

ATHLETE OF THE YEAR

“MOST IMPROVED FEMALE”

*** 2017 ***

presented by

GREYHOUNDS MASTERS T&F CLUB



to

LORI GRAHAM

Improved 5 of her Race Walk PBs in 2017

Indoor 1500m Race Walk from 12:12.06 to 11:25.51 (W55 record)

1500m Race Walk from 11:32.88 to 10:53.24

3000m Race Walk from 24:46.27 to 24:31.44 (W55 record)

5000m Race Walk from 40:35.0(h) to 39:25.07 (W55 record)

10000m Race Walk from NT to 1:24:12.80 (W55 record)