

**Les Croupiers Running Club**  
**All Time Ranking List - 1 mile**  
**Women Athletes - Qualification 7:45 (updated 31 Dec 2014)**

<b>Rank</b>	<b>Athlete</b>	<b>Time</b>	<b>Venue</b>	<b>Date</b>
1	Veronica Singleton	05:34	Canton Mile	20/06/1989
2	Claire Beatty	05:36	Summer Series 1 mile	02/05/2014
3	Katie Beecher	05:41	1 Mile Time Trial	27/04/2012
4	Jen Salter	05:42	1 Mile Time Trial	30/08/2013
5	Mel Dando	05:45	1 Mile Time Trial	02/09/2011
6	Carol Miller	05:49	Canton Mile	19/06/1990
7	Caitlin Pearson	05:52	1 Mile Time Trial	13/06/2014
7	Jo Pritchard	05:52	Bannister Mile Cyncoed	06/05/2004
9	Libby O'Duffy	05:57	1 Mile Time Trial	17/06/2011
10	Jane Coker	06:03	1 Mile Time Trial	06/07/2012
11	Gabriella Maine	06:06	Croups Pentathrun	24/08/2013
12	Liz Kirwan	06:07	1 Mile Time Trial	15/07/2011
12	Nicky McWilliam	06:07	1 Mile Time Trial	07/09/2012
14	Aileen Lyons	06:10	1 Mile Time Trial	25/05/2012
15	Yvonne Bullen	06:15	Bannister Mile Cyncoed	06/05/2004
16	Angharad Rhys	06:17	Run and Become 1 mile Relay	22/07/2011
17	Aine Kenny	06:19	Bannister Mile Bute Park	08/05/2014
18	Janet Holmes	06:20	Bannister Mile Bute Park	08/05/2014
19	Hazel Craven	06:23	Bannister Mile Bute Park	08/05/2014
20	Beth Lewis	06:31	Bannister Mile Bute Park	08/05/2014
20	Jodie Williams	06:31	1 Mile Time Trial	06/09/2013
22	Jenny Martin	06:33	1 Mile Time Trial	06/09/2013
23	Cheryl Evans	06:34	1 Mile Time Trial	25/07/2014
24	Frances Machin	06:36	1 Mile Time Trial	25/05/2012
24	Malin Falck	06:36	1 Mile Time Trial	25/05/2012
26	Donna Thomas	06:37	1 Mile Time Trial	13/06/2014
26	Julie Scholey	06:37	1 Mile Time Trial	31/05/2013
26	Maria Zubizarreta	06:37	Croups Pentathrun	24/08/2014
29	Carol Rees	06:44	1 Mile Time Trial	13/06/2014
30	Gillian McCue	06:50	1 Mile Time Trial	15/07/2011
31	Kirsty Roberts	06:51	1 Mile Time Trial	27/04/2012
32	Claire Jones	06:53	Summer Series 1 mile	02/05/2014
33	Alison Whittaker	06:56	1 Mile Time Trial	25/07/2014
33	Sarah McCarthy	06:56	Croups Pentathrun	24/08/2013
35	Cari Randall	07:05	Bannister Mile Bute Park	08/05/2014
35	Jemma Sedgmond	07:05	Summer Series 1 mile	02/05/2014
37	Lolly Burvill	07:06	Bannister Mile Bute Park	08/05/2014
38	Michelle Amblin	07:09	1 Mile Time Trial	30/08/2013
39	Sasha Macken	07:10	1 Mile Time Trial	27/04/2012
40	Christina Rossiter	07:14	1 Mile Time Trial	02/09/2011
41	Gwenno Thomas	07:20	1 Mile Time Trial	28/06/2013
42	Sarah-Lynn Thompson	07:24	1 Mile Time Trial	25/07/2014
43	Alexandra Davies	07:26	1 Mile Time Trial	30/08/2013
44	Michelle Rivett	07:28	1 Mile Time Trial	31/05/2013
45	Sarah Perons	07:36	1 Mile Time Trial	25/05/2012
46	Amanda Thompson	07:37	1 Mile Time Trial	27/07/2012
47	Kerry Briggs	07:38	Bannister Mile Bute Park	08/05/2014