

## ***Poole Runners Winter 5k Series Known Course Records***

Gender	Cat	Name		Club	Time	Date
M	U20	Colin	McCourt	Bournemouth AC	14:42	07-Nov-03
M	20-39	Angus	McClellan	Team Solent	14:25	30-Mar-01
M	40-44	Mark	Hargraves	Bournemouth AC	15:15	19-Dec-03
M	45-49	Andy	Clements	Poole AC	15:52	12-Nov-04
M	50-54	Martyn	Fisher	Poole AC	16:22	30-Mar-01
M	55-59	Dave	Cartwright	Poole Runners	17:13	12-Nov-04
M	60-64	Malcolm	Reynard	Hardley Runners	17:30	13-Oct-06
M	65-69	Gordon	Wiltshire	City of Salisbury ARC	19:51	19-Dec-03
M	70-74	Gordon	Wiltshire	City of Salisbury ARC	21:13	13-Oct-06
M	75-79	Mick	Anglim	Hardley Runners	25.14	15-Nov-22
M	80-84	Bruce	Davidson	New Forest Runners	28.52	13-Dec-02
M	85-89	Bruce	Davidson	New Forest Runners	37.23	13-Oct-06

Gender	Cat	Name		Club	Time	Date
F	U20	Charlotte	Moore	Bournemouth AC	16:13	26-Mar-04
F	20-34	Louise	Damen	Winchester and District AC	16:36	02-Nov-07
F	35-39	Kath	Bailey	Winchester and District AC	16:56	13-Oct-06
F	40-44	Christine	Thomas	Poole Runners	18:19	26-Mar-04
F	45-49	Janice	Palmer	Poole Runners	18:43	14-Mar-05
F	50-54	Jill	Durham	Poole Runners	20:01	25-Feb-05
F	55-59	Sarah	Barrett	Bournemouth AC	21:29	07-Nov-03
F	60-64	Joan	Royal	Dorset Doodlers	21:30	12-Feb-99
F	65-69	Joan	Royal	Dorset Doodlers	22:34	26-Mar-04
F	70-74	Penny	Jarvis	Poole Runners	23:22	21st Feb 23
F	75 plus	Sarah	Barrett	Poole Runners	25:52:00	21st Feb 23

