

**CLEE THORPES AC  
NEW YEAR'S DAY &  
GUY FAWKES 10K**

**1984 - 2022**

**SUB 40 MINUTES**

**Compiled by  
COLIN WRIGHT**

**WOMEN**

**Position**

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<b>Dyer, Teresa</b>	<b>Peterborough AC</b>	<b>32.43</b>	<b>1993</b>	<b>1</b>	<b>NEW YEAR DAY</b>		<b>CR</b>
<b>Dyer, Teresa</b>	<b>Peterborough AC</b>	<b>33.34</b>	<b>1992</b>	<b>1</b>	<b>GUY FAWKES</b>		<b>CR</b>
<b>Thompson, Joanna</b>	<b>City Of Bath</b>	<b>33.42</b>	<b>1993</b>	<b>1</b>	<b>GUY FAWKES</b>	<b>W35</b>	<b>CAT/R</b>
<b>Catford, Sheila</b>	<b>Leeds City AC</b>	<b>34.18</b>	<b>1988</b>	<b>1</b>	<b>GUY FAWKES</b>		<b>CR</b>
<b>Ellis, Sally</b>	<b>Birchfield Harriers</b>	<b>34.18</b>	<b>1993</b>	<b>2</b>	<b>GUY FAWKES</b>	<b>W35</b>	
<b>Catford, Sheila</b>	<b>Leeds City AC</b>	<b>34.24</b>	<b>1987</b>	<b>1</b>	<b>GUY FAWKES</b>		<b>CR</b>
<b>Bell, Annette</b>	<b>Lincoln Wellington</b>	<b>34.27</b>	<b>1992</b>	<b>2</b>	<b>GUY FAWKES</b>		
<b>Catford, Sheila</b>	<b>Leeds City AC</b>	<b>34.29</b>	<b>1989</b>	<b>1</b>	<b>GUY FAWKES</b>		
<b>Bennett, Kim</b>	<b>Grimsby Harriers</b>	<b>34.32</b>	<b>1992</b>	<b>1</b>	<b>NEW YEAR DAY</b>		<b>CR</b>
<b>Bell, Annette</b>	<b>Lincoln Wellington</b>	<b>34.33</b>	<b>1993</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
<b>Melkevik-Mawer Lisa</b>	<b>Cleethorpes AC</b>	<b>34.45</b>	<b>1992</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
<b>Melkevik-Mawer Lisa</b>	<b>Cleethorpes AC</b>	<b>34.49</b>	<b>1994</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
<b>Bell, Annette</b>	<b>Lincoln Wellington</b>	<b>34.50</b>	<b>1991</b>	<b>1</b>	<b>GUY FAWKES</b>		
<b>Steel, Gemma</b>	<b>Charnwood AC</b>	<b>34.50</b>	<b>2009</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
<b>Mawer, Lisa</b>	<b>Bingley Harriers</b>	<b>34.51</b>	<b>2006</b>	<b>1</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
<b>Newman, Charlotte</b>	<b>Lincoln Wellington</b>	<b>34.53</b>	<b>1993</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
<b>Newman, Charlotte</b>	<b>Lincoln Wellington</b>	<b>34.56</b>	<b>1992</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
<b>Bell, Annette</b>	<b>Lincoln Wellington</b>	<b>34.59</b>	<b>1993</b>	<b>3</b>	<b>GUY FAWKES</b>		
<b>Mawer, Lisa</b>	<b>Bingley Harriers</b>	<b>35.05</b>	<b>2000</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
<b>Melkevik-Mawer Lisa</b>	<b>Cleethorpes AC</b>	<b>35.09</b>	<b>1992</b>	<b>3</b>	<b>GUY FAWKES</b>		
<b>Bell, Annette</b>	<b>Lincoln Wellington</b>	<b>35.09</b>	<b>1994</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
<b>Palmer, Kathy</b>	<b>Grimsby Harriers</b>	<b>35.11</b>	<b>1989</b>	<b>1</b>	<b>NEW YEAR DAY</b>		<b>CR</b>
<b>Melkevik-Mawer Lisa</b>	<b>Cleethorpes AC</b>	<b>35.12</b>	<b>1993</b>	<b>4</b>	<b>GUY FAWKES</b>		
<b>Hayward, Melanie</b>	<b>Beverley AC</b>	<b>35.18</b>	<b>2004</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
<b>Joiner, Angela</b>	<b>Lincoln Wellington</b>	<b>35.22</b>	<b>1993</b>	<b>4</b>	<b>NEW YEAR DAY</b>		

	<b>Newman, Charlotte</b>	<b>Lincoln Wellington</b>	<b>35.25</b>	<b>1991</b>	<b>2</b>	<b>GUY FAWKES</b>		
	<b>Dyer, Teresa</b>	<b>Peterborough AC</b>	<b>35.28</b>	<b>1993</b>	<b>5</b>	<b>GUY FAWKES</b>		
	<b>Cowper, Sophie</b>	<b>Rotherham Harriers</b>	<b>35.32</b>	<b>2018</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Briggs, Becky</b>	<b>City Of Hull</b>	<b>35.34</b>	<b>2022</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Burns, Natalie</b>	<b>Lincoln Wellington</b>	<b>35.37</b>	<b>2016</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Bell, Annette</b>	<b>Lincoln Wellington</b>	<b>35.41</b>	<b>1990</b>	<b>1</b>	<b>GUY FAWKES</b>		
	<b>Bell, Annette</b>	<b>Lincoln Wellington</b>	<b>35.48</b>	<b>1989</b>	<b>2</b>	<b>GUY FAWKES</b>		
	<b>Mawer, Lisa</b>	<b>Cleethorpes AC</b>	<b>35.52</b>	<b>1994</b>	<b>1</b>	<b>GUY FAWKES</b>		
	<b>Bennett, Kim</b>	<b>U/A</b>	<b>35.53</b>	<b>1994</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Newman, Charlotte</b>	<b>Lincoln Wellington</b>	<b>35.55</b>	<b>1989</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Naisby, Carolyn</b>	<b>Houghton Harriers</b>	<b>35.55</b>	<b>1991</b>	<b>3</b>	<b>GUY FAWKES</b>		
	<b>Farrow, Natalie</b>	<b>Cleethorpes AC</b>	<b>35.57</b>	<b>2009</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Newman, Charlotte</b>	<b>Lincoln Wellington</b>	<b>36.01</b>	<b>1992</b>	<b>4</b>	<b>GUY FAWKES</b>		
	<b>Bennett, Kim</b>	<b>Grimsby Harriers</b>	<b>36.04</b>	<b>1993</b>	<b>5</b>	<b>NEW YEAR DAY</b>		
	<b>Moody, Janice</b>	<b>Sale</b>	<b>36.05</b>	<b>1990</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Shields, Jane</b>	<b>Sheffield AC</b>	<b>36.10</b>	<b>1995</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Edwards, Sandra</b>	<b>Lincoln Wellington</b>	<b>36.13</b>	<b>1993</b>	<b>6</b>	<b>NEW YEAR DAY</b>		
	<b>Steel, Gemma</b>	<b>Hermitage Harriers</b>	<b>36.14</b>	<b>2008</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Bennett, Kim</b>	<b>Grimsby Harriers</b>	<b>36.23</b>	<b>1989</b>	<b>3</b>	<b>GUY FAWKES</b>		
	<b>Baker, Denise</b>	<b>Bridlington</b>	<b>36.24</b>	<b>1988</b>	<b>1</b>	<b>NEW YEAR DAY</b>		<b>CR</b>
	<b>Hatch, Sharon</b>	<b>Irvine Cable AC</b>	<b>36.24</b>	<b>1993</b>	<b>6</b>	<b>GUY FAWKES</b>		
	<b>Ellmore, Daphne</b>	<b>Wolds Veteran RC</b>	<b>36.24</b>	<b>2002</b>	<b>1</b>	<b>NEW YEAR DAY</b>	<b>W50</b>	<b>CAT/R</b>
	<b>Hayward, Melanie</b>	<b>Beverley AC</b>	<b>36.26</b>	<b>2008</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Bennett, Kim</b>	<b>Grimsby Harriers</b>	<b>36.27</b>	<b>1992</b>	<b>5</b>	<b>GUY FAWKES</b>		
	<b>Wallis, Sophie</b>	<b>Lincoln Wellington</b>	<b>36.30</b>	<b>2022</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Colebrook, Jane</b>	<b>Grimsby Harriers</b>	<b>36.34</b>	<b>1993</b>	<b>7</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	<b>CAT/R</b>
	<b>Mawer, Lisa</b>	<b>Bingley Harriers</b>	<b>36.35</b>	<b>2001</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Hayward, Melanie</b>	<b>Beverley AC</b>	<b>36.35</b>	<b>2006</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Colebrook, Katrina</b>	<b>Grimsby Harriers</b>	<b>36.36</b>	<b>1993</b>	<b>7</b>	<b>GUY FAWKES</b>	<b>W35</b>	
	<b>Atkinson, Pauline</b>	<b>Massey Ferguson Ladies</b>	<b>36.37</b>	<b>1988</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Aisthorpe, Vanessa</b>	<b>Cleethorpes AC</b>	<b>36.38</b>	<b>1994</b>	<b>4</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Cheshire, Klachen</b>	<b>Rotherham Harriers</b>	<b>36.38</b>	<b>2008</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Palmer, Kathy</b>	<b>Grimsby Harriers</b>	<b>36.39</b>	<b>1993</b>	<b>8</b>	<b>NEW YEAR DAY</b>		
	<b>Burns, Natalie</b>	<b>Lincoln Wellington</b>	<b>36.39</b>	<b>2017</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Palmer, Kathy</b>	<b>Grimsby Harriers</b>	<b>36.40</b>	<b>1992</b>	<b>6</b>	<b>GUY FAWKES</b>		

	<b>Weston, Georgina</b>	<b>Rotherham Harriers</b>	<b>36.41</b>	<b>2020</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Williams, Jo</b>	<b>Lothian</b>	<b>36.48</b>	<b>2019</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Bennett, Kim</b>	<b>Grimsby Harriers</b>	<b>36.50</b>	<b>1990</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Colebrook, Jane</b>	<b>Grimsby Harriers</b>	<b>36.51</b>	<b>1994</b>	<b>5</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Blizard, Jenny</b>	<b>Rotherham Harriers</b>	<b>36.52</b>	<b>2018</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	
	<b>Finch, Katrina</b>	<b>Grimsby Harriers</b>	<b>36.56</b>	<b>1988</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Joiner, Angela</b>	<b>Lincoln Wellington</b>	<b>36.56</b>	<b>1992</b>	<b>7</b>	<b>GUY FAWKES</b>		
	<b>Mawer, Lisa</b>	<b>Bingley Harriers</b>	<b>36.56</b>	<b>2008</b>	<b>4</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Aisthorpe, Vanessa</b>	<b>Cleethorpes AC</b>	<b>36.57</b>	<b>1993</b>	<b>8</b>	<b>GUY FAWKES</b>	<b>W35</b>	
	<b>Mawer, Lisa</b>	<b>Wetherby Runners AC</b>	<b>36.57</b>	<b>2009</b>	<b>3</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	
	<b>Bennett, Kim</b>	<b>Grimsby Harriers</b>	<b>36.58</b>	<b>1989</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Newman, Charlotte</b>	<b>Lincoln Wellington</b>	<b>36.58</b>	<b>1990</b>	<b>2</b>	<b>GUY FAWKES</b>		
	<b>Shaw, D</b>	<b>Stilton Striders</b>	<b>36.58</b>	<b>1995</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Edwards, Sandra</b>	<b>Lincoln Wellington</b>	<b>37.00</b>	<b>1994</b>	<b>6</b>	<b>NEW YEAR DAY</b>		
	<b>Mawer, Lisa</b>	<b>Harrogate Imperial</b>	<b>37.00</b>	<b>1998</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Mawer, Lisa</b>	<b>Wetherby Runners AC</b>	<b>37.00</b>	<b>2010</b>	<b>1</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	
	<b>Blizard, Jenny</b>	<b>Rotherham Harriers</b>	<b>37.01</b>	<b>2019</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	
	<b>Joiner, Angela</b>	<b>Lincoln Wellington</b>	<b>37.02</b>	<b>1991</b>	<b>4</b>	<b>GUY FAWKES</b>		
	<b>Gallop, Rebecca</b>	<b>Newark AC</b>	<b>37.02</b>	<b>2022</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Hay, Carolyn</b>	<b>Redhill RR</b>	<b>37.03</b>	<b>2008</b>	<b>5</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Hay, Carolyn</b>	<b>Redhill RR</b>	<b>37.05</b>	<b>2009</b>	<b>4</b>	<b>NEW YEAR DAY</b>		
	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>37.06</b>	<b>2003</b>	<b>1</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Ellmore, Daphne</b>	<b>Wolds Veteran RC</b>	<b>37.08</b>	<b>2003</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W50</b>	
	<b>Finch, Katrina</b>	<b>Grimsby Harriers</b>	<b>37.09</b>	<b>1991</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Dyer, Teresa</b>	<b>Peterborough AC</b>	<b>37.10</b>	<b>1995</b>	<b>3</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Hayward, Melanie</b>	<b>East Hull Harriers</b>	<b>37.10</b>	<b>1996</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Edwards, Sandra</b>	<b>Lincoln Wellington</b>	<b>37.10</b>	<b>2000</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Colebrook, Katrina</b>	<b>Grimsby Harriers</b>	<b>37.11</b>	<b>1992</b>	<b>8</b>	<b>GUY FAWKES</b>		
	<b>Guscott-Trout, Lisa</b>	<b>Knivesmire Harriers</b>	<b>37.14</b>	<b>2003</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Bennett, Kim</b>	<b>Grimsby Harriers</b>	<b>37.16</b>	<b>1990</b>	<b>3</b>	<b>GUY FAWKES</b>		
	<b>Bennett, Kim</b>	<b>Grimsby Harriers</b>	<b>37.17</b>	<b>1988</b>	<b>2</b>	<b>GUY FAWKES</b>		
	<b>Colebrook, Katrina</b>	<b>Grimsby Harriers</b>	<b>37.18</b>	<b>1990</b>	<b>4</b>	<b>GUY FAWKES</b>		
	<b>Palmer, Kathy</b>	<b>Grimsby Harriers</b>	<b>37.19</b>	<b>1991</b>	<b>5</b>	<b>GUY FAWKES</b>		
	<b>Palmer, Kathy</b>	<b>Grimsby Harriers</b>	<b>37.20</b>	<b>1986</b>	<b>1</b>	<b>NEW YEAR DAY</b>		<b>ICR</b>
	<b>Burns, Natalie</b>	<b>Lincoln Wellington</b>	<b>37.21</b>	<b>2022</b>	<b>4</b>	<b>NEW YEAR DAY</b>		

	<b>Ellmore, Daphne</b>	<b>Wolds Veteran RC</b>	<b>37.22</b>	<b>2001</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W50</b>	<b>CAT/R</b>
	<b>Aisthorpe, Vanessa</b>	<b>Cleethorpes AC</b>	<b>37.23</b>	<b>1996</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Farrow, Natalie</b>	<b>Cleethorpes AC</b>	<b>37.25</b>	<b>2010</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Palmer, Kathy</b>	<b>Grimsby Harriers</b>	<b>37.29</b>	<b>1985</b>	<b>1</b>	<b>GUY FAWKES</b>		<b>CR</b>
	<b>Finch, Jane</b>	<b>Grimsby Harriers</b>	<b>37.29</b>	<b>1987</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Colebrook, Jane</b>	<b>Wolds Veteran RC</b>	<b>37.33</b>	<b>1996</b>	<b>3</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Melkevik, Lisa</b>	<b>Cleethorpes AC</b>	<b>37.39</b>	<b>1990</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Edwards, Sandra</b>	<b>Lincoln Wellington</b>	<b>37.39</b>	<b>1991</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Wild, Carol</b>	<b>Hallamshire Harriers</b>	<b>37.40</b>	<b>1996</b>	<b>4</b>	<b>NEW YEAR DAY</b>	<b>W50</b>	<b>CAT/R</b>
	<b>Burns, Natalie</b>	<b>Lincoln Wellington</b>	<b>37.43</b>	<b>2015</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Bennett, Kim</b>	<b>Grimsby Harriers</b>	<b>37.44</b>	<b>1987</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Aisthorpe, Vanessa</b>	<b>Cleethorpes AC</b>	<b>37.47</b>	<b>1993</b>	<b>9</b>	<b>NEW YEAR DAY</b>		
	<b>Blizard, Jenny</b>	<b>Rotherham Harriers</b>	<b>37.47</b>	<b>2022</b>	<b>5</b>	<b>NEW YEAR DAY</b>		
	<b>Rushmere, Linda</b>	<b>Redhill RR</b>	<b>37.49</b>	<b>1992</b>	<b>9</b>	<b>GUY FAWKES</b>		
	<b>Farrow, Natalie</b>	<b>Lincoln Wellington</b>	<b>37.49</b>	<b>2013</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Bennett, Kim</b>	<b>Grimsby Harriers</b>	<b>37.50</b>	<b>1993</b>	<b>9</b>	<b>GUY FAWKES</b>		
	<b>Finch, Katrina</b>	<b>Grimsby Harriers</b>	<b>37.51</b>	<b>1992</b>	<b>4</b>	<b>NEW YEAR DAY</b>		
	<b>Blizard, Jenny</b>	<b>Rotherham Harriers</b>	<b>37.51</b>	<b>2017</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	
	<b>Aisthorpe, Vanessa</b>	<b>Cleethorpes AC</b>	<b>37.56</b>	<b>1992</b>	<b>5</b>	<b>NEW YEAR DAY</b>		
	<b>Colebrook, Jane</b>	<b>Wolds Veteran RC</b>	<b>37.57</b>	<b>1994</b>	<b>2</b>	<b>GUY FAWKES</b>	<b>W35</b>	
	<b>France, Debbie</b>	<b>Hull Achilles</b>	<b>37.58</b>	<b>1989</b>	<b>4</b>	<b>GUY FAWKES</b>		
	<b>Edwards, Sandra</b>	<b>Lincoln Wellington</b>	<b>37.59</b>	<b>1993</b>	<b>10</b>	<b>GUY FAWKES</b>		
	<b>Gallop, Rebecca</b>	<b>Newark AC</b>	<b>37.59</b>	<b>2018</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Pearson, Keri</b>	<b>Rotherham Harriers</b>	<b>38.01</b>	<b>2019</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Stones, Janine</b>	<b>Mablethorpe RC</b>	<b>38.03</b>	<b>2009</b>	<b>5</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Bartlett, Natalia</b>	<b>Cleethorpes AC</b>	<b>38.04</b>	<b>1995</b>	<b>4</b>	<b>NEW YEAR DAY</b>		
	<b>Hindley, Janet</b>	<b>Rotherham Harriers</b>	<b>38.05</b>	<b>2000</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Ellmore, Daphne</b>	<b>Wolds Veteran RC</b>	<b>38.05</b>	<b>2000</b>	<b>4</b>	<b>NEW YEAR DAY</b>	<b>W45</b>	<b>CAT/R</b>
	<b>Harris, Samantha</b>	<b>Valley Striders</b>	<b>38.05</b>	<b>2006</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Fenwick, Fay</b>	<b>Grimsby Harriers</b>	<b>38.07</b>	<b>1993</b>	<b>10</b>	<b>NEW YEAR DAY</b>		
	<b>Day, Louise</b>	<b>Stanford Harriers</b>	<b>38.09</b>	<b>2000</b>	<b>5</b>	<b>NEW YEAR DAY</b>		
	<b>Ellmore, Daphne</b>	<b>Wolds Veteran RC</b>	<b>38.09</b>	<b>2009</b>	<b>6</b>	<b>NEW YEAR DAY</b>	<b>W55</b>	<b>CAT/R</b>
	<b>Edwards, Sandra</b>	<b>Lincoln Wellington</b>	<b>38.12</b>	<b>1991</b>	<b>6</b>	<b>GUY FAWKES</b>		
	<b>Palmer, Kathy</b>	<b>Grimsby Harriers</b>	<b>38.14</b>	<b>1992</b>	<b>6</b>	<b>NEW YEAR DAY</b>		
	<b>Aisthorpe, Vanessa</b>	<b>Cleethorpes AC</b>	<b>38.14</b>	<b>1992</b>	<b>10</b>	<b>GUY FAWKES</b>		

	<b>Palmer, Kathy</b>	<b>Grimsby Harriers</b>	<b>38.21</b>	<b>1991</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Bargh, Nicola</b>	<b>Omega RC</b>	<b>38.23</b>	<b>1991</b>	<b>4</b>	<b>NEW YEAR DAY</b>		
	<b>Colebrook, Jane</b>	<b>Wolds Veteran RC</b>	<b>38.23</b>	<b>1995</b>	<b>5</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Aisthorpe, Vanessa</b>	<b>Cleethorpes AC</b>	<b>38.24</b>	<b>1991</b>	<b>5</b>	<b>NEW YEAR DAY</b>		
	<b>Colebrook, Jane</b>	<b>Grimsby Harriers</b>	<b>38.26</b>	<b>1991</b>	<b>7</b>	<b>GUY FAWKES</b>		
	<b>Hatch, Sharon</b>	<b>Sparta</b>	<b>38.26</b>	<b>1998</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Ellmore, Daphne</b>	<b>Wolds Veteran RC</b>	<b>38.30</b>	<b>2004</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W50</b>	
	<b>Taylor, Tana</b>	<b>Peterborough AC</b>	<b>38.31</b>	<b>2005</b>	<b>1</b>	<b>NEW YEAR DAY</b>		
	<b>Bartlett, Natalia</b>	<b>Cleethorpes AC</b>	<b>38.34</b>	<b>1994</b>	<b>4</b>	<b>GUY FAWKES</b>		
	<b>Smith, Caroline</b>	<b>U/A</b>	<b>38.34</b>	<b>2014</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Barclay, Daphne</b>	<b>Wolds Veteran RC</b>	<b>38.38</b>	<b>1999</b>	<b>1</b>	<b>NEW YEAR DAY</b>	<b>W45</b>	<b>CAT/R</b>
	<b>Day, Joanna</b>	<b>City Of Hull</b>	<b>38.39</b>	<b>1990</b>	<b>4</b>	<b>NEW YEAR DAY</b>		
	<b>Taylor, Beth</b>	<b>U/A</b>	<b>38.39</b>	<b>2020</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Taylor, Tana</b>	<b>Stamford Harriers</b>	<b>38.42</b>	<b>2002</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Day, Louise</b>	<b>Stanford Harriers</b>	<b>38.42</b>	<b>2003</b>	<b>4</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	
	<b>Jackson, Beverley</b>	<b>East Hull Harriers</b>	<b>38.44</b>	<b>1994</b>	<b>5</b>	<b>GUY FAWKES</b>		
	<b>Melkevik-Mawer Lisa</b>	<b>Cleethorpes AC</b>	<b>38.45</b>	<b>1989</b>	<b>5</b>	<b>GUY FAWKES</b>		
	<b>Bennett, Kim</b>	<b>Grimsby Harriers</b>	<b>38.46</b>	<b>1987</b>	<b>5</b>	<b>GUY FAWKES</b>		
	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>38.46</b>	<b>2006</b>	<b>4</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Blizard, Jenny</b>	<b>Rotherham Harriers</b>	<b>38.46</b>	<b>2014</b>	<b>1</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Fenwick, Fay</b>	<b>Grimsby Harriers</b>	<b>38.48</b>	<b>1992</b>	<b>11</b>	<b>GUY FAWKES</b>		
	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>38.49</b>	<b>2007</b>	<b>1</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Fenwick, Fay</b>	<b>Grimsby Harriers</b>	<b>38.53</b>	<b>1992</b>	<b>7</b>	<b>NEW YEAR DAY</b>		
	<b>Ellmore, Daphne</b>	<b>Wolds Veteran RC</b>	<b>38.53</b>	<b>2005</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W50</b>	
	<b>Gustard, Beverley</b>	<b>Cleethorpes AC</b>	<b>38.54</b>	<b>1990</b>	<b>5</b>	<b>NEW YEAR DAY</b>		
	<b>Hay, Carolyn</b>	<b>Redhill RR</b>	<b>38.54</b>	<b>2020</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Anderson, Sue</b>	<b>Grimsby Harriers</b>	<b>38.55</b>	<b>1988</b>	<b>3</b>	<b>GUY FAWKES</b>		
	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>38.56</b>	<b>2008</b>	<b>6</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	
	<b>Kirtley, Ann</b>	<b>Hallamshire Harriers</b>	<b>38.57</b>	<b>2003</b>	<b>5</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>38.59</b>	<b>2002</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Oxley, Janet</b>	<b>Rotherham Harriers</b>	<b>39.01</b>	<b>1994</b>	<b>6</b>	<b>GUY FAWKES</b>		
	<b>Leonard, Rachel</b>	<b>Steel City Striders</b>	<b>39.04</b>	<b>1987</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Fenwick, Fay</b>	<b>Grimsby Harriers</b>	<b>39.04</b>	<b>1991</b>	<b>8</b>	<b>GUY FAWKES</b>		
	<b>Barclay, Daphne</b>	<b>Wolds Veteran RC</b>	<b>39.04</b>	<b>1994</b>	<b>7</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	<b>CAT/R</b>
	<b>Mawer, Lisa</b>	<b>Wetherby Runners AC</b>	<b>39.05</b>	<b>2012</b>	<b>1</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	

	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>39.05</b>	<b>2013</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W45</b>	
	<b>Ellmore, Daphne</b>	<b>Wolds Veteran RC</b>	<b>39.07</b>	<b>2006</b>	<b>5</b>	<b>NEW YEAR DAY</b>	<b>W55</b>	<b>CAT/R</b>
	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>39.07</b>	<b>2012</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	
	<b>Bell, Annette</b>	<b>Lincoln Wellington</b>	<b>39.09</b>	<b>2002</b>	<b>4</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Bell, Annette</b>	<b>Lincoln Wellington</b>	<b>39.10</b>	<b>1998</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Goggin, Anne</b>	<b>Mullingar Harriers</b>	<b>39.11</b>	<b>1994</b>	<b>8</b>	<b>NEW YEAR DAY</b>		
	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>39.12</b>	<b>2011</b>	<b>1</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	
	<b>Palmer, Kathy</b>	<b>U/A</b>	<b>39.13</b>	<b>1994</b>	<b>9</b>	<b>NEW YEAR DAY</b>		
	<b>Farrow, Natalie</b>	<b>Cleethorpes AC</b>	<b>39.13</b>	<b>2008</b>	<b>7</b>	<b>NEW YEAR DAY</b>		
	<b>Dews, Jacqui</b>	<b>Holmfirth H</b>	<b>39.13</b>	<b>2009</b>	<b>7</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Stones, Janine</b>	<b>Mablethorpe RC</b>	<b>39.13</b>	<b>2010</b>	<b>3</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Bolton, Helen</b>	<b>Grimsby Harriers</b>	<b>39.15</b>	<b>1987</b>	<b>3</b>	<b>GUY FAWKES</b>		
	<b>Aisthorpe, Vanessa</b>	<b>Cleethorpes AC</b>	<b>39.16</b>	<b>1990</b>	<b>5</b>	<b>GUY FAWKES</b>		
	<b>Goggin, Anne</b>	<b>Retford AC</b>	<b>39.16</b>	<b>1995</b>	<b>6</b>	<b>NEW YEAR DAY</b>		
	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>39.16</b>	<b>2001</b>	<b>3</b>	<b>NEW YEAR DAY</b>		
	<b>Hay, Carolyn</b>	<b>Redhill RR</b>	<b>39.17</b>	<b>2019</b>	<b>4</b>	<b>NEW YEAR DAY</b>	<b>W45</b>	
	<b>Gustard, Beverley</b>	<b>Cleethorpes AC</b>	<b>39.18</b>	<b>1992</b>	<b>12</b>	<b>GUY FAWKES</b>		
	<b>Anderson, Janice</b>	<b>Grantham AC</b>	<b>39.19</b>	<b>1994</b>	<b>10</b>	<b>NEW YEARS DAY</b>	<b>W40</b>	
	<b>Aisthorpe, Vanessa</b>	<b>Cleethorpes AC</b>	<b>39.21</b>	<b>1991</b>	<b>9</b>	<b>GUY FAWKES</b>		
	<b>Taylor, Tana</b>	<b>Stamford Harriers</b>	<b>39.22</b>	<b>2003</b>	<b>6</b>	<b>NEW YEAR DAY</b>		
	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>39.22</b>	<b>2004</b>	<b>3</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Farrow, Natalie</b>	<b>Cleethorpes AC</b>	<b>39.22</b>	<b>2007</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Garrison, Hilary</b>	<b>U/A</b>	<b>39.23</b>	<b>1993</b>	<b>11</b>	<b>NEW YEAR DAY</b>		
	<b>McEwan, C</b>	<b>Holbeach AC</b>	<b>39.24</b>	<b>1987</b>	<b>4</b>	<b>NEW YEAR DAY</b>		
	<b>Fenwick, Fay</b>	<b>Grimsby Harriers</b>	<b>39.25</b>	<b>1993</b>	<b>11</b>	<b>GUY FAWKES</b>		
	<b>Hill, Nicola</b>	<b>Newton Abbots</b>	<b>39.27</b>	<b>2005</b>	<b>3</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Stephens, Rebecca</b>	<b>Cleethorpes AC</b>	<b>39.28</b>	<b>1992</b>	<b>8</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	<b>CAT/R</b>
	<b>Cooke, Francis</b>	<b>March Braza AC</b>	<b>39.28</b>	<b>1994</b>	<b>7</b>	<b>GUY FAWKES</b>		
	<b>Anderson, Sue</b>	<b>Grimsby Harriers</b>	<b>39.29</b>	<b>1987</b>	<b>4</b>	<b>GUY FAWKES</b>		
	<b>Duffield, Celia</b>	<b>Hull Achilles</b>	<b>39.29</b>	<b>1989</b>	<b>6</b>	<b>GUY FAWKES</b>		
	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>39.30</b>	<b>2014</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W45</b>	
	<b>Bennett, Kim</b>	<b>Grimsby Harriers</b>	<b>39.31</b>	<b>1988</b>	<b>4</b>	<b>NEW YEAR DAY</b>		
	<b>Finch, Katrina</b>	<b>Grimsby Harriers</b>	<b>39.31</b>	<b>1990</b>	<b>6</b>	<b>NEW YEAR DAY</b>		
	<b>Palmer, Kathy</b>	<b>Grimsby Harriers</b>	<b>39.32</b>	<b>1988</b>	<b>5</b>	<b>NEW YEAR DAY</b>		
	<b>Johnson, Denise</b>	<b>Spensorough &amp; District AC</b>	<b>39.32</b>	<b>1995</b>	<b>7</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	

	<b>Fox, Nicola</b>	<b>Cleethorpes AC</b>	<b>39.32</b>	<b>1995</b>	<b>8</b>	<b>NEW YEAR DAY</b>		
	<b>Johnson, Denise</b>	<b>Skyrac</b>	<b>39.33</b>	<b>1990</b>	<b>6</b>	<b>GUY FAWKES</b>		
	<b>Brown, Barbara</b>	<b>Grimsby Harriers</b>	<b>39.34</b>	<b>1985</b>	<b>2</b>	<b>GUY FAWKES</b>		
	<b>Anderson, Sue</b>	<b>Grimsby Harriers</b>	<b>39.34</b>	<b>1990</b>	<b>7</b>	<b>GUY FAWKES</b>		
	<b>Ellmore, Daphne</b>	<b>Wolds Veteran RC</b>	<b>39.34</b>	<b>2007</b>	<b>3</b>	<b>NEW YEAR DAY</b>	<b>W55</b>	
	<b>Powell, Karen</b>	<b>Les Croupier</b>	<b>39.34</b>	<b>1986</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Taylor, Tana</b>	<b>Nene Valley Harriers</b>	<b>39.34</b>	<b>2006</b>	<b>6</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Melkevik-Mawer Lisa</b>	<b>Cleethorpes AC</b>	<b>39.35</b>	<b>1988</b>	<b>4</b>	<b>GUY FAWKES</b>		
	<b>Bexon, Karen</b>	<b>Goole Vikings</b>	<b>39.35</b>	<b>2005</b>	<b>4</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	
	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>39.36</b>	<b>2016</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W45</b>	
	<b>Ely, Sharon</b>	<b>Cleethorpes AC</b>	<b>39.37</b>	<b>1988</b>	<b>6</b>	<b>NEW YEAR DAY</b>		
	<b>Johnson-Denise</b>	<b>Skyrac</b>	<b>39.37</b>	<b>1991</b>	<b>10</b>	<b>GUY FAWKES</b>		
	<b>Fenwick, Fay</b>	<b>U/A</b>	<b>39.41</b>	<b>1991</b>	<b>6</b>	<b>NEW YEAR DAY</b>		
	<b>Desforges, Sarah</b>	<b>Hull Achilles</b>	<b>39.42</b>	<b>1988</b>	<b>5</b>	<b>GUY FAWKES</b>		
	<b>Pickersgill, Barbara</b>	<b>Friskney &amp; District Harrier</b>	<b>39.45</b>	<b>1990</b>	<b>7</b>	<b>NEW YEAR DAY</b>		
	<b>Norris, Judy</b>	<b>Holbeach AC</b>	<b>39.45</b>	<b>1992</b>	<b>13</b>	<b>GUY FAWKES</b>	<b>W40</b>	<b>CAT/R</b>
	<b>Hill, Rebecca</b>	<b>City of Hull</b>	<b>39.45</b>	<b>2007</b>	<b>4</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Ottley, Jill</b>	<b>Cleethorpes AC</b>	<b>39.45</b>	<b>2019</b>	<b>5</b>	<b>NEW YEAR DAY</b>	<b>W45</b>	
	<b>Bell, Annette</b>	<b>Lincoln Wellington</b>	<b>39.46</b>	<b>2000</b>	<b>6</b>	<b>NEW YEAR DAY</b>		
	<b>Palmer, Kathy</b>	<b>Grimsby Harriers</b>	<b>39.47</b>	<b>1984</b>	<b>1</b>	<b>GUY FAWKES</b>		<b>CR</b>
	<b>Aisthorpe, Vanessa</b>	<b>Cleethorpes AC</b>	<b>39.48</b>	<b>1990</b>	<b>8</b>	<b>NEW YEAR DAY</b>		
	<b>Brown, Barbara</b>	<b>Grimsby Harriers</b>	<b>39.49</b>	<b>1987</b>	<b>5</b>	<b>GUY FAWKES</b>	<b>W35</b>	<b>CAT/R</b>
	<b>Curl, Tracey</b>	<b>Norwich RR</b>	<b>39.49</b>	<b>2009</b>	<b>8</b>	<b>NEW YEAR DAY</b>	<b>W45</b>	
	<b>Jackson, Beverley</b>	<b>U/A</b>	<b>39.52</b>	<b>1991</b>	<b>11</b>	<b>GUY FAWKES</b>		
	<b>Khoueir, Jacqui</b>	<b>Holmfirth H</b>	<b>39.52</b>	<b>2011</b>	<b>2</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Goodwin, Beverley</b>	<b>Grimsby Harriers</b>	<b>39.54</b>	<b>1987</b>	<b>6</b>	<b>GUY FAWKES</b>		
	<b>Barclay, Daphne</b>	<b>Wolds Veteran RC</b>	<b>39.54</b>	<b>1993</b>	<b>12</b>	<b>GUY FAWKES</b>	<b>W40</b>	
	<b>Stones, Janine</b>	<b>Mablethorpe RC</b>	<b>39.54</b>	<b>2008</b>	<b>8</b>	<b>NEW YEAR DAY</b>	<b>W35</b>	
	<b>Hay, Carolyn</b>	<b>Redhill RR</b>	<b>39.55</b>	<b>2022</b>	<b>6</b>	<b>NEW YEAR DAY</b>		
	<b>Fenwick, Fay</b>	<b>Grimsby Harriers</b>	<b>39.56</b>	<b>1995</b>	<b>9</b>	<b>NEW YEAR DAY</b>		
	<b>Fenwick, Fay</b>	<b>Grimsby Harriers</b>	<b>39.57</b>	<b>1999</b>	<b>2</b>	<b>NEW YEAR DAY</b>		
	<b>Norris, Judy</b>	<b>Holbeach AC</b>	<b>39.58</b>	<b>1993</b>	<b>12</b>	<b>NEW YEAR DAY</b>	<b>W40</b>	<b>CAT/R</b>
	<b>Baldwin, Jayne</b>	<b>Doncaster AC</b>	<b>39.58</b>	<b>2014</b>	<b>3</b>	<b>NEW YEAR DAY</b>	<b>W45</b>	
	<b>Wilson, Beverley</b>	<b>Cleethorpes AC</b>	<b>39.58</b>	<b>2015</b>	<b>3</b>	<b>NEW YEAR DAY</b>	<b>W45</b>	
	<b>Stephens, Rebecca</b>	<b>Cleethorpes AC</b>	<b>39.59</b>	<b>1991</b>	<b>12</b>	<b>GUY FAWKES</b>	<b>W35</b>	

	<b>Most Prolific Sub 40</b>	<b>Nee</b>
<b>16</b>	<b>Lisa Mawer</b>	<b>Melkevik</b>
<b>15</b>	<b>Beverley Wilson</b>	<b>Gustard</b>
<b>13</b>	<b>Kim Bennett</b>	
<b>12</b>	<b>Daphne Ellmore</b>	<b>Barclay</b>
<b>11</b>	<b>Kathy Palmer</b>	
<b>10</b>	<b>Annette Bell</b>	
<b>10</b>	<b>Vanessa Aisthorpe</b>	
<b>9</b>	<b>Natalie Burns</b>	<b>Farrow</b>
<b>8</b>	<b>Fay Fenwck</b>	
<b>7</b>	<b>Jane Colebrook</b>	<b>Finch</b>
<b>6</b>	<b>Charlotte Newman</b>	
<b>6</b>	<b>Sandra Edwards</b>	