

JL is U20

Distance	Category	Name	Time	Event	Date	
1 Mile	JL					
	SL	Helen Duffield	00:06:17	Chepstow Track	25/07/2006	
	V35	Rebecca Merriman	00:06:17	Chepstow Track	05/06/2007	
	V40	Judith Llewellyn	00:05:46	Chepstow Track	25/07/2006	
	V45	Bev Meek-Welsh	00:07:42	Chepstow Track	25/07/2006	
	V50					
	V55					
	V60					
	V65					
						<b>Target times for new club records</b>
				means short course		
5 km	JL	Isabelle Godfrey	00:20:37	Severn Bridge	28/10/2008	00:20:49
	SL	Kath Matthews	00:17:54	Severn Bridge	28/01/2010	00:18:04
	V35	Heather Graz	00:19:14	Cardiff Parkrun	03/04/2010	
	V40	Lou Summers	00:19:44	Nos Galan	31/12/2009	
	V45	Lorna Shaw	00:20:46	Hereford	23/04/2009	
	V50	Lorna Shaw	00:21:13	Hereford	14/04/2011	
	V55	Sue Ashon	00:22:21	Severn Bridge	06/01/2009	00:22:34
	V60	Brenda Avery	00:22:51	Bridge Inn	31/05/2011	
	V65					
4 miles	JL					
	SL	Kath Matthews	00:24:31	Rose Inn	08/05/2007	
	V35	Rebecca Merriman	00:26:09	Rose Inn	12/06/2007	
	V40	Mel Ellis	00:23:28	Rose Inn	13/05/2008	
	V45	Elisabetta Battersby	00:31:36	Severn Bridge	01/02/2005	
	V50	Sue Ashton	00:27:49	Severn Bridge	01/02/2005	
	V55	Brenda Avery	00:29:17	Rose Inn	10/08/2010	
	V60	Brenda Avery	00:30:05	Rose Inn	10/05/2011	
	V65					
5 miles	JL					
	SL	Kath Matthews	00:31:07	Severn Bridge	23/08/2007	
	V35	Heather Graz	00:32:40	Tata Cardiff Bay	03/05/2010	
	V40	Liz Francis	00:31:38	Cardiff	03/05/2004	
	V45	Lorna Shaw	00:34:00	Brecon 5	03/06/2008	
	V50	Sue Ashton	00:35:14	Severn Bridge	23/06/2004	
	V55	Brenda Avery	00:37:49	Severn Bridge	27/03/2008	
	V60	Brenda Avery	00:37:46	Old Father Time	02/01/2011	
	V65					
10 km	JL					
	SL	Marianne Gittoes	00:38:04	Yeovil Easter Bunny	05/04/2010	
	V35	Helen Duffield	00:41:38	BMF Cardiff	28/02/2010	

	V40	Jane Horler	00:39:26	Bristol	15/05/2011
	V45	Lorna Shaw	00:42:15	Magor Marsh	20/07/2008
	V50	Lorna Shaw	00:43:39	Cardiff	12/09/2010
	V55	Brenda Avery	00:45:53	BUPA Great Wales Run	29/07/2007
	V60	Brenda Avery	00:47:11	Bristol	15/05/2011
	V65				
8 miles	JL				
	SL	Sam Mulligan (Harris)	00:55:45	Llisbury	27/01/2008
	V35	Helen Duffield	00:53:08	Llisbury	30/01/2011
	V40	Lou Summers	00:52:28	Llisbury	30/01/2011
	V45	Jane Rymer	01:11:58	Llisbury	30/01/2011
	V50	Jane Bayliss	01:08:25	Llisbury	25/01/2004
	V55	Brenda Avery	01:01:32	Llisbury	31/01/2010
	V60	Brenda Avery	01:01:14	Llisbury	30/01/2011
	V65				
10 miles	JL				
	SL	Marianne Gittoes	01:05:23	Elan Valley 10	20/11/2010
	V35	Rebecca Merriman	01:10:14	Reverse 10	03/02/2008
	V40	Judith Llewellyn	01:06:35	Gloucester	08/01/2006
	V45	Sian Stroud	01:08:54	Gloucester	08/01/2006
	V50	Sue Ashton	01:12:40	Gloucester	08/01/2006
	V55	Brenda Avery	01:17:50	Brecon 10	01/08/2010
	V60	Brenda Avery	01:20:26	Melksham	13/02/2011
	V65				
Half Marathon	JL				
	SL	Kath Matthews	01:20:29	Barcelona	14/02/2010
	V35	Judith Llewellyn	01:30:38	Guernsey	20/06/2004
	V40	Lou Summers	01:30:40	Forest of Dean	27/03/2011
	V45	Sian Stroud	01:34:15	Cheddar	11/11/2006
	V50	Sue Ashton	01:36:10	Cheddar	11/11/2006
	V55	Brenda Avery	01:42:46	Stroud	22/10/2006
	V60	Brenda Avery	01:44:24	Chippenham	12/09/2010
	V65				
20 miles	JL				
	SL	Becky Jones	02:41:07	Gloucester	05/03/2006
	V35	Heather Graz	02:30:53	Duchy 20	07/03/2010
	V40				
	V45	Sian Stroud	02:29:38	Gloucester	05/03/2006
	V50				
	V55	Glen Jackson	02:46:54	Gloucester	06/03/2005
	V60	Anne Masters	03:43:34	Gloucester	08/03/2009
	V65				
Marathon	JL				
	SL	Marianne Gittoes	03:06:28	London	25/04/2010
	V35	Judith Llewellyn	03:23:40	London	**/04/2002

Correct as of 01/06/2011 13:44

	V40	Judith Llewellyn	03:20:13	Amsterdam	16/10/2005
	V45	Sian Stroud	03:24:07	Prague	14/05/2006
	V50				
	V55	Brenda Avery	03:43:05	Alpes-Maritimes	09/11/2008
	V60	Glen Jackson	03:41:11	Cardiff	15/10/2006
	V65				
32 miles	V35	Claire Gibson	05:49:28	Dartmoor Discovery	02/06/2007
50 km	V55	Brenda Avery	04:59:13	Gloucester	25/01/2009