

2010 SEASON BEST PERFORMANCES (in club champ races)



Age group	3k	5k	5 mile	10k	10 mile	1/2 marathon	Full marathon
Senior Male	Jake Waldron race 2, 9:43	Mathew Clark race W2, 16:04	Mathew Clark race 12, 27:10	Mathew Clark race W1, 33:29	Andrew Bloor race 3, 88:19	Mathew Clark race 4, 75:56	
	Miles Woolnough race 2, 10:17	Jake Waldron race 8, 16:27	Jake Waldron race 1, 28:35	Ben Partridge race 6, 36:05		Shaun Parkin race 13, 84:38	
Male Vet 40 - 49	Jim Durston race 2, 11:33	Jim Durston race 8, 20:30	Jim Durston race 1, 33:53	Chris Powell race 13, 38:56	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	Nic Einchcomb race 6, 39:29	Graham Reynolds race 3, 71:03	Graham Reynolds race 13, 91:09	
Male Vet 50 - 59	Neil Lawson race 2, 11:50	Paul Thomas race 8, 17:49	Paul Thomas race 12, 30:15	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	Dave Phillips race 1, 31:32	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		John Mitchell race 13, 111:51	
		Mark Waddicor race 8, 25:55					
Senior Female		Lucy Commander race W2, 17:35	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	Mandy Wheeler race W1, 20:49	Catherine Philp race 1, 33:23	Catherine Philp race 13, 42:23	Kathleen Sincock race 3, 68:48	Davina Blanchard race 4, 93:44	
		Jennifer Burton race 8, 20:50	Mandy Wheeler race 1, 34:57	Mandy Wheeler race 13, 42:52	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, 19:10	Karen Cook race 12, 32:37	Karen Cook race 13, 40:07	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	Vanda Van der Linden race 13, 48:23	Julie Hedges race W2, 77:17	Julie Hedges race W1, 102:27	
Female Vet 55+							

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