

<b>Event</b>	<b>Gender</b>	<b>First Name</b>	<b>Surname</b>	<b>Year</b>	<b>Time</b>
<b>10km Run</b>	Male	Chris	Howley	2005	31.35
<b>10km Run</b>	Female	Bridget	Wetherall-Spackman	2007	37.47
<b>5km Run</b>	Male	Daniel	Smee	2004	16.44
<b>5km Run</b>	Female	Di	Khan	2004	20.09