

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
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 Tillow	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'
5 Km	##	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		F55	o50	Pamela Ackroyd	0:22:52	0:22:41	Wigan	19/03/2017	Run Wigan Festival	http://www.sportstiming.com/uk/results.php
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	o60	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/
5 Miles	##	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		F60		Frances Mudway	0:45:49		City of Salford Ws 5.25	28/11/2010	Swinton RC	www.race-results.co.uk/
5 Miles		F60		- equivalent to	0:43:35		for 5 miles			

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

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##	Club Best at Distance						Find Times and Date in Red at:		http://www.westcheshireac.co.uk/club-records/	
Distance	Age Band	Over an age	Best Time Holder Women	Gun Time	Chip Time	Location	Date	Host	Source	
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	~	Farndon	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	

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½ 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
½ Mar		F35		Janet Taylor	1:41:39	~	Village Bakery	21/02/1999	Wrexham AAC	*MJL result sheet
½ Mar		F35		Janet Taylor	1:39:32	~	Wilmslow	28/03/1999	Wilmslow RC	www.wilmslowhalfmarathon.org.uk/results-and-photos/
½ Mar		F35		Nardia Alldis	1:35:23	1:34:58	Four Villages	19/01/2014	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
½ Mar		F35		Nardia Alldis	1:33:42	1:33:37	Liverpool	22/03/2014	BTR Liverpool	http://www.tdl.ltd.uk/race-results.php
½ Mar		F40		Susan Haslam	1:45:18	~	Chester	24/05/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
½ Mar		F40		Louise Diggle	1:32:10	~	Vyrnwy	27/09/1998	Oswestry Olympians	*BWB result sheet
½ Mar		F40	o35	Louise Diggle	1:31:11	~	Vyrnwy	19/09/1999	Oswestry Olympians	*BWB result sheet
½ Mar		F45		Janet Morgan**	1:48:06	~	Chester	24/05/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
				**(WCAC from 01/04/98)						
½ Mar		F45		Louise Diggle	1:34:58	~	Vyrnwy	16/09/2001	Oswestry Olympians	www.race-results.co.uk/
½ Mar		F45	o45	Jan Moffett	1:32:06	~	Four Villages	20/01/2002	Helsby RC	*MJL result sheet
½ Mar		F50		Mary Radford	1:56:14	~	Wilmslow	28/03/1999	Wilmslow RC	www.wilmslowhalfmarathon.org.uk/results-and-photos/
½ Mar		F50		Mary Radford	1:55:56	~	Liverpool	08/08/1999	Run Liverpool	*ARM provisional best performances 24/07/00
½ Mar		F55		Mary Radford	2:06:23	~	Village Bakery	24/02/2002	Wrexham AAC	*BWB result sheet
½ Mar		F55		Mary Radford	2:01:46	~	Vyrnwy	15/09/2002	Oswestry Olympians	http://www.joelee.co.uk/resindex.html
½ Mar		F60		Mary Radford	2:16:56	2:14:46	Four Villages	21/01/2007	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
½ Mar		F60		Mary Radford	2:08:36	~	Village Bakery	17/02/2008	Wrexham AAC	http://www.ukresults.net/2008/bakery.html
½ Mar		F60		Kathleen Osborne	2:02:47	2:02:13	Four Villages	17/01/2010	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
½ 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/
½ 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
½ Mar		F65		Mary Radford	2:20:50	~	Village Bakery	27/02/2011	Wrexham AAC	http://www.ukresults.net/2011/bakery.html
½ 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
½ Mar		F65		Rosemary Rogers	1:52:04	1:51:44	Wilmslow**	22/03/2015	Wilmslow RC	http://www.tdl.ltd.uk/race-results.php
½ Mar		F65		Rosemary Rogers	1:51:41	1:51:05	Liverpool	29/03/2015	BTR Liverpool	http://www.tdl.ltd.uk/race-results.php
½ 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 Alldis	3:28:07	3:27:38	Chester	06/10/2013	Active Leisure Events	www.activeleisureevents.co.uk/full-marathon
Marathon		F35		Nardia Alldis	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)
				**(WCAC from 01/04/98)						
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