

West Cheshire AC Road Race Rankings 2016

NOTE : (5 year) age groups at time of performance(if d.o.b. is known).

BDS handicap number added in for interest - same number at each distance is the same level of performance (approximately)

FEMALE

5K			Time	c = Chip Time	Event		H'cap Code	2015 Best (gun to fin)
Anest	MULLER	F35	19:56	c	Christleton	20-May	9.8	19:43
Eleanor	ROBINSON	F40	20:43	c	Christleton	20-May	11.9	20:48
Lisa	DAVIES	F45	21:41	c	Christleton	20-May	14.4	
Clare	MALLON	F40	22:50	c	Ellesmere Port, Capenhurst	17-Aug	17.2	
Pamela	ACKROYD	F50	23:25	c	Mid-Cheshire - 2	25-Aug	18.6	
Mimi	JAYARAM	FU15	23:45	c	Liverpool Spring	30-Apr	19.4	
Kay	HAYES	F35	24:15	c	Mid-Cheshire - 2	25-Aug	20.5	25:02
Rosemary	ROGERS	F65	24:23		Dunham Massey - 1	26-May	20.8	24:01
Anne-Marie	TAIT	F45	24:26	c	Christleton	20-May	21.0	24:07

5 MILES

Katie	CLARKE	FU20	30:56		Chester (BL)	6-Nov	6.4	34:05
Anest	MULLER	F30	32:38		Abergele (BL)	24-Jan	9.3	33:59
Issy	CLARKE	FU20	33:35		Chester (BL)	6-Nov	10.9	
Heather	McLINTLOCK	F40	34:44		Chester (BL)	6-Nov	12.7	
Ellie	ROBINSON	F40	35:27		Abergele (BL)	24-Jan	13.8	35:04
Lisa	DAVIES	F40	35:35		Abergele (BL)	24-Jan	14.0	37:17
Keely	SMITH	F30	37:28		Mold (BL)	17-Apr	16.8	
Claire	HARRIS	F25	37:31	c	Chester Spring	13-Apr	16.9	
Clare	MALLON	F40	38:21	c	Chester Spring	13-Apr	18.1	39:22
Elizabeth	McMAHON	FU20	38:33		Chester (BL)	6-Nov	18.4	
Pamela	ACKROYD	F50	38:38		Chester (BL)	6-Nov	18.5	
Anne-Marie	TAIT	F45	40:25	c	Chester Spring	13-Apr	21.0	39:48
Rosemary	ROGERS	F65	40:52	c	Otterspool, Tour of M'side	7-Jul	21.6	38:33
Kay	HAYES	F35	41:12		Chester (BL)	6-Nov	22.0	42:20
Clare	GLOYNE-PHILLIPS	F40	41:54		Chester (BL)	6-Nov	22.9	
Lorraine	McFAUL	F50	42:30		Abergele (BL)	24-Jan	23.7	
Hannah	HUGHES	F	43:15		Chester (BL)	6-Nov	24.7	

10K

Anest	MULLER	F35	40:48	c	Cardiff	11-Sep	9.0	41:43
Katie	CLARK	FU20	40:53		Caernarfon (BL)	9-Oct	9.1	
Issy	CLARK	FU20	41:57		Caernarfon (BL)	9-Oct	10.5	
Keely	SMITH	F30	42:56	c	Guilden Sutton	18-Sep	11.8	
Ellie	ROBINSON	F40	43:59	?	Great Manchester Run	22-May	13.1	45:08
Claire	HARRIS	F25	44:32		Caernarfon (BL)	9-Oct	13.8	
Clare	MALLON	F40	48:24	c	Farndon	16-Oct	18.3	49:07
Lisa	DAVIES	F45	48:55		Caernarfon (BL)	9-Oct	18.9	47:04
Rosemary	ROGERS	F65	49:42	c	Wigan	4-Sep	19.8	48:35
Pam	ACKROYD	F50	50:26		Caernarfon (BL)	9-Oct	20.6	
Anne-Marie	TAIT	F45	51:07	c	Farndon	16-Oct	21.3	
Lorraine	McFAUL	F50	53:40	c	Farndon	16-Oct	23.9	53:32
Claire	GLOYNE-PHILLIPS	F40	54:25		Caernarfon (BL)	9-Oct	24.7	

10 miles

No performances

Half-marathon

Keely	SMITH	F30	1:32:46	c	Chester	15-May	11.0	
Heather	McLINTLOCK	F40	1:37:10	c	Chester	15-May	13.5	
Ellie	ROBINSON	F40	1:38:31	c	Wilmslow	3-Apr	14.2	1:37:30
Lisa	DAVIES	F45	1:39:17	c	Chester	15-May	14.7	
Sharon	EATON	F45	1:46:51	c	Wilmslow	3-Apr	18.7	
Clare	MALLON	F40	1:46:57	c	Chester	15-May	18.7	1:54:55
Rosemary	ROGERS	F65	1:49:40	c	Southport (T of M'side)	3-Jul	20.1	1:47:00
Zeinab	WEYERS	F20	1:53:15	?	Great North Run	11-Sep	21.8	
Sarah	HUGHES	F40	1:57:54	c	Chester	15-May	24.0	1:58:05
Lorraine	McFAUL	F50	2:00:17	c	Chester	15-May	25.1	2:00:29

Marathon

Keely	SMITH	F30	3:28:16	c	Liverpool 'Rock-n-Roll'	29-May	14.3	
Sharon	EATON	F45	3:53:00	c	London	24-Apr	20.4	