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##	Club Best at Distance	Age	Over an age	Best Time Holder Women	Gun Time	Chip Time	Location	Date	Find Times and Date in Red at:	Host	Source
Distance	Band										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	23/09/2007		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
Distance	Band								Find Times and Date in Red at:		http://www.westcheshireac.co.uk/club-records/
½ 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
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	SF				Keely Smith		3:15:00	Liverpool	28/05/2017	BT Rock 'n' Roll	http://www.runbritainrankings.com/results/resultslookup.aspx
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)