

**R-R HARRIERS BEST TIMES  
FROM 1984**

**MARATHON - LADIES**

NAME	TIME	SEASON
JENNY NORRIS	3:14:49	2003-2004
RACHEL COLLIS	3:34:17	1994-1995
MARIA PICKEN	3:34:18	1994-1995
LINDSAY CUTHBERTSON	3:38:52	2015-2016
MAUREEN BETTS	3:44:12	1993-1994
MARIE EDWARDS	3:46:06	2006-2007
SHEILA CHARLTON	3:51:38	1985-1986
HELEN WOODMAN	3:56:33	2007-2008
JOYCE CARROLL	4:07:36	1989-1990
JULIE COWLEY	4:12:57	2009-2010
KAREN BIRD	4:13:08	2008-2009
DEBORAH QUIRKE	4:16:26	2001-2002
IRENA FYDA	4:25:00	2000-2001
LUCY WELLS	4:28:32	1995-1996
KAROLINA KUCHARREK	4:35:22	2016-2017
GILLIAN WHITESIDE	4:49:45	2006-2007
HARRIET SOLES	4:53:09	2006-2007
MEL TAYLOR	4:54:00	2004-2005
AMANDA CARTER	5:07:23	2010-2011
JANE HANNAH	5:22:45	1994-1995
LISA SURRELL	5:26:00	2002-2003
ROSEMARY WRIGHT	5:52:07	2003-2004
SALLY WINTERTON	6:33:20	2007-2008

**HALF MARATHON - LADIES**

NAME	TIME	SEASON
CLARE MCKITTRICK	1:23:05	2010-2011
JENNY NORRIS	1:27:50	2003-2004
MARIA PICKEN	1:30:13	1994-1995
JANE HANNAH	1:32:53	1992-1993
MAUREEN BETTS	1:35:00	1991-1992
HELEN HILDRED	1:35:30	2016-2017
KAREN KENYON	1:37:11	1993-1994
SHEILA CHARLTON	1:37:53	1984-1985
BARBARA MATLEY	1:38:23	1992-1993
LUCY WELLS	1:38:25	1993-1994
DEBORAH QUIRKE	1:38:31	2001-2002
HELEN MARDON	1:38:32	2004-2005
ALISON READ	1:39:33	1989-1990
KAROLINA KUCHARREK	1:39:47	2016-2017
LINDSAY CUTHBERTSON	1:39:50	2015-2016
CHARLOTTE LAWSON	1:39:51	2009-2010
AMANDA CARTER	1:41:35	2014-2015
KIRSTY EASTWOOD	1:42:08	2002-2003
LINDSAY CUTHBERTSON	1:42:44	2014-2015
RACHEL SMITH	1:42:56	1998-1999
JANE POWELL	1:43:12	1991-1992
TRACEY PEPPER	1:44:27	1991-1992
MARIE MORGAN	1:44:57	2007-2008
PAT HANSON	1:49:15	1985-1986
JEAN OATES	1:51:01	1995-1996
JOYCE CARROLL	1:52:01	1988-1989
KAREN BIRD	1:55:07	2007-2008
LIZ GRAHAM	1:55:38	2001-2002
SARAH WHITE	1:57:44	1992-1993
LORRAINE DAY	1:57:50	1984-1985

**R-R HARRIERS BEST TIMES  
FROM 1984**

**TEN MILE - LADIES**

NAME	TIME	SEASON
CLARE MCKITTRICK	1:06:07	2014-2015
MARIA PICKEN	1:08:13	1993-1994
JANE HANNAH	1:08:31	1993-1994
RACHEL COLLIS	1:11:33	1996-1997
MAUREEN BETTS	1:12:10	1990-1991
LUCY WELLS	1:12:41	1992-1993
ALISON READ	1:13:20	1989-1990
KAROLINA KUCHARREK	1:14:22	2016-2017
JENNY NORRIS	1:14:24	2002-2003
SHEILA CHARLTON	1:14:37	1985-1986
BARBARA MATLEY	1:16:13	1984-1985
AMANDA CARTER	1:17:38	2013-2014
JANE POWELL	1:18:12	1990-1991
KAREN KENYON	1:19:38	1995-1996
JEAN OATES	1:20:02	1992-1993
HELEN WOODMAN	1:20:15	2011-2012
MARIE EDWARDS	1:20:17	2006-2007
JOYCE CARROLL	1:23:18	1989-1990
GILL BATTERLEY	1:24:18	1993-1994
DEBORAH QUIRKE	1:26:14	2001-2002
JULIE COWLEY	1:26:50	2010-2011
IRENA FYDA	1:27:22	1999-2000
DAPHNE ROBINSON	1:27:27	1997-1998
RHOLDA WIGGETT	1:28:17	1991-1992
LIZ FOWKES	1:28:42	1991-1992
GILLIAN WHITESIDE	1:28:56	2012-2013
LOUISE PHILLIPS	1:30:02	2007-2008
RACHEL CLARKE	1:30:15	1991-1992
MEL TAYLOR	1:31:15	2007-2008
SAMANTHA HINCHCLIFFE	1:37:05	1985-1986

**10K - LADIES**

NAME	TIME	SEASON
WENDY FARROW	35:31	1991-1992
CLARE MCKITTRICK	36:15	2000-2001
JENNY NORRIS	40:08	2002-2003
JANE HANNAH	41:49	1995-1996
MARIA PICKEN	42:05	1993-1994
KAROLINA KUCHARREK	42:16	2016-2017
RACHEL COLLIS	42:25	1994-1995
MAUREEN BETTS	43:04	1991-1992
ALISON READ	43:32	1988-1989
BARBARA MATLEY	43:41	1991-1992
LUCY WELLS	43:56	1992-1993
AMANDA CARTER	44:52	2013-2014
CHARLOTTE LAWSON	44:53	2010-2011
PAULA PARKIN	45:34	2011-2012
LINDSAY CUTHBERTSON	46:14	2014-2015
PAT HANSON	46:15	1986-1987
MARIE MORGAN	46:17	2008-2009
KAREN KENYON	46:27	1992-1993
SHEILA CHARLTON	46:54	1985-1986
SAM ORME	47:07	2012-2013
JEANETTE SHEPHERD	47:40	1986-1987
JANE POWELL	47:44	1991-1992
HELEN WOODMAN	49:03	2007-2008
LAURA CROSS	49:13	2006-2007
MAGGIE ROUSSEAU	49:38	1997-1998
JOYCE CARROLL	49:47	1989-1990
DEBORAH QUIRKE	49:48	2000-2001
JULIE COWLEY	50:12	2010-2011
JEAN OATES	50:23	1997-1998
JANET ILSLEY	50:36	2014-2015

**R-R HARRIERS BEST TIMES  
FROM 1984**

**5000 METRES - LADIES**

NAME	TIME	SEASON
CLARE TOMKINSON	17:20	2000-2001
BARBARA MATLEY	19:40	1991-1992
JENNY NORRIS	20:01	2002-2003
KAROLINA KUCHARAK	20:23	2016-2017
ALISON READ	20:36	1992-1993
MARIA PICKEN	20:44	1992-1993
HAZEL LE CORNU	21:05	2016-2017
MAUREEN BETTS	21:40	1992-1993
PAT HANSON	21:51	1986-1987
PAULA PARKIN	21:51	2011-2012
JANE POWELL	21:52	1991-1992
LINDSAY CUTHBERTSON	22:15	2014-2015
MARIE MORGAN	22:16	2008-2009
SHEILA CHARLTON	22:17	1984-1985
AMANDA CARTER	23:05	2013-2014
GEMMA STACEY	23:51	2017-2018
HELEN WOODMAN	24:13	2011-2012
JOYCE CARROLL	24:15	1988-1989
SARAH WHITE	24:15	1992-1993
KIRSTY EASTWOOD	24:35	2002-2003
KAREN CHINN	24:56	1991-1992
JEAN OATES	25:02	1997-1998
GILLIAN WHITESIDE	25:42	2007-2008
LOUISE PHILLIPS	25:43	2008-2009
RACHEL CLARKE	26:00	1991-1992
LIZ FOWKES	26:00	1991-1992
JANE MCDONALD	26:02	2006-2007
HARRIET SOLES	26:02	2006-2007
JANINA CROSS	27:39	2002-2003
LISA SURRELL	28:07	2001-2002

**3000 METRES - LADIES**

NAME	TIME	SEASON
CLARE MCKITTRICK	10:38	2006-2007
JENNY NORRIS	11:15	2002-2003
MARIA PICKEN	11:38.6	1993-1994
JANE HANNAH	12:07.9	1992-1993
ALISON READ	12:16	1990-1991
KAROLINA KUCHARAK	12:17	2016-2017
MAUREEN BETTS	12:25	1991-1992
PAULA PARKIN	12:27	2008-2009
MARIE MORGAN	12:31	2008-2009
PAT HANSON	12:35	1986-1987
LINDSAY CUTHBERTSON	12:41	2014-2015
AMANDA CARTER	12:50	2016-2017
SHEILA CHARLTON	12:51	1984-1985
JANE POWELL	13:03	1990-1991
HELEN WOODMAN	14:03	2007-2008
JOYCE CARROLL	14:05	1988-1989
JEAN OATES	14:16	1997-1998
LIZ FOWKES	14:19	1991-1992
RACHEL CLARKE	14:25	1991-1992
LOUISE PHILLIPS	14:28	2007-2008
JANE COLFORD	14:36	2003-2004
HARRIET SOLES	14:50	2006-2007
GILLIAN WHITESIDE	15:10	2006-2007
LISA SURRELL	15:45	2001-2002
JUDY NOLAN	15:57	2009-2010
AUDREY BROADHURST	16:17.5	1991-1992
ANNA KELYNACK	16:52	2003-2004
ANNA MUCCIOLI	16:52	2003-2004
ROSEMARY WRIGHT	19:21	2004-2005
LUCY WILLIAMS	19:25	2013-2014

**R-R HARRIERS BEST TIMES  
FROM 1984**

**1500 METRES - LADIES**

NAME	TIME	SEASON
WENDY FARROW	4:29	1993-1994
CLARE MCKITTRICK	4:47	2004-2005
JENNY NORRIS	5:12	2002-2003
JANE HANNAH	5:27.4	1992-1993
PAULA PARKIN	5:42	2007-2008
MARIA PICKEN	5:43	1992-1993
ALISON READ	5:44	1992-1993
MARIE MORGAN	5:44	2008-2009
KAROLINA KUCHARAK	5:44	2016-2017
RACHEL COLLIS	5:46.9	1994-1995
PAT HANSON	5:51	1986-1987
LINDSAY CUTHBERTSON	5:55	2014-2015
MAUREEN BETTS	5:58	1991-1992
BARBARA MATLEY	5:59	1990-1991
JANE POWELL	6:01	1990-1991
AMANDA CARTER	6:12.0	2012-2013
KAREN CHINN	6:19	1991-1992
LIZ GRAHAM	6:26	2001-2002
HELEN WOODMAN	6:26	2007-2008
LOUISE PHILLIPS	6:27.0	2007-2008
SARAH WHITE	6:40	1992-1993
JANE COLFORD	6:41	2003-2004
JEAN OATES	6:43	1997-1998
GILLIAN WHITESIDE	6:50	2012-2013
JOYCE CARROLL	6:51	1988-1989
HARRIET SOLES	7:03	2006-2007
JANINA CROSS	7:20	2002-2003
LISA SURRELL	7:25	2001-2002
JUDY NOLAN	7:26	2009-2010
ANNA KELYNACK	7:38	2003-2004

NOTES	
THE TABLES SHOW THE BEST TIME RECORDED FOR EACH RUNNER SINCE THE CHAMPIONSHIP BEGAN IN SEASON 1984-1985.	
IF A RUNNER EQUALLED HER BEST TIME, THE SEASON SHOWN IS THE FIRST ONE.	
SEVERAL LADIES HAVE RUN UNDER MAIDEN NAME AND MARRIED NAME, OR UNDER TWO MARRIED NAMES. ONLY ONE TIME IS SHOWN PER DISTANCE, THE NAME BEING THE CURRENT ONE AT THE TIME OF THE RUN LISTED.	
<b>FIRST NAME</b>	<b>SECOND NAME</b>
CLARE TOMKINSON	CLARE MCKITTRICK
HELEN WOODMAN	HELEN HILDRED
JANE COLFORD	JANE MCDONALD
JANE POWELL	JANE PAGE
JULIE SMITH	JULIE ROCK
KAREN CHINN	KAREN KENYON
LISA SURRELL	LISA FILDES
MAGGIE ROUSSEAU	MAGGIE LITTLER
MARIE EDWARDS	MARIE MORGAN
MAUREEN BETTS	MAUREEN SHIPLEY
RACHEL COLLIS	RACHEL SMITH