

# 2010 SEASON BEST PERFORMANCES (in club champ races)



Age group	3k	5k	5 mile	10k	10 mile	1/2 marathon	Full marathon
Senior Male	Mathew Clarke race W1, 9:26	Mathew Clarke race W2, 16:14	Jake Waldron race 1, 28:35	Ben Partridge race 6, 36:05	Andrew Bloor race 3, 88:19	Mathew Clark race 4, 75:56	
	Jake Waldron race 2, 9:43	Jake Waldron race 8, 16:27	Alistair Ferguson race 1, 32:01	Shaun Parkin race 6, 37:41			
Male Vet 40 - 49	Jim Durston race 2, 11:33	Jim Durston race 8, 20:30	Jim Durston race 1, 33:53	Nic Einchcomb race 6, 39:29	Steve Rosser race 3, 68:09	Nic Einchcomb race 4, 86:00	Stephen King race 4, 208:38
		David Simpson race 8, 21:04	John Kavanagh race 1, 34:15	Graham Reynolds race 6, 42:13	Graham Reynolds race 3, 71:03	Graham Reynolds race 4, 92:23	
Male Vet 50 - 59	Neil Lawson race 2, 11:50	Paul Thomas race 8, 17:52	Dave Phillips race 1, 31:32	Dave Phillips race 6, 40:05	Tony Rippon race 3, 73:03	Dave Phillips race 4, 87:20	
	Alec Lach race 2, 11:54	Dave Phillips race 8, 19:00	Richard Westgate race 1, 33:17	Richard Westgate race 6, 42:45	Peter Bunyan race 3, 74:14	Peter Daniel race 4, 89:35	
Male Vet 60+		Lewis Jones race 8, 19:43		Lewis Jones race 6, 41:32			
		Mark Waddicor race 8, 25:55					
Senior Female		Lucy Commander race 8, 18:17	Ayse Vahiboglu race 1, 34:17	Lucy Commander race 6, 39:19	Lucy Commander race 3, 65:48	Lynne Armstrong race 4, 98:10	
					Ayse Vahiboglu race 3, 74:09		
Female Vet 35 -44	Mandy Wheeler race 2, 12:29	Jennifer Burton race 8, 20:50	Catherine Philp race 1, 33:23	Jennifer Burton race 6, 43:39	Kathleen Sincock race 3, 68:48	Davina Blanchard race 4, 93:44	
		Mandy Wheeler race 8, 21:08	Mandy Wheeler race 1, 34:57	Mandy Wheeler race 6, 43:45	Jo Pearce race 3, 71:54	Mandy Wheeler race 4, 98:34	
Female Vet 45 -54	Karen Cook race 2, 11:24	Karen Cook race 8, 19:24	Karen Cook race 1, 33:13	Karen Cook race 6, 41:34	Kathryn Hough race 3, 75:36	Kathryn Hough race 4, 95:33	
		Kathryn Hough race 8, 22:46	Vanda Van der Linden race 1, 38:23		Julie Hedges race 3, 81:28	Julie Hedges race 4, 103:30	
Female Vet 55+							

A selection of season best performances as indicated by results from the SWRR championship races. Best 2 runners in each category.