

**DUCHY MARATHON FEMALE ALL TIME LIST
SUB 4 HOUR PERFORMANCES**

COURSE USED

- 1 1977-1988 LAND'S END TO REDRUTH
- 2 1989-1997 PENWITH PENINSULA
- 3 1998-1999 REDRUTH- PORTREATH-HAYLE-PRAZE-FOUR LANES-REDRUTH
- 4 2000- REDRUTH-NORTH CLIFFS-POOL-REDRUTH (2 laps)

RANK	YEAR	COURSE	NAME	CLUB	TIME
1	1980	1	Alison Blake	AFD AC	2.50.45
2	2007	4	Heather Foundling-Hawker	Honiton Running Club	2.51.41
3	1982	1	Gill Burley	London Olympiads	2.54.03
4	1985	1	Jane Willey	Cornwall AC	2.54.06
5	1980	1	Lesley Watson	London Olympiads	2.54.50
6	2006	4	Zelah Morrall	Cornwall AC	3.05.21
7	1980	1	Ann King	Duchy of Cornwall AC	3.07.36
8	2009	4	Elaine Laver	Reading Road Runners	3.11.39
9	1988	1	Sarah Wacher	Cornwall AC	3.12.16
10	1993	2	Caroline Rawlings	Cornwall AC	3.12.41
11	2006	4	Sharon Daw	East Cornwall Harriers	3.12.58
12	1993	2	D Harvey	Tipton Harriers	3.13.34
13	2003	4	Revis Crowle	East Cornwall Harriers	3.14.58
14	1983	1	Yvonne Miles	Bournemouth AC	3.16.04
15	2008	4	Alison McEwing	Erme Valley Harriers	3.16.13
16	2007	4	Stephanie Martin	Newquay Road Runners	3.17.42
17	2007	4	Jenny Timms	Unattached	3.18.34
18	1992	2	Hilary Walker	Serpentine AC	3.19.38
19	2010	2	Diane Roy	East Cornwall Harriers	3.20.18
20	2008	4	Lucy Cartwright	South West Road Runners	3.20.37
21	1997	2	Ann Burnett	Newquay Road Runners	3.22.30
22	1979	1	Bridget Cushion	Mitcham AC	3.22.45
23	2009	4	Jayne Angilley	Hayle Runners	3.22.53
24	2001	4	Debbie Dunleavy	Newquay Road Runners	3.24.26
25	2010	3	Trinity Booth	Thornbury AC	3.26.04
26	2008	4	Karen Senior	Hayle Runners	3.27.17
27	2007	4	Jenny Moloney	Royal Manor of Portland AC	3.28.49
28	2011	4	Karen Harrison	Carn Runners	3.29.08
29	1998	3	Diana Braverman	Cambridge & Coleridge AC	3.29.11
30	2008	4	Lyn Richards	Unattached	3.29.14
31	2009	4	Isobel Wykes	Unattached	3.29.38
32	2007	4	Jane Allison	Unattached	3.30.54
33	2006	4	Harriet Lamb	Unattached	3.31.34
34	2010	4	Fiona Ruetsch	Hayle Runners	3.31.36
35	2008	4	Jane Bremner	Tamar Trotters	3.32.21
36	2008	4	Melanie Jewett	Eastleigh Running Club	3.33.25
37	2006	4	Jenny Mills	Launceston Road Runners	3.33.19
38	1990	2	Ann Lippett	TPJ	3.33.43
39	2006	4	Sarah Keast	Cornwall AC	3.34.00
40	2011	4	Sarah Myford	BTF Triathlon England	3.34.28

41	1984	1	Diane Shipsides	St Piran's Runners	3.34.30
42	2011	4	Faye Toms	Hayle Runners	3.35.33
43	2011	4	Maria Williams	Hayle Runners	3.35.41
44	2010	7	Emma Crocombe	Unattached	3.36.31
45	2004	4	Juliet Knowles	Cornwall AC	3.37.16
46	2001	4	Debbie Nugent	Carn Runners	3.37.31
47	2006	4	Ina Scheruer	Southall, Ealing & Middlesex	3.37.59
48	1995	2	K Cartwright	Unattached	3.38.20
49	2008	4	Claire Marie Jones	Unattached	3.39.36
50	2008	4	Cass Chisholm	Rowheath Running Club	3.39.54
51	2000	4	Lesley Richardson	Newquay Road Runners	3.40.36
52	2011	4	Sally Rowse	Newquay Road Runners	3.40.50
53	2007	4	Fiona Wright	City of Hull AC	3.41.11
54	2007	4	Debbie Harrison	Hayle Runners	3.41.40
55	1982	1	Sue Jago	Trigg Harriers	3.42.10
56	2008	4	Alysia Kirby	Hayle Runners	3.42.42
57	2008	4	Nichola Taylor	UTRRC	3.43.02
58	2006	4	Leizel Rickard	Unattached	3.43.18
59	1982	1	L Duance	Unattached	3.43.41
60=	1989	2	Heather Caroline	London Road Runners	3.44.07
60=	2008	4	Karen Harrison	Carn Runners	3.44.07
60=	2010	9	Sue Taylor	Mount's Bay Harriers	3.44.07
60=	2010	10	Nicky Taylor	Mount's Bay Harriers	3.44.07
64	2010	11	Rachel Tresidder	Mount's Bay Harriers	3.44.29
65	2011	4	Melanie Jewett	Eastleigh RC	3.44.33
66	2007	4	Chantelle Ferris	Bracknell Forest Runners	3.45.38
67=	2005	4	Jo Renfree (Kipling)	Carn Runners	3.46.00
67=	2011	4	Emily Cook	Falmouth Road Runners	3.46.00
69	2006	4	Maria Ralph	Unattached	3.46.52
70	2007	4	Simone Kimberley	Barnet & District AC	3.47.16
71	2005	4	Lisa Wotton	Truro Running Club	3.47.31
72	2011	4	Tracey Brown	East Cornwall Harriers	3.48.13
73	2005	4	Jennifer Collins	Unattached	3.48.21
74	2008	4	Andrea Spencer-Smith	Hayle Runners	3.48.27
75	2010	14	Jacqueline George	Falmouth Road Runners	3.49.07
76	2007	4	Janet Watson	Falmouth Road Runners	3.49.23
77	2008	4	Nancy Hill	Mount's Bay Harriers	3.49.31
78	2006	4	Hannah Bygrave	Newquay Road Runners	3.51.19
79	2010	15	Caroline Lockett	Maidenhead AC	3.51.23
80	2007	4	Lynn Nicholls	Ware Joggers	3.52.37
81	2011	4	Sheila Drake	Eastleigh RC	3.53.25
82	2011	4	Wietske Hitchens	Newquay Road Runners	3.53.28
83	2011	4	Sara Crane	Unattached	3.53.40
84	2010	17	Christina Steed	East Cornwall Harriers	3.55.09
85	2008	4	Zoe Drake-Norris	Tamar Trotters	3.55.41
86	2001	4	Amanda Erith	East Cornwall Harriers	3.55.45
87	2008	4	Sarah Swaysland	Road Runners Club	3.55.47
88	1985	1	Sandra Deadman	Cornwall AC	3.56.07
89	2005	4	Sue Jewell	Women's Running Network	3.56.57
90	2005	4	Amanda Perry	Women's Running Network	3.57.26

91	2005	4	J Tucker	Women's Running Network	3.57.37
92	2004	4	Timothea Cardell	Hayle Runners	3.57.37
93	2011	4	Karen Mahoney	East Cornwall Harriers	3.57.41
94	1991	2	Maureen Barrett	Unattached (Helston)	3.57.54
95	2003	4	Amanda Marshall	Falmouth Road Runners	3.57.59
96	2010	18	Laura Stapleton	Unattached	3.58.19
97	2009	4	Jo Trestrail	Carn Runners	3.58.21
98	2009	4	Lisa Maskell	Hayle Runners	3.58.30
99	2008	4	Rachael Thomas	Truro Running Club	3.58.46
100	2006	4	Jayne Burns	Newquay Raod Runners	3.59.26
101	2007	4	Rebecca Gillespie	Hayle Runners	3.59.39