

LAUNCESTON ROAD RUNNERS

MALE C FEMALE CLUB RECORDS UP TO 49 YEARS OF AGE

31/12/2022

FEMALE	5K	5M	10K	7M	10M	1/2M	20M	MARATHON
SENIOR	Gem Gallant	Lauren Wooley	Naomi Baker	Emma Baker	Becky Mudd	Cat Sell	Katie Parkin	Emma Baker
	21.06	34.41	40.31	48.08	1.13.42	1.29.16	3.19.21	3.11.20
	Tavy 5K 2022	Sticker 05	Bideford 2019	Treggy 7 2018	Hoe 13	Edinburgh 2022	Granite 15	London 2019
Vets 35/39	Louisa Shaw	Caroline Steven	Caroline Steven	Caroline Steven	Caroline Steven	Caroline Steven	Emma Durrant	Caroline Steven
	21.15	31.36	39.43	46.01	1.06.07	1.31.22	2.59.24	3.50.27
	Tavy 5Kool 18	Treetops 05	Exeter 05	Tavy 04	Blaythorne 05	Exeter 06	Duchy 08	Cornish 06
Vets 40/44	Benedicte Holtan Carter	Caroline Steven	Caroline Steven	Caroline Steven	Caroline Steven	Caroline Steven	Sarah Pridham	Sarah Pridham
	21.26	32.23	39.34	45.59	1.06.08	1.30.02	2.43.59	3.43.15
	Tavy 5K 2021	Kernow 08	Exeter 07	Tavy 07	Blaythorne 08	Bideford 07	Duchy 07	Cornish 07
Vets 45/49	Mary Roberts	Jeanette Johnson	Julie Towers	Jeanette Johnson	Jeanette Johnson	Jeanette Johnson	Julie Towers	Jeanette Johnson
	25.53	33.08	44.27	47.46	1.09.58	1.32.17	2.45.38	3.17.37
	Tavy 5K 2019	Cubert 16	Bideford 10	Treggy 15	Force 10 2016	Ruby Run 15	Duchy 11	Cornish 15