

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 Tilow | 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 | | F55 | o50 | Pamela Ackroyd | 0:22:52 | 0:22:41 | Wigan | 19/03/2017 | Run Wigan Festival | http://www.sportstimesolutions.co.uk/results.php |
| 5 Km | | F60 | | Mary Radford | 0:30:15 | ~ | Charlots 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 | | u17 | u17 | Issy Clarke | 0:33:00 | 0:32:59 | Spring 5 | 12/04/2017 | West Cheshire AC | http://www.westcheshireac.co.uk/races/races-results-archive/ |
| 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 | | Katie Clarke | 0:30:56 | ~ | BL (Spring 5) | 06/11/2016 | West Cheshire AC | http://www.bordersleague.org.uk/ |
| ## | u20 | u20 | | Katie Clarke | 0:30:43 | 0:30:41 | Spring 5 | 12/04/2017 | West Cheshire AC | http://www.westcheshireac.co.uk/races/races-results-archive/ |
| 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 | | | | 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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| ## | Club Best at Distance | | Age | Over an age | Best Time Holder Women | Gun Time | Chip Time | Location | Date | Host | Source |
|----------|-----------------------|-----|------------------------|-------------|------------------------|----------------|------------|-----------------------|---|------|--------|
| 1/2 Mar | u20 | 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 Alldis | 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 Alldis | 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** | 1:48:06 | ~ | Chester | 24/05/1998 | West Cheshire AC | http://www.westcheshireac.co.uk/races/races-results-archive/ | | |
| | | | **(WCAC from 01/04/98) | | | | | | | | |
| 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 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) | | |
| 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 | | |

** (WCAC from 01/04/98)