

Southern Counties CU BAR and season best performances 2019

Ladies competitions (Provisional)

Fastest 10	Name	Club	Time	MPH	Event
	Kate Vergette	Elite Cycling	27.11	22.072	18th May
	Maria Victoria Vazques-Tojerio	Crawley Wheelers	27.24	21.897	18th May
	Helen White	London Dynamo	28.32	21.028	23rd March
	Jackie Dodd	Kingstone Phoenix RC	29.00	20.689	18th May
	Lollian Choy	London Dynamo	29.53	20.878	23rd March
Fastest 25					
	Katie Symonds	Horsham Cycling	1.11.56	20.852	24th March
	Katerina Avramides	Brighton Mitre	1.15.38	19.832	24th March
	Kate Vergette	Elite Cycling	1.16.09	19.689	14th April
	Mandy Border	Crawley Wheelers	1.23.40	17.928	24th March
	Kim Dickenson	Kingston Phoenix RC	1.35.19	15.737	24th March
Fastest 50					
	Katerina Avramides	Brighton Mitre	2.19.46	21.464	3rd June
	Suzanne Shaw	Kingston Phoenix RC	2.22.33	21.045	3rd June
	Kate Vergette	Elite Cycling	2.23.02	20.974	30th June
	Jackie Dodd	Kingston Phoenix RC	2.27.04	20.399	3rd June
Ladies BAR					
	3 Distances	10	25	50	Ave Speed
	Kate Vergette	22.072	19.689	20.974	20.91
	2 Distance				
	Katerina Avramides		19.832	21.464	20.64
	Jackie Dodd	20.689		20.399	20.54

