

Monthly Handicap Top 20 Women

Pos	Name	Time	Date	Mile pace
1	Sharon Astley	20.49	Jul 86	5.34
2	Vicky Weller (Lawrence)	21.20	May 00	5.44
3	Caroline Betmead	21.30	Aug 07	5.46
4	Gemma Unsworth (Titterington)	21.37	Apr 09	5.48
5	Caroline Oxer	21.46	Aug 97	5.49
6	Andrea Smith	22.36	Sep 02	6.03
7	Chrissie O'Connor	22.47	Feb 97	6.06
8	Lynn Kynoch	22.53	Jul 97	6.07
9	Jane Stanyer	22.57	Aug 90	6.09
10	Bev Wright	23.13	Jan 09	6.13
10	Emma Calderbank	23.17	Jan 01	6.14
12	Helen Winder	23.24	Jul 94	6.18
13	Trish Preston	23.34	Feb 92	6.20
14	Karen Watkin	23.47	Oct 05	6.23
15	Louise Crawford	23.59	Jun 03	6.25
16	Vicky Barrett	24.00	Jan 99	6.26
17	Anne Sweeney	24.04	Mar 01	6.27
18	Sue James	24.16	Feb 90	6.30
19	Jane Calderbank	24.36	Aug 01	6.35
20	Stasia Bligh	24.37	Feb 11	6.35