



## PB's gained in 2011

First	Surname	Age	Date	Race	Miles	Time	Formatted Time	Mins/mile	Calc Std	
Daniel	Bailey	19	04-May-11	1 Promenade 5k Race	3.107	15.55	15:55	5.07	1	PB
Paul	Mitchinson	32	31-Aug-11	5 Promenade 5k Race	3.107	17.28	17:28	5.37	2	PB
Martin	Coles	54	31-Aug-11	5 Promenade 5k Race	3.107	20.57	20:57	6.45	2	PB
Jo	Gilholm	41	31-Aug-11	5 Promenade 5k Race	3.107	21.10	21:10	6.49	2	PB
Pete	Daly	51	04-May-11	1 Promenade 5k Race	3.107	21.35	21:35	6.57	3	PB
Michael	Coles	29	31-Aug-11	5 Promenade 5k Race	3.107	21.37	21:37	6.57	4	PB
Damian	Hamilton	50	04-May-11	1 Promenade 5k Race	3.107	21.48	21:48	7.01	3	PB
Beth	Pirie	40	04-May-11	1 Promenade 5k Race	3.107	24.09	24:09	7.46	3	PB
Paul	Mitchinson	32	25-Aug-11	6 Short H/C	3.65	21.19	21:19	5.50	2	PB
Keith	Tolfrey	44	28-Apr-11	2 Short H/C Race	3.65	22.25	22:25	6.08	2	PB
Martin	Coles	54	25-Aug-11	6 Short H/C	3.65	25.16	25:16	6.55	3	PB
Jo	Gilholm	41	29-Sep-11	7 Short H/C	3.65	25.19	25:19	6.56	2	PB
Tom	Stott	18	29-Sep-11	7 Short H/C	3.65	25.43	25:43	7.03	4	PB
Mark	Hay	51	26-May-11	3 Short H/C Race	3.65	26.02	26:02	7.08	3	PB
Damian	Hamilton	50	28-Jul-11	5 Short H/C	3.65	27.01	27:01	7.24	3	PB
Tim	Cooper	43	26-May-11	3 Short H/C Race	3.65	27.30	27:30	7.32	4	PB
Kelly	Findlay	25	26-May-11	3 Short H/C Race	3.65	28.18	28:18	7.45	4	PB
Kate	Parks	38	29-Sep-11	7 Short H/C	3.65	28.35	28:35	7.50	4	PB
John	Manners	32	25-Aug-11	6 Short H/C	3.65	29.16	29:16	8.01		PB
Andy	Smith	57	31-Mar-11	1 Short H/C Race	3.65	29.32	29:32	8.05	4	PB
Jacqui	Tigg	48	25-Aug-11	6 Short H/C	3.65	29.34	29:34	8.06	3	PB
Richard	Wells	34	29-Sep-11	7 Short H/C	3.65	30.16	30:16	8.18		PB
Clare	Eglin	41	31-Mar-11	1 Short H/C Race	3.65	30.18	30:18	8.18	4	PB
Andrew	Wright	48	29-Sep-11	7 Short H/C	3.65	31.04	31:04	8.31	5	PB
Helen	Smith	53	31-Mar-11	1 Short H/C Race	3.65	35.09	35:09	9.38	5	PB
Scarlett	Cooper	19	26-May-11	3 Short H/C Race	3.65	35.13	35:13	9.39		PB
Maria	Lush	55	25-Aug-11	6 Short H/C	3.65	36.36	36:36	10.02	4	PB
Gerry	Rock	54	30-Jun-11	4 Short H/C Race	3.65	36.54	36:54	10.07	5	PB
Christine	White	39	25-Aug-11	6 Short H/C	3.65	37.00	37:00	10.08		PB
Allison	Lowder	35	25-Aug-11	6 Short H/C	3.65	37.17	37:17	10.13		PB
Liz	Phelps	63	28-Jul-11	5 Short H/C	3.65	37.17	37:17	10.13	4	PB
Holly	Walker	34	30-Jun-11	4 Short H/C Race	3.65	41.05	41:05	11.15		PB
Andrea	Collier	36	29-Sep-11	7 Short H/C	3.65	41.38	41:38	11.24		PB
Daniel	Bailey	19	15-Jun-11	Hayling Billy 5	5	26.47	26:47	5.21	1	PB
Paul	Mitchinson	31	15-Jun-11	Hayling Billy 5	5	29.34	29:34	5.55	2	PB
Martin	Coles	54	18-Sep-11	Victory 5	5	34.40	34:40	6.56	2	PB
Jo	Gilholm	41	18-Sep-11	Victory 5	5	35.00	35:00	7.00	2	PB
John	Simpson	46	15-Jun-11	Hayling Billy 5	5	35.20	35:20	7.04	3	PB
Max	Harding	27	15-Jun-11	Hayling Billy 5	5	36.13	36:13	7.15	4	PB
Damian	Hamilton	50	15-Jun-11	Hayling Billy 5	5	36.42	36:42	7.20	3	PB
Belinda	Harding	52	18-Sep-11	Victory 5	5	38.35	38:35	7.43	2	PB
John	Cowlin	38	15-Jun-11	Hayling Billy 5	5	40.28	40:28	8.06	5	PB
Kate	Parks	38	15-Jun-11	Hayling Billy 5	5	40.40	40:40	8.08	4	PB
Nick	Bailey	54	15-Jun-11	Hayling Billy 5	5	41.55	41:55	8.23	4	PB
Ann	Panting	45	15-Jun-11	Hayling Billy 5	5	42.59	42:59	8.36	4	PB
Emily	Watts	31	15-Jun-11	Hayling Billy 5	5	44.18	44:18	8.52		PB
Richard	Wells	33	15-Jun-11	Hayling Billy 5	5	44.37	44:37	8.55		PB
Maria	Lush	55	18-Sep-11	Victory 5	5	51.39	51:39	10.20	5	PB
Gerry	Rock	54	18-Sep-11	Victory 5	5	52.02	52:02	10.24	5	PB
Ann	Mann	49	18-Sep-11	Victory 5	5	52.26	52:26	10.29		PB

Christine	White	39	15-Jun-11	Hayling Billy 5	5	54.50	54:50	10.58		PB
Andrea	Collier	35	15-Jun-11	Hayling Billy 5	5	57.02	57:02	11.24		PB
Paul	Mitchinson	31	27-Mar-11	Eastleigh 10k	6.214	36.46	36:46	5.55	2	PB
Jo	Gilholm	41	16-Oct-11	Denmead 10k	6.214	45.14	45:14	7.17	2	PB
Damian	Hamilton	49	16-Jan-11	Stubbington 10k	6.214	47.46	47:46	7.41	4	PB
Mark	Hay	51	16-Jan-11	Stubbington 10k	6.214	49.09	49:09	7.55	4	PB
Belinda	Harding	51	16-Jan-11	Stubbington 10k	6.214	49.20	49:20	7.56	2	PB
Kate	Parks	37	06-Feb-11	Chichester 10k	6.214	51.50	51:50	8.20	4	PB
Helen	Mears	42	15-May-11	Netley 10k	6.214	52.39	52:39	8.28	4	PB
Kate	Hart	44	16-Jan-11	Stubbington 10k	6.214	53.03	53:03	8.32	4	PB
Ann	Panting	45	16-Jan-11	Stubbington 10k	6.214	54.52	54:52	8.50	4	PB
Maria	Lush	55	16-Jan-11	Stubbington 10k	6.214	66.24	1:06:24	10.41	5	PB
Daniel	Bailey	19	14-Apr-11	1 Long Handicap	7.65	43.17	43:17	5.39	1	PB
Paul	Mitchinson	32	08-Sep-11	6 Long Handicap	7.65	46.46	46:46	6.07	2	PB
Colin	O'Donnell	52	14-Apr-11	1 Long Handicap	7.65	52.01	52:01	6.48	2	PB
Martin	Coles	54	08-Sep-11	6 Long Handicap	7.65	55.53	55:53	7.18	3	PB
Jo	Gilholm	41	08-Sep-11	6 Long Handicap	7.65	56.40	56:40	7.24	2	PB
Mark	Hay	51	08-Sep-11	6 Long Handicap	7.65	59.41	59:41	7.48	3	PB
Tim	Cooper	43	12-May-11	2 Long Handicap	7.65	60.43	1:00:43	7.56	4	PB
Kelly	Findlay	24	14-Apr-11	1 Long Handicap	7.65	63.11	1:03:11	8.16	4	PB
Kate	Parks	37	14-Apr-11	1 Long Handicap	7.65	63.28	1:03:28	8.18	4	PB
Andy	Smith	57	12-May-11	2 Long Handicap	7.65	63.34	1:03:34	8.19	4	PB
Jacqui	Tigg	48	08-Sep-11	6 Long Handicap	7.65	67.14	1:07:14	8.47	4	PB
Tom	Stott	18	08-Sep-11	6 Long Handicap	7.65	67.41	1:07:41	8.51		PB
Rachael	Neall	32	12-May-11	2 Long Handicap	7.65	71.35	1:11:35	9.21		PB
Emily	Watts	32	08-Sep-11	6 Long Handicap	7.65	73.27	1:13:27	9.36		PB
Richard	Wells	34	08-Sep-11	6 Long Handicap	7.65	73.29	1:13:29	9.36		PB
Helen	Smith	53	14-Apr-11	1 Long Handicap	7.65	75.39	1:15:39	9.53	5	PB
Scarlett	Cooper	19	09-Jun-11	3 Long Handicap	7.65	75.40	1:15:40	9.53		PB
Maria	Lush	55	11-Aug-11	5 Long Handicap	7.65	81.11	1:21:11	10.37	5	PB
Dawn	Watson	45	08-Sep-11	6 Long Handicap	7.65	82.17	1:22:17	10.45		PB
Christine	White	39	14-Jul-11	4 Long Handicap	7.65	83.52	1:23:52	10.58		PB
Allison	Lowder	35	08-Sep-11	6 Long Handicap	7.65	87.16	1:27:16	11.24		PB
Gerry	Rock	54	11-Aug-11	5 Long Handicap	7.65	89.04	1:29:04	11.39		PB
Andrea	Collier	36	08-Sep-11	6 Long Handicap	7.65	94.05	1:34:05	12.18		PB
Daniel	Bailey	19	13-Mar-11	Salisbury 10	10	55.07	55:07	5.31	1	PB
Paul	Mitchinson	32	06-Nov-11	Lordshill 10	10	60.45	1:00:45	6.05	2	PB
Mark	Wilson	43	30-Oct-11	Great South Run	10	70.20	1:10:20	7.02	3	PB
Martin	Coles	54	06-Nov-11	Lordshill 10	10	73.22	1:13:22	7.20	3	PB
Phil	Sykes	53	30-Oct-11	Great South Run	10	74.00	1:14:00	7.24	3	PB
Jo	Gilholm	41	06-Nov-11	Lordshill 10	10	77.51	1:17:51	7.47	3	PB
Belinda	Harding	52	30-Oct-11	Great South Run	10	78.01	1:18:01	7.48	2	PB
Mark	Hay	52	30-Oct-11	Great South Run	10	80.37	1:20:37	8.04	4	PB
Tom	Stott	18	30-Oct-11	Great South Run	10	80.42	1:20:42	8.04	5	PB
Kelly	Findlay	25	30-Oct-11	Great South Run	10	83.10	1:23:10	8.19	4	PB
Kate	Parks	38	30-Oct-11	Great South Run	10	83.47	1:23:47	8.23	4	PB
Helen	Mears	42	13-Mar-11	Salisbury 10	10	85.35	1:25:35	8.34	4	PB
Michael	Coles	29	30-Oct-11	Great South Run	10	93.03	1:33:03	9.18		PB
Jane	Noble	47	30-Oct-11	Great South Run	10	95.52	1:35:52	9.35	5	PB
Jackie	Yarnold	63	30-Oct-11	Great South Run	10	97.45	1:37:45	9.47	3	PB
Dawn	Watson	46	27-Nov-11	Hayling 10	10	100.36	1:40:36	10.04	5	PB
Sarah	Lockyer	49	30-Oct-11	Great South Run	10	103.34	1:43:34	10.21		PB
Richard	Wells	34	30-Oct-11	Great South Run	10	105.25	1:45:25	10.33		PB
Maria	Lush	55	30-Oct-11	Great South Run	10	110.59	1:50:59	11.06	5	PB
Christine	White	39	30-Oct-11	Great South Run	10	110.59	1:50:59	11.06		PB
Ann	Mann	48	06-Feb-11	Ryde 10m	10	115.16	1:55:16	11.32		PB
Andrea	Collier	36	30-Oct-11	Great South Run	10	126.09	2:06:09	12.37		PB
Martin	Coles	54	20-Nov-11	Gosport Half	13.1	100.06	1:40:06	7.38	3	PB
Damian	Hamilton	50	09-Oct-11	Solent Half	13.1	102.20	1:42:20	7.49	3	PB
Belinda	Harding	52	20-Nov-11	Gosport Half	13.1	104.16	1:44:16	7.58	2	PB
Mark	Hay	52	20-Nov-11	Gosport Half	13.1	106.57	1:46:57	8.10	4	PB
Helen	Mears	43	20-Nov-11	Gosport Half	13.1	115.00	1:55:00	8.47	4	PB
Jackie	Yarnold	63	20-Nov-11	Gosport Half	13.1	130.08	2:10:08	9.56	3	PB
Ann	Panting	46	09-Oct-11	Solent Half	13.1	132.17	2:12:17	10.06	5	PB
Jill	MacKenzie	53	20-Nov-11	Gosport Half	13.1	132.30	2:12:30	10.07	4	PB
Rachael	Neall	33	20-Nov-11	Gosport Half	13.1	138.47	2:18:47	10.36		PB
Christine	White	39	20-Nov-11	Gosport Half	13.1	151.59	2:31:59	11.36		PB

Maria	Lush	55	20-Nov-11	Gosport Half	13.1	152.59	2:32:59	11.41		PB
Andrea	Collier	36	20-Nov-11	Gosport Half	13.1	165.34	2:45:34	12.38		PB
Paul	Mitchinson	31	20-Feb-11	Bramley 20m	20	129.47	2:09:47	6.29	2	PB
Jim	Clow	61	20-Feb-11	Bramley 20m	20	148.07	2:28:07	7.24	1	PB
Chris	Riddington	39	20-Feb-11	Bramley 20m	20	152.44	2:32:44	7.38	3	PB
Mark	Hull	37	20-Feb-11	Bramley 20m	20	164.50	2:44:50	8.15	5	PB
Belinda	Harding	51	20-Feb-11	Bramley 20m	20	168.08	2:48:08	8.24	2	PB
Martin	Coles	53	20-Feb-11	Bramley 20m	20	170.36	2:50:36	8.32	4	PB
Paul	Mitchinson	31	17-Apr-11	London Marathon	26.2	198.52	3:18:52	7.35	4	PB
Jim	Clow	61	25-Sep-11	New Forest Marathon	26.2	210.13	3:30:13	8.01	2	PB
John	Flynn	60	17-Apr-11	London Marathon	26.2	243.41	4:03:41	9.18	3	PB
Helen	Hull	40	10-Apr-11	Brighton Marathon	26.2	256.30	4:16:30	9.47	5	PB
Mary	Short	50	10-Apr-11	Brighton Marathon	26.2	350.12	5:50:12	13.22		PB