

**Les Croupiers Running Club  
All Time Ranking List - 4 miles**

**Women Athletes - Qualification 30:30 (updated 31 Dec 2014)**

<b>Rank</b>	<b>Athlete</b>	<b>Time</b>	<b>Venue</b>	<b>Date</b>
1	Beccy Cameron	23:12	Newport Promenade Race 3	06/08/1992
2	Katie Beecher	24:12	Rose Inn Race 1	10/05/2011
3	Carys Hughes	24:31	Rose Inn Race 2	11/06/2013
4	Jo Clarkson	24:48	Newport Promenade Race 2	05/08/1993
5	Ruth Davies	25:00	Rose Inn Race 1	10/05/2005
6	Libby O'Duffy	25:02	Rose Inn Race 1	11/05/2010
7	Julie Scholey	25:05	Rose Inn Race 1	13/05/2003
8	Jane Coker	25:10	Rose Inn Race 1	08/05/2012
9	Jen Salter	25:11	Rose Inn Race 4	13/08/2013
10	Liz Kirwan	25:38	Rose Inn Race 1	10/05/2011
11	Claire Beatty	25:41	Rose Inn Race 3	11/07/2006
12	Jo Pritchard	25:42	Rose Inn Race 4	12/08/2003
13	Gabriella Maine	25:45	Summer Series 4 mile	02/08/2013
14	Lindsay Emyr	26:13	Run and Become 4 miles	28/07/2006
15	Wendy Boon	26:28	Rose Inn Race 1	13/05/2003
16	Cheryl Hudgell	26:30	Rose Inn Race 2	10/07/2007
17	Cath Gardner	26:31	Rose Inn Race 2	11/06/2002
18	Yvonne Evans	26:32	Rose Inn Race 2	14/06/2005
19	Maria Zubizarreta	26:48	Summer Series 4 mile	20/07/2012
20	Nicky McWilliam	26:50	Rose Inn Race 1	12/06/2012
21	Kay Pritchard	27:16	Newport Promenade Race 2	05/08/1993
22	Paula Ham	27:30	Rose Inn Race 4	09/08/2005
23	Hazel Craven	27:31	Summer Series 4 mile	01/08/2014
24	Angharad Rhys	27:34	Rose Inn Race 1	08/05/2012
25	Alice Johnston	27:37	Rose Inn Race 1	12/06/2012
26	Glenda Edwards	27:46	Rose Inn Race 4	12/08/2003
26	Jenny Martin	27:46	Run and Become 4 miles	10/07/2009
28	Frances Williams	28:05	Rose Inn Race 1	13/05/2003
29	Loretta Daley	28:09	Rose Inn Race 4	11/08/2009
30	Liz Sowter	28:15	Rose Inn Race 1	10/05/2005
31	Aine Kenny	28:16	Rose Inn Race 1	14/05/2013
31	Frances Machin	28:16	Rose Inn Race 1	12/06/2012
33	Joanne Tucker	28:21	Run and Become 4 miles	09/07/2010
34	Julie Lewis	28:39	Rose Inn Race 2	13/06/2006
35	Malin Falck	28:42	Rose Inn Race 4	09/08/2011
36	Jenny Topalian	28:53	Rose Inn Race 4	11/08/2009
37	Ruth McLees	28:57	Run and Become 4 miles	10/07/2009
38	Beth Lewis	29:02	Rose Inn Race 2	11/06/2013
39	Ceri Donovan	29:13	Rose Inn Race 1	14/05/2002
39	Cheryl Evans	29:13	Rose Inn Race 3	08/07/2014
41	Kirsty Roberts	29:19	Rose Inn Race 1	12/06/2012
42	Sarah McCarthy	29:26	Summer Series 4 mile	01/08/2014
43	Veronica Singleton	29:33	Summer Series 4 mile	01/08/2014
44	Caroline Dallimore	29:44	Rose Inn Race 1	09/05/2006
45	Gill Kellam	29:47	Rose Inn Race 1	08/05/2007
46	Lolly Burvill	30:00	Rose Inn Race 1	13/05/2014
47	Chistina Rossiter	30:04	Rose Inn Race 1	14/05/2002
48	Sasha Macken	30:17	Rose Inn Race 1	10/05/2011
49	Jane Ash	30:20	Rose Inn Race 2	11/06/2013
50	Nicola Williams	30:21	Rose Inn Race 2	08/06/2004