

Poole Runners Female Marathon PB's as at 1st Jan 2020 (set whilst a member)

Name	Time	Year	Location
Nicki Jones	2:47:57	1993	Dublin
Helen Dyke	2:56:54	2012	London
Sharman Barker	2:58:45	1989	Berlin
Liz Crockford	3:00:06	1989	Berlin
Vicki Ingham	3:02:20	2019	London
Caroline Stanzel	3:03:03	2019	Berlin
Ann Graham	3:03:21	1986	London
Carol Doe	3:08:05	1999	London
Susie Deamer	3:08:57	2016	London
Melanie Langer	3:11:01	2016	NDVM
Daveena Tweed	3:11:50	2002	London
Janice Palmer	3:15:50	2012	London
Helen Ambrosen	3:18:31	2010	Lochaber
Becky Griffith	3:21:03	2009	London
Roz Dwyer	3:23:03	1987	St Albans
Sandy Travers	3:23:39	1989	Gosport
Steph Newbury	3:23:51	2013	Dartmoor
Trina Lindop	3:23:56	2002	London
Ann Couch	3:28:19	1994	London
Sarah Swift	3:29:02	2019	London
Jill Durham	3:29:54	1994	Cherbourg
Leslie Cornish	3:30:09	1986	Wolverhampton
Paula Barker	3:30:27	2017	London
Gemma Bunce	3:32:20	2009	London
Bryony Britten	3:35:44	2010	London
Juliet Kingsford	3:35:58	1991	London
Linda Cox	3:36:07	2000	London
Helen Draper	3:36:53	2019	London
Caroline Brown	3:37:20	1987	London
Kelly Amos	3:37:29	2013	London
Sue Tipping	3:39:10	1999	London
Chris Field	3:39:12	1984	London
Nicki Brayne	3:39:14	1995	Dublin
Miriam Gray	3:41:50	2001	London
Sonia Budd	3:42:29	2013	North Dorset Village
Luretta Spearing	3:44:10	2008	New York
Izabela Shylock	3:44:29	2019	Manchester
Esther Downes	3:44:53	2017	Birmingham
Lucy Tidbury	3:45:23	2014	Loch Ness
Janet Damen	3:46:43	2006	London
Elaine Higgs	3:46:48	2006	London
Kaye Nippard	3:46:58	2013	Berlin
Helen Guerrier	3:48:12	2012	London
Jenny Walker-Leach	3:48:18	2012	New Forest
Elizabeth Sherwood	3:49:32	2013	London

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Kirsty Cooper	3:49:35	2017	Manchester
Marion Marshman	3:50:02	1994	London
Deirdre Bartley	3:50:15	2000	London
Emma Livermore	3:50:49	2016	London
Francesca Christopher Kenway	3:51:10	2017	London
Heather Nethercott	3:51:10	2013	Brighton
Hannah Cook	3:54:36	2009	London
Stephanie Green	3:54:37	2013	Manchester
Angela Brown	3:58:46	2007	Halstead and Essex
Kate Rabjohns	3:58:49	2012	North Dorset Village
Kath Boyes	4:00:03	1989	London
Holly Hayes	4:00:06	1999	London
Mel Carroll	4:01:02	2019	Abingdon
Ginny Palmer	4:01:10	2008	London
Jenny Athol	4:03:32	2001	London
Victoria Blackburn	4:05:10	2012	London
Sue Goodship	4:09:28	2002	London
Katie Phillpotts	4:09:37	2018	Edinburgh
Cathy Day	4:10:16	1988	London
Sue Levett	4:10:20	1996	Paris
Sylvia Beaumont	4:12:09	2001	London
Maggie Taylor	4:13:00	1989	London
Mary Millin	4:14:12	1988	London
Emily Cox	4:14:24	2019	Biurnemouth
Sue Arnold	4:19:02	1998	London
Marion Frampton	4:20:19	2014	London
Gill Walmsley	4:21:06	1993	Paris
Penny Jarvis	4:25:59	2019	London
Annabel Thorne	4:27:11	2014	Brighton
Rowan Young	4:27:41	2018	London
Mona Bradford	4:28:05	1987	London
Rebecca Harrison	4:28:32	2018	Manchester
Anne Towner	4:30:15	1995	Paris
Emma Shore	4:30:56	2014	Paris
Louise Tarrant	4:31:00	2000	South Coast
Lara Elliott	4:34:59	2012	London
Helen Williams	4:35:04	2001	London
Mary Hoskings	4:36:00	2001	Dublin
Corinne Chapman	4:38:33	2006	London
Vicky Jansson	4:38:34	2010	Paris
Laura Bennett	4:39:19	2017	Brighton
Nida Skelton	4:40:03	1986	London
Carole Ingham	4:40:20	2010	London
Jo Penkin	4:40:29	1994	Poole
Betty Hopkins	4:44:06	1993	London
Laura Rosa	4:44:23	2017	London

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Jean Brown	4:45:00	1994	London
Dorothea Russell	4:46:32	2003	London
Fiona Ferenczy	4:48:04	2011	London
June Gent	4:48:17	1997	London
Trish Coombes	4:49:13	2007	Dublin
Jane Chandler	4:50:50	2009	London
Sarah Tuck	4:51:40	2018	London
Verity Brayshaw	4:53:50	1997	London
Debra Bundy	4:54:46	2009	London
Annabel Brooks-Nunne	4:55:57	2012	London
Maria Ozanne	4:56:08	2013	London
Sibil Ball	4:56:20	1999	London
Lynette Etheridge	4:56:47	2010	Clarendon
Sue Wardman	4:59:00	2008	Beachy Head
Helen Davis	5:05:44	2003	London
Sue Barnsly	5:07:10	2002	London
Julie Crawshaw	5:12:59	2010	Farnham Pilgrims'
Denise Montague	5:13:07	1999	London
Sarah Sweatland	5:14:52	2007	Dublin
Mel Espin	5:15:52	2007	Loch Ness
Lynn Arnold	5:18:06	1993	London
Catherine Moyse	5:18:15	2013	London
Kate Towner	5:19:13	2011	Beachy Head
Josie Harris	5:35:54	2018	Dorchester
Kathy Archer	5:36:23	2007	London
Jill Daish	5:45:00	2008	Beachy Head
Linda Dominey	7:40:00	2010	Beachy Head