

## Club Bests (Non-certified distances) at 1st August 2020

### WOMEN

#### Lake

Sen	18:59	Jane Rawlins	13.05.1999
W35	17:21	Linda Robb	09.1987
W40	17:59	Lesley Cliff	30.08.1990
W45	19:10	Christine Heaton	5.05.2011
W50	18:39	Christine Heaton	14.05.2018
W55	20:39	Sandy Poole	8.08.2002
W60	22:16	Penny Durance	14.09.2015
W65	23:02	Sandy Poole	2.09.2010
W70	25:37	Sandy Poole	14.08.2014
W75		Vacant	

#### Cliffs

Sen	41:50	Teresa Woodford	3.02.2002
W35	41:59	Mary Mills	11.01.1998
W40	42:05	Patti Cranton	01.2007
W45	42:10	Lesley Cliff	23.01.1994
W50	41:22	Christine Heaton	29.01.2017
W55	46:48	Christine Heaton	26.01.2020
W60	49:39	Penny Durance	31.01.2016
W65	54:11	Sandy Poole	30.01.2011
W70	61:22	Sandy Poole	31.01.2016
W75		Vacant	

#### parkrun

Sen	20:26	Louise Read	Rushcliffe 20.05.2017
W35	19:49	Louise Read	Long Eaton 15.07.2017
W40	20:38	Claire Hayes	Clumber Park 31.12.2016
W45	20:43	Gina Grainger	Beeston 10.08.16
W50	19:43	Christine Heaton	Long Eaton 15.07.2017
W55	22:52	Patti Cranton	Rushcliffe 20.07.2019
W60	23:50	Julie McGeorge	Long Eaton 5.05.2018
W65	25:53	Friedel Plant	Colwick 26.05.2012
W70	27:15	Sandy Poole	Beeston 20.09.2014
W75	33:54	Christine Oldfield	Perth (AUS) 14.03.2020

### MEN

#### Lake

Sen	15:06	Stewart Gregory	15.05.2003
M35		Vacant	
M40	15:58	Graham Moffatt	31.05.2012
M45	15:48	Stewart Gregory	31.05.2012
M50	16:02	Stewart Gregory	8.09.2016
M55	16:46	Howard Partridge	12.07.2010
M60	17:12	Howard Partridge	5.05.2011
M65	20:06	Frank Makin	18.06.2001
M70	21:27	Neil Hamilton	31.08.2006
M75	24:57	John Oldfield	15.07.2019
M80	25:25	Neil Hamilton	11.07.2016

#### Cliffs

Sen	34mins	Trevor Radford	Date unknown
M35		Vacant	
M40	34:40	David Greenwood	29.01.2017
M45	38:46	Neil Marshall	02.02.2003
M50	38:48	Neil Marshall	03.02.2008
M55	40:13	Derek Dent	12.01.1992
M60	37:34	Howard Partridge	29.01.2012
M65	40:44	Howard Partridge	31.01.2016
M70	48:46	Frank Makin	02.02.2004
M75		Vacant	

#### parkrun

Sen	15:40	Daniel Bagley	Long Eaton 5.10.2019
M35		Vacant	
M40	16:36	Paul Roome	Copenhagen 4.11.2017
M45	17:02	Graham Moffatt	King's Lynn 9.08.2014
M50	16:57	Stewart Gregory	Worthing 6.08.2016
M55	17:58	Duncan Martindale	Rushcliffe 23.03.2019
M60	18:18	Kevin Ford	Long Eaton 5.05.2018
M65	21:36	Bernard Jarvis	Colwick 3.03.2012
M70	21:44	John Oldfield	Claisebrook (AUS) 4.01.2014
M75	24:04	John Oldfield	Rushcliffe 3.11.2018
M80	25:40	Neil Hamilton	Newark 29.04.2017