



**LINGFIELD RUNNING CLUB BEST PERFORMANCES SINCE 1.1.1988**

**LADIES**

<b>5 MILES</b>	MARLENE PAUTARD	32.36	TADWORTH	31-05-92
<b>10 Kms</b>	MARLENE PAUTARD	38.09	WORTHING	13-06-90
<b>10 MILES</b>	MARLENE PAUTARD	63.36	WOKING	01-03-98
<b>½ MARATHON</b>	MARLENE PAUTARD	1.25.49	READING	15-03-98 and 14-03-99
<b>20 MILES</b>	MARLENE PAUTARD	2.21.02	WORTHING	20-03-94
<b>MARATHON</b>	MARLENE PAUTARD	3.01.33	LONDON	26-04-98

**MEN**

<b>5 MILES</b>	STEVE PAUTARD	27.24	TURNERS HILL	28-05-88
<b>10 KILOMETRES</b>	STEVE PAUTARD	32.30	CHICHESTER	03-07-88
<b>10 MILES</b>	STEVE PAUTARD	53.43	TADWORTH	01-01-88
<b>½ MARATHON</b>	PETER DUNN	1.13.50	EPSOM	13-09-92
<b>20 MILES</b>	PETER DUNN	1.57.26	WORTHING	24-03-91
<b>MARATHON</b>	PETER DUNN	2.38.41	LONDON	18-04-93

