



**LINGFIELD RUNNING CLUB BEST PERFORMANCES**  
**SINCE 1.1.1988**

**VETERANS**

**LADIES**

<b>5 Miles</b>	KATH GARRIDO	33.44	BANSTEAD	01.03.92
<b>10 Kms</b>	MARLENE PAUTARD	40.22	BRIGHTON	17.11.02
<b>10 Miles</b>	KATH GARRIDO	69.25	FOLKESTONE	04.04.92
<b>½ Marathon</b>	MARLENE PAUTARD	1.28.12	BRIGHTON	22.02.04
<b>20 Miles</b>	KATH GARRIDO	2.28.50	BRAMLEY	01.03.98
<b>Marathon</b>	MARLENE PAUTARD	3.18.25	DUBLIN	28.10.02

**MEN**

<b>5 Miles</b>	RAY MCCULLOUGH	28.02	TADWORTH	23.05.93
<b>10 Kms</b>	RAY MCCULLOUGH	33.57	BRIGHTON	21.11.93
<b>10 Miles</b>	ALISTAIR MATSON	56.58	WOKING	06.03.94
<b>½ Marathon</b>	RAY MCCULLOUGH	1.16.07	NORWICH	13.06.93
<b>20 Miles</b>	ALISTAIR MATSON	2.03.35	WORTHING	20.03.94
<b>Marathon</b>	RAY MCCULLOUGH	2.40.35	POLYTECHNIC	26.09.93

