2009 SEASON BEST PERFORMANCES (in club champ races) SWRR

Age group	3k	5k	10k	10 mile	1/2 marathon	Full marathon
Senior Male	Tom Merson 8m 56s race 5	Mathew Clark 16m 38s race 8	Sam Hopton 34m 56s race 16	Tom Merson 52m 13s race 2	Tom Merson 68m 43s race 6	
	M Clark/J Waldron (=) 9m 39s race 5	Sam Hopton 16m 51s race 8	James Bellward 35m 11s race 18	Ben Partridge 57m 09s race 2	Mathew Clark 73m 58s race 6	
Male Vet 40 - 49	Ian Pang 10m 15s race 5		Martin Shapland 34m 54s race 9	Andy Jones 59m 31s race 23W	Andy Jones 80m 43s race 4	Andy Jones 177m 14s race 6
			Ian Pang 36m 44s race 23W	Nic Einchcomb 61m 52s race 17	Mark Rice 81m 27s race 6	
Male Vet 50 - 59	Dave Moulder 11m 20s race 24W	Alek Lach 20m 11s race 24W	Dave Phillips 39m 54s race 9	Pete Daniel 65m 35s race 24W	Pete Daniel 86m 43s race 8	
	Alek Lach 11m 47s race 5	Neil Lawson 21m 38s race 8	Richard Westgate 42m 50s race 7	Pete Williams 76m 19s race 2	Dave Moulder 92m 51s race 20	
Male Vet 60+	Mark Waddicor 14m 20s race 5	Rob Millward 21m25s race24W m/t	Rob Millward 43m 35s race 19		Lewis Jones 89m 07s race 20	
			Mark Waddicor 49m 27s race 7		John Mitchell 106m 35s race 8	
Senior Female				Lucy Commander 60m 53s race 2	Lucy Commander 84m 10s race20	
					Jennifer Burton 98m 58s race 8	
Female Vet 35 -44	Lucy Bolt 14m 02s race 5		Jo Pearce 44m 01s race 9	Jayne Lockwood 83m 56s race 2	Jo Pearce 95m 42s race 8	
			Davina Blanchard 45m 33s race 9		Claire Gallup 97m 50s race 4	
Female Vet 45 -54	Karen Cook 11m 23s race 5		Karen Cook 41m 28s race 18	Julie Hedges 77m 48s race 2	Karen Cook 91m 57s race 6	
	Kathryn Hough 12m 35s race 5		Kathryn Hough 46m 10s race 7		Nicola Hammond 93m 32s race 8	
Female Vet 55+					Marilyn Spurr 144m 45s race 10	

A selection of season best performances as indicated by results from the SWRR championship races. Best 2 runners in each category.