

By progression in age bands plus recognition of best over an age

Performances compiled from race results beginning 1st April 1998 when West Cheshire AC was formed.

Early 5k and 10 mile results in 1998 & 1999 yet to be seen!

Which ones? Link on page: <http://www.westcheshireac.co.uk/races/road/>

##	Club Best at Distance		Age	Over an age	Best Time Holder Women	Gun Time	Chip Time	Location	Date	Host	Source
Distance	Band								Find Times and Date in Red at:		http://www.westcheshireac.co.uk/club-records/
5 Km	u13				Maria Jayaram	0:23:45	0:23:45	Liverpool Spring	30/04/2016	Mersey Races	http://www.runbritainrankings.com/results/resultslookup.aspx
5 Km	u15				Emma Monteith	0:19:47	~	WCAC (Upton)	27/08/1999	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	u17	u20			Kate Titlow	0:19:34	~	Capenhurst	20/08/2008	Ellesmere Port RC	www.ellesmereportrunningclub.org.uk
5 Km	u20				Joanne Blundell	0:22:00	~	WCAC (Upton)	28/08/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	SF				Julie Fletcher	0:18:11	~	Christleton	12/05/2000	Tattenhall R	FB Group 'Old Running Results and Pictures'
##	SF	SF			Joanne Bailey	0:17:50	~	WCAC (Upton)	24/08/2001	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	F35				Janet Taylor			RFLife, Chester	26/06/1998	Race for Life	WCAC (Upton) course - *ARM provisional bests 24/07/00
						0:20:18				** self timed?	** = 1997 time on same 5K course (before WCAC)
5 Km	F35				Jean Hudson	0:22:56	~	WCAC (Upton)	28/08/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	F35				Laura O'Marah	0:21:23	~	Capenhurst	24/08/2005	Ellesmere Port RC	www.ellesmereportrunningclub.org.uk
5 Km	F35				Heather McLintock	0:20:07	~	Christleton	17/05/2013	Chester Tri	http://www.chestertri.org.uk/
5 Km	F35				Anest Müller	0:20:09	0:19:56	Christleton	20/05/2016	Chester Tri	http://chestertri.niftyentries.com/Results/Christleton-5K-2016
5 Km	F35	o35			Anest Müller	0:19:56	~	Prestatyn (Ffrith)	21/05/2016	Prestatyn RC	http://prestatynrunningclub.co.uk/frith5k/
5 Km	F40	o40			Louise Diggle	0:20:29	~	Forest Park	07/07/1999	Spectrum Striders	www.spectrumstriders.org.uk/main.htm
5 Km	F45				Janet Morgan	0:23:59	~	WCAC (Upton)	28/08/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	F45				Jane Pickering	0:23:05	~	Christleton	17/05/2013	Chester Tri	http://events.chestertri.org.uk/christleton-5k/results/
5 Km	F45	o45			Lisa Davies	0:21:58	0:21:41	Christleton	20/05/2016	Chester Tri	http://chestertri.niftyentries.com/Results/Christleton-5K-2016
5 Km	F50				Mary Radford	0:24:42	~	Christleton	14/05/1999	Tattenhall R	*ARM provisional best performances 24/07/00
5 Km	F50				Pamela Ackroyd	0:23:34	0:23:25	Mid Cheshire	25/08/2016	Cute Fruit Events	https://cutefruitevents.niftyentries.com/Results
5 Km	F55				Mary Radford	0:25:40	~	WCAC (Upton)	24/08/2001	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	F55				Mary Radford	0:25:30	~	Christleton	17/05/2002	Tattenhall R	*BWB result sheet
5 Km	F60				Mary Radford	0:30:15	~	Chariots of Fire	15/08/2007	Oswestry Olympians	http://www.oswestryolympians.com/
5 Km	F60				Mary Radford	0:29:28	~	Park Hall	10/05/2009	Oswestry Olympians	http://www.oswestryolympians.com/
5 Km	F60				Kathleen Osborne	0:28:11	~	Forest Park	01/07/2009	Spectrum Striders	www.spectrumstriders.org.uk/main.htm
5 Km	F60				Rosemary Rogers	0:23:44	~	Bowden	29/05/2014	Altrincham & Dist AC	www.ukresults.net/index.html
5 Km	F60				Rosemary Rogers	0:23:08	~	Dunham Massey 1	05/06/2014	Altrincham & Dist AC	www.ukresults.net/index.html
5 Km	F60				Rosemary Rogers	0:23:03	~	Hollins Green	14/06/2014	Spectrum Striders	www.spectrumstriders.org.uk/main.htm
5 Km	F60	o50			Rosemary Rogers	0:22:47	~	Dunham Massey 2	19/06/2014	Altrincham & Dist AC	www.ukresults.net/index.html
5 Km	F65				Mary Radford	0:29:07	~	Park Hall	09/06/2011	Oswestry Olympians	http://www.oswestryolympians.com/
5 Km	F65				Rosemary Rogers	0:24:27	0:24:22	Mid Cheshire	30/04/2015	Cute Fruit Events	https://cutefruitevents.niftyentries.com/Results
5 Km	F65				Rosemary Rogers	0:24:02	~	Dunham Massey 1	22/05/2015	Altrincham & Dist AC	www.ukresults.net/index.html
5 Km	F65	o65			Rosemary Rogers	0:24:01	~	Hollins Green	13/06/2015	Spectrum Striders	www.spectrumstriders.org.uk/main.htm
5 Miles	u17				Kerry Riley	0:35:55	~	Spring 5	04/04/2007	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u17				Katie Clarke	0:34:05	0:34:05	Spring 5	14/04/2015	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u17				Issy Clarke	0:33:35	~	BL (Spring 5)	06/11/2016	West Cheshire AC	http://www.bordersleague.org.uk/
5 Miles	u20				Emma Monteith	0:34:21	~	Spring 5	02/04/2002	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u20				Laura Bestow	0:34:12	~	Spring 5	06/04/2004	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u20				Katie Clarke	0:33:49	~	Mold BL (Ind.Est. Finish)	17/04/2016	BL Buckley RC	http://www.bordersleague.org.uk/
5 Miles	u20	u20			Katie Clarke	0:30:56	~	BL (Spring 5)	06/11/2016	West Cheshire AC	http://www.bordersleague.org.uk/
5 Miles	SF				Liz Horton	0:36:43	~	Spring 5	07/04/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
##	SF	SF			Julie Fletcher	0:30:51	~	Spring 5	06/04/1999	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F35	=			Susan Cavanagh	0:37:08	~	Spring 5	07/04/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F35	=			Sally Kibble	0:37:08	~	Birkenhead Park	06/06/2000	Wirral AC	*JLD result sheet/ http://www.wirralac.co.uk/ (Fixture ddown)
5 Miles	F35				Lisa Davies	0:36:14	~	Spring 5	06/04/2011	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F35				Anest Müller	0:34:22	~	BL Mold (Ind.Est. Finish)	17/04/2016	BL Buckley RC	http://www.bordersleague.org.uk/
5 Miles	F35				Anest Müller	0:34:00	~	Dolgellau	23/07/2016	Meirionnydd RC	www.run-meirionnydd.co.uk
5 Miles	F35	o35			Anest Müller	0:32:59	~	BL (Spring 5)	06/11/2016	West Cheshire AC	http://www.bordersleague.org.uk/
5 Miles	F40				Sue Haslam	0:37:01	~	Spring 5	06/04/1999	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F40				Lisa Davies	0:36:23	~	Spring 5	15/04/2014	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F40				Ellie Robinson	0:35:04	~	BL Capenhurst	11/10/2015	Ellesmere Port RC	http://www.bordersleague.org.uk/
5 Miles	F40				Heather McLintock	0:34:44	~	BL (Spring 5)	06/11/2016	West Cheshire AC	http://www.bordersleague.org.uk/
5 Miles	F45	o40			Jan Moffett	0:33:46	~	Alsager	06/02/2000	Alsager	*MJL result sheet
5 Miles	F50				Mary Radford	0:39:35	~	Spring 5	07/04/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F50				Frances Mudway	0:39:24	~	Dolgellau	02/08/2003	Meirionnydd RC	http://www.run-meirionnydd.co.uk/
5 Miles	F50				Pamela Ackroyd	0:38:38	~	BL (Spring 5)	06/11/2016	West Cheshire AC	http://www.bordersleague.org.uk/
5 Miles	F55				Mary Radford	0:45:59	~	Abergele	03/11/2002	Abergele H	www.abergeleharriers.co.uk/ASH.htm
5 Miles	F55				Mary Radford	0:43:41	~	Spring 5	08/04/2003	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F55				Frances Mudway	0:42:25	~	Alsager	01/02/2004	Alsager	www.race-results.co.uk/
5 Miles	F55				Frances Mudway	0:40:52	~	BL Birkenhead Park	08/02/2004	Wallasey AC	*MJL result sheet
5 Miles	F55				Frances Mudway	0:40:33	~	Dolgellau	07/08/2004	Meirionnydd RC	www.run-meirionnydd.co.uk
5 Miles	F55				Frances Mudway	0:39:48	~	Pirelli 5	02/10/2004	Wrexham AAC	www.thepowerof10.info/athletes/athleteslookup.aspx
5 Miles	F55				Frances Mudway	0:39:02	~	Hale Village	12/12/2004	Hale	*MJL result sheet
5 Miles	F55	o50			Frances Mudway	0:37:46	~	Dolgellau	30/07/2005	Meirionnydd RC	http://www.run-meirionnydd.co.uk/
5 Miles	F60				Mary Radford	0:46:27	~	Spring 5	04/04/2007	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F60				Mary Radford	0:46:26	~	Spring 5	08/04/2009	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F60				see below						
5 Miles	F60	o60			Rosemary Rogers	0:37:51	~	Run the Bridge	20/04/2014	Halton BC	www.runhalton.co.uk/
5 Miles	F65				Mary Radford	0:49:00	~	Gobowen	05/08/2011	Oswestry Olympians	http://www.oswestryolympians.com/
5 Miles	F65				Mary Radford	0:48:23	~	Abergele	06/11/2011	Abergele H	www.abergeleharriers.co.uk/ASH.htm
5 Miles	F65	o65			Rosemary Rogers	0:38:33	0:38:30	Hale Village	05/04/2015	BTR Hale 5	http://www.chiptiming.co.uk/
5 Miles					Kathleen Osborne	0:45:05	~	BL Prestatyn 5.1 m	11/04/2010	Prestatyn RC	http://bordersleague.org.uk/
5 Miles	F60				- equivalent to	0:44:12	~	for 5 miles			
5 Miles					Frances Mudway	0:45:49	~	City of Salford W's 5.25	28/11/2010	Swinton RC	www.race-results.co.uk/
5 Miles	F60				- equivalent to	0:43:35	~	for 5 miles			

By progression in age bands plus recognition of best over an age

Performances compiled from race results beginning 1st April 1998 when West Cheshire AC was formed.

Early 5k and 10 mile results in 1998 & 1999 yet to be seen!

Which ones? Link on page: <http://www.westcheshireac.co.uk/races/road/>

##	Club Best at Distance		Age	Over	Best Time	Holder	Gun	Chip	Location	Date	Host	Source
Distance	Band	an age	Women				Time	Time				http://www.westcheshireac.co.uk/club-records/
10 Km	u17					Kerry Riley	0:50:01	~	Sutton 6	23/09/2007	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	u17					Katie Clarke	0:44:13	~	Caernarfon BL	12/04/2015	Eryri H	http://www.bordersleague.org.uk/
10 Km	u17					Katie Clarke	0:42:40	~	Caernarfon BL	06/12/2015	Cybi Striders	http://www.bordersleague.org.uk/
10 Km	u17	u17				Issy Clarke	0:41:57	~	Caernarfon BL	09/10/2016	Eryri H	http://www.bordersleague.org.uk/
10 Km	u20					Emma Monteith	0:42:51	~	Sutton 6	23/09/2001	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	u20	u20				Katie Clarke	0:40:53	~	Caernarfon BL	09/10/2016	Eryri H	http://www.bordersleague.org.uk/
10 Km	SF					Julie Fletcher	0:38:51	~	Birchwood	23/08/1998	Spectrum Striders	www.spectrumstriders.org.uk/main.htm
10 Km	SF					Julie Fletcher	0:38:49	~	Sutton 6	20/09/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	SF					Julie Fletcher	0:38:40	~	Zoo, Chester	25/10/1998	Capenhurst RC	*MJL result sheet
10 Km	SF					Julie Fletcher	0:38:12	~	Zoo, Chester	14/10/1999	Capenhurst RC	*MJL result sheet
##	SF	SF				Joanne Bailey	0:37:57	~	Zoo, Chester	28/10/2001	Capenhurst RC	*DC result sheet
10 Km	F35					Jean Hudson	0:47:19	~	Sutton 6	30/09/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	F35					Janet Taylor	0:44:17	~	Zoo, Chester	25/10/1998	Capenhurst RC	*MJL result sheet
10 Km	F35					Anest Müller	0:41:04	0:40:53	Arley Hall, Cheshire	10/04/2016	Cheshire Run Ltd	http://www.cheshire10k.com/
10 Km	F35	o35				Anest Müller	0:40:56	0:40:48	Cardiff	11/09/2016	Cardiff 10K	https://cardiff10k.com/results/
10 Km	F40					Jan Moffett	0:42:37	~	Zoo, Chester	25/10/1998	Capenhurst RC	*MJL result sheet
10 Km	F40	o40				Louise Diggle	0:41:44	~	Whitley	25/04/1999	Whitley Village Com.	*ARM provisional best performances 24/07/00
10 Km	F45					Janet Morgan	0:49:22	~	Sutton 6	20/09/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	F45					Jan Moffett	0:43:41	~	Birchwood	22/08/1999	Spectrum Striders	www.spectrumstriders.org.uk/main.htm
10 Km	F45	o45				Jan Moffett	0:43:27	~	Birchwood	20/08/2000	Spectrum Striders	www.spectrumstriders.org.uk/main.htm
10 Km	F50					Mary Radford	0:50:46	~	Birchwood	23/08/1998	Spectrum Striders	www.spectrumstriders.org.uk/main.htm
10 Km	F50					Frances Mudway	0:50:38	~	"Cabbage Canter"	07/09/2003	Antrobus St Mark's sch	website no longer available
10 Km	F50					Pamela Ackroyd	0:50:26	~	Caernarfon BL	09/10/2016	Eryri H	http://www.bordersleague.org.uk/
10 Km	F55					Mary Radford	0:54:58	~	Helena Tipping	02/12/2001	Wrexham AAC	*BWB result sheet
10 Km	F55					Mary Radford	0:54:17	~	Zoo, Chester	13/10/2002	Capenhurst RC	*MJL result sheet
10 Km	F55					Frances Mudway	0:52:02	~	Liverpool Womens	16/05/2004	Liverpool Sport	http://www.joelee.co.uk/resindex.html
10 Km	F55					Frances Mudway	0:51:09	~	Sutton 6	26/09/2004	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	F55					Frances Mudway	0:48:28	~	Telford Christmas	19/12/2004	Telford AC	www.ukresults.net/index.html
10 Km	F55					Frances Mudway	0:48:18	~	Trafford	06/03/2005	Altrincham & Dist AC	www.race-results.co.uk/
10 Km	F55					Frances Mudway	0:47:35	~	Sutton 6	25/09/2005	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	F60					Mary Radford	0:57:52	~	Fardon	05/03/2006	Wrexham AAC	www.wrexhamroadrunners.org.uk/
10 Km	F60					Mary Radford	0:57:51	~	Helena Tipping	07/12/2008	Wrexham AAC	www.wrexhamroadrunners.org.uk/
10 Km	F60					Rosemary Rogers	0:49:23	~	Nick Beer	02/02/2014	North Wales RRC	http://www.tdl.ltd.uk/race-results.php
10 Km	F60	o50				Rosemary Rogers	0:47:10	0:47:02	Arley Hall, Cheshire**	30/03/2014	Cheshire Run Ltd	http://www.cheshire10k.com/
10 Km	F65					Mary Radford	0:59:39	~	Ellesmere	28/08/2011	Oswestry Olympians	http://www.oswestryolympians.com/
10 Km	F65					Mary Radford	0:58:27	~	Helena Tipping	04/12/2011	Wrexham AAC	www.wrexhamroadrunners.org.uk/
10 Km	F65					Rosemary Rogers	0:52:41	0:52:29	Nick Beer	08/02/2015	North Wales RRC	http://www.tdl.ltd.uk/race-results.php
10 Km	F65	o65				Rosemary Rogers	0:48:35	0:48:15	Port Sunlight	01/03/2015	BTR Liverpool	http://www.tdl.ltd.uk/race-results.php
10 Miles	u20											
10 Miles	SF					Julie Fletcher	1:04:05	~	Flint Lifeboat '10'	04/10/1998	Flint Runners	*DC result sheet
##	SF	SF				Julie Fletcher	1:02:38	~	Llandudno	01/11/1998	North Wales RRC	www.race-results.co.uk/
10 Miles	F35					Janet Taylor	1:13:55	~	Flint Lifeboat '10'	04/10/1998	Flint Runners	*DC result sheet
10 Miles	F35					Janet Taylor	1:10:44	~	Llandudno	01/11/1998	North Wales RRC	www.race-results.co.uk/
10 Miles	F40	o35				Louise Diggle	1:08:47	~	Rivacre	11/04/1999	RRJ (now EPRC)	*ARM provisional best performances 24/07/00
10 Miles	F45					Janet Morgan	1:22:13	~	Llandudno	01/11/1998	North Wales RRC	www.race-results.co.uk/
10 Miles	F45					Jan Moffett	1:11:45	~	Llandudno	12/11/2000	North Wales RRC	www.race-results.co.uk/
10 Miles	F45	o45				Louise Diggle	1:08:54	~	Llandudno	11/11/2001	North Wales RRC	www.race-results.co.uk/
10 Miles	F50					nobody yet						
10 Miles	F55					Mary Radford	1:38:27	~	Wrexham	01/05/2005	Wrexham AAC	www.wrexhamroadrunners.org.uk/
10 Miles	F55					Frances Mudway	1:21:53	~	Preston	18/11/2007	Preston H	www.ukresults.net/index.html
10 Miles	F60					Mary Radford	1:38:10	~	Ellesmere	06/05/2007	Oswestry Olympians	http://www.oswestryolympians.com/
10 Miles	F60					Rosemary Rogers	1:21:14	~	Rhyl	23/02/2014	Run Wales	http://www.runwales.com/events/rhyl-10-mile/results-rhyl
10 Miles	F60	o50				Rosemary Rogers	1:20:15	~	Wrexham	26/04/2014	Wrexham AAC	http://www.ukresults.net/2014/nwales10.html
10 Miles	F65					Rosemary Rogers	1:23:20	1:23:15	Rhyl	22/03/2015	Run Wales	http://www.runwales.com/events/rhyl-10-mile/results-rhyl
10 Miles	F65	o65				Rosemary Rogers	1:23:03	~	Wrexham	25/04/2015	Wrexham AAC	www.thepowerof10.info/results

By progression in age bands plus recognition of best over an age

Performances compiled from race results beginning 1st April 1998 when West Cheshire AC was formed.

Early 5k and 10 mile results in 1998 & 1999 yet to be seen! Which ones? Link on page: <http://www.westcheshireac.co.uk/races/road/>

##	Club Best at Distance	Age	Over an age	Best Time Holder Women	Gun Time	Chip Time	Location	Date	Host	Source
1/2 Mar		u20		Megan McEveley	1:53:06	1:51:37	Wirral	12/10/2014	BTR Liverpool	http://www.tdl.ltd.uk/race-results.php
##		SF	SF	Julie Fletcher	1:23:17	~	Four Villages	24/01/1999	Helsby RC	*MJL result sheet
1/2 Mar		F35		Janet Taylor	1:41:39	~	Village Bakery	21/02/1999	Wrexham AAC	*MJL result sheet
1/2 Mar		F35		Janet Taylor	1:39:32	~	Wilmslow	28/03/1999	Wilmslow RC	www.wilmslowhalfmarathon.org.uk/results-and-photos/
1/2 Mar		F35		Nardia Aldis	1:35:23	1:34:58	Four Villages	19/01/2014	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
1/2 Mar		F35		Nardia Aldis	1:33:42	1:33:37	Liverpool	22/03/2014	BTR Liverpool	http://www.tdl.ltd.uk/race-results.php
1/2 Mar		F40		Susan Haslam	1:45:18	~	Chester	24/05/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar		F40		Louise Diggle	1:32:10	~	Vyrnwy	27/09/1998	Oswestry Olympians	*BWB result sheet
1/2 Mar		F40	o35	Louise Diggle	1:31:11	~	Vyrnwy	19/09/1999	Oswestry Olympians	*BWB result sheet
1/2 Mar		F45		Janet Morgan (WCAC 01/04/98)	1:48:06	~	Chester	24/05/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar		F45		Louise Diggle	1:34:58	~	Vyrnwy	16/09/2001	Oswestry Olympians	www.race-results.co.uk/
1/2 Mar		F45	o45	Jan Moffett	1:32:06	~	Four Villages	20/01/2002	Helsby RC	*MJL result sheet
1/2 Mar		F50		Mary Radford	1:56:14	~	Wilmslow	28/03/1999	Wilmslow RC	www.wilmslowhalfmarathon.org.uk/results-and-photos/
1/2 Mar		F50		Mary Radford	1:55:56	~	Liverpool	08/08/1999	Run Liverpool	*ARM provisional best performances 24/07/00
1/2 Mar		F55		Mary Radford	2:06:23	~	Village Bakery	24/02/2002	Wrexham AAC	*BWB result sheet
1/2 Mar		F55		Mary Radford	2:01:46	~	Vyrnwy	15/09/2002	Oswestry Olympians	http://www.joelee.co.uk/resindex.html
1/2 Mar		F60		Mary Radford	2:16:56	2:14:46	Four Villages	21/01/2007	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
1/2 Mar		F60		Mary Radford	2:08:36	~	Village Bakery	17/02/2008	Wrexham AAC	http://www.ukresults.net/2008/bakery.html
1/2 Mar		F60		Kathleen Osborne	2:02:47	2:02:13	Four Villages	17/01/2010	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
1/2 Mar		F60		Kathleen Osborne	2:00:45	1:59:23	Chester	16/05/2010	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar		F60	o50	Rosemary Rogers	1:44:46	1:44:38	Four Villages	19/01/2014	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
1/2 Mar		F65		Mary Radford	2:20:50	~	Village Bakery	27/02/2011	Wrexham AAC	http://www.ukresults.net/2011/bakery.html
1/2 Mar		F65		Kathleen Osborne	2:13:48	2:06:43	Chester	18/05/2014	Active Leisure Events	http://www.activeleisureevents.co.uk/half-marathon.aspx
1/2 Mar		F65		Rosemary Rogers	1:52:04	1:51:44	Wilmslow**	22/03/2015	Wilmslow RC	http://www.tdl.ltd.uk/race-results.php
1/2 Mar		F65		Rosemary Rogers	1:51:41	1:51:05	Liverpool	29/03/2015	BTR Liverpool	http://www.tdl.ltd.uk/race-results.php
1/2 Mar		F65	o65	Rosemary Rogers	1:47:00	1:46:23	Chester	17/05/2015	Active Leisure Events	http://www.tdl.ltd.uk/race-results.php
Marathon		SF		Julie Fletcher	3:23:33	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon		SF		Rebecca Williams	3:20:06	3:19:46	Chester	31/05/2010	Active Leisure Events	www.activeleisureevents.co.uk/full-marathon
Marathon		F35		Susan Cavanagh	4:15:03	~	London	22/04/2001	London Marathon	http://results.london-marathon.co.uk/2001/list.php
Marathon		F35		Eleanor Robinson	~	3:56:46	London	17/04/2011	London Marathon	http://results-2011.virginlondonmarathon.com/2011/
Marathon		F35		Nardia Aldis	3:28:07	3:27:38	Chester	06/10/2013	Active Leisure Events	www.activeleisureevents.co.uk/full-marathon
Marathon		F35		Nardia Aldis	3:22:00	3:21:42	Liverpool	25/05/2014	BT Rock 'n' Roll	http://www.runbritainrankings.com/results/resultslookup.aspx
##		F40	SF	Louise Diggle	3:14:12	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon		F45		Janet Morgan	4:23:17	~	London	26/04/1998	London Marathon	ARM provisional records 24/07/00 (WCAC 01/04/1998)
Marathon		F45	o45	Jane Pickering	~	3:59:36	London	22/04/2012	London Marathon	www.virginlondonmarathon.com/
Marathon		F50		Mary Radford	4:32:22	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon		F55		nobody yet						
Marathon		F60		Mary Radford	5:10:56	~	Windermere	20/05/2007	Brathay Hall	www.brathay.org.uk/
Marathon		F60		Kathleen Osborne	4:35:17	4:34:16	Chester	31/05/2010	Active Leisure Events	www.activeleisureevents.co.uk/full-marathon
Marathon		F60		Kathleen Osborne	4:25:27	4:23:02	Chester	09/10/2011	Active Leisure Events	www.activeleisureevents.co.uk/full-marathon
Marathon		F65	o50	Rosemary Rogers	4:08:57	4:07:53	Chester	04/10/2015	Active Leisure Events	www.activeleisureevents.co.uk/full-marathon

*ARM Alan Morris *BWB Brian Beattie *MJL Mike Lamb
*JLD John Driscoll *DC Dave Crawford *GH Graham Howell (LivH)