

First	Surname	Age	Date	Race	Miles	Mins/mile	Age Cat	Calc	Std	
Paul	Mitchinson	35	27-Aug-14	Lakeside 5k	3.10 7	5.26	M35	1	PB	M35 rec
Zakaria	Lahlal	19	25-Oct-14	Great South 5k	3.10 7	5.05	MS	1	PB	MS rec
Paul	Mitchinson	35	25-Sep-14	Race 7 Short Handicap	3.65	5.33	M35	1	PB	M35 rec
Gemma	Corbett	34	24-Apr-14	Race 2 Short Handicap	3.65	6.17	WS	2		WS rec
Gemma	Corbett	34	29-May-14	Race 3 Short Handicap	3.65	6.16	WS	2	PB	WS rec
Howard	Wright	75	14-Sep-14	Victory 5	5	9.49	M75	3	PB	M75 rec
Gemma	Corbett	34	11-Jun-14	Hayling Billy 5	5	6.20	WS	2	PB	WS rec
Howard	Wright	75	19-Oct-14	Denmead 10k	6.21 4	10.26	M75	3	PB	M75 rec
Gemma	Corbett	34	24-Mar-14	Eastleigh 10k	6.21 4	6.27	WS	2		WS rec
Gemma	Corbett	34	18-May-14	Bognor 10k	6.21 4	6.21	WS	2		WS rec
Gemma	Corbett	34	08-Jun-14	D Day 10k	6.21 4	6.21	WS	2	PB	WS rec
Russ	Coleman	36	14-Aug-14	Race 5 Long Handicap	7.65	5.54	M35	1		M35 rec
Paul	Mitchinson	35	14-Aug-14	Race 5 Long Handicap	7.65	5.54	M35	1		M35 rec
Russ	Coleman	36	11-Sep-14	Race 6 Long Handicap	7.65	5.53	M35	1		M35 rec
Paul	Mitchinson	35	11-Sep-14	Race 6 Long Handicap	7.65	5.49	M35	1	PB	M35 rec
Howard	Wright	75	10-Apr-14	Race 1 Long Handicap	7.65	11.02	M75	4	PB	M75 rec
Carol	Tolfrey	68	10-Apr-14	Race 1 Long Handicap	7.65	9.08	W65	2		W65 rec
Gemma	Corbett	35	02-Nov-14	Lordshill 10m	10	6.33	W35	1	PB	W35 rec
Jackie	Lloyd	41	02-Nov-14	Lordshill 10m	10	6.29	W40	1	PB	W40 rec
Jackie	Lloyd	41	30-Nov-14	Hayling 10	10	6.33	W40	1		W40 rec
Gemma	Corbett	34	09-Mar-14	Salisbury 10m	10	6.46	WS	2		WS rec
Gemma	Corbett	34	11-May-14	Alton 10m	10	6.48	WS	2		WS rec
John	Gallagher	73	28-Sep-14	Solent Half	13.1	9.22	M70	3		M70 rec
Gemma	Corbett	35	16-Nov-14	Gosport Half Marathon	13.1	6.41	W35	1	PB	W35 rec
Lucy	Smith	37	16-Nov-14	Gosport Half Marathon	13.1	7.25	W35	3	PB	W35 rec
Jackie	Lloyd	41	28-Sep-14	Solent Half	13.1	6.49	W40	1		W40 rec
Jackie	Lloyd	41	16-Nov-14	Gosport Half Marathon	13.1	6.41	W40	1	PB	W40 rec
Belinda	Harding	55	21-Nov-14	Queenstown Marathon	26.2	9.30	W55	3		W55 rec