) 15th Dec	Wood-bridge AG%	Overall SB XC AG%	CLUB STANDARD
Elke	Hausler	55-59											47:47	69.17	34:56	76.72	76.72	Diamond
Belinda	Schofield	60-64	60:39	67.24	54:26	61.88			41:10	63.77	50:09	63.11					67.24	Gold
Emma	Newman	30-34	47:41	65.08			38:42	64.00									65.08	Gold
Isabella	Soro (to 6/19)	20-24					38:27	64.24	31:57	63.22	37:36	64.36					64.36	Silver
Jan	Holmes	55-59	59:24	62.60	54:46	56.21	47:19	62.45									62.60	Silver
Ruth	Eberhardt	45-49					43:12	61.07					54:06	54.31			61.07	Silver
Hannah	Parsons	40-44					43:13	60.05									60.05	Silver
Carol	McIntosh	65-69			62:18	57.17					56:09	59.94	76:37	50.05			59.94	Bronze
Sianie	Painter	50-54			55:45	53.87	50:03	57.61	42:03	55.85	50:08	56.32	62:30	51.30	44:30	58.76	58.76	Bronze
Christine	Windsor	65-69											78:24	49.64	54:35	57.56	57.56	Bronze
Danielle	Jones	25-29	55:53	55.38	48:33	52.97									38:45	57.25	57.25	Bronze
Jennifer	Osbourn	70-74					63:20	57.18	52:52	55.45	63:02	56.24	84:28	48.22	57:48	56.81	57.18	Bronze
Rebecca	Fordham	45-49			52:06	54.38	48:32	56.04									56.04	Bronze
Sarah	Sales	50-54													44:33	56.04	56.04	Bronze
Kate	Warboys	45-49											64:36	46.47	43:36	55.96	55.96	Bronze
Jill	O'Grady	40-44					48:10	52.49									52.49	Tungsten
Svitlana	Zinchenko	40-44	65:55	48.09			50:03	50.52			51:49	48.05					50.52	Tungsten
Angela	Barnes	35-39													45:01	50.43	50.43	Tungsten
Lisa	Jennings	45-49			58:46	47.67											47.67	Copper
Angela	Brennan	30-34													47:10	47.03	47.03	Copper
Bridget	Wallwin	50-54											67:08	46.30			46.30	Copper
Gillian	Green	55-59			68:53	45.80											45.80	Copper
Rebecca	Hannah	30-34			61:20	41.98											41.98	Iron
Rachel	Allen	35-39											80:33	34.43	61:02	37.00	37.00	Granite
Emma	Reader	35-39											90:34	30.38			30.38	Granite

Also: World Masters XC 8K, Poland Mar 27: Elke Hausler 39:06, 75.53% Age Grade.