West Cheshire AC - Road Running Performances 2017

5K Female							H'cap Code	No of races	Best Time in 2016
Katie	CLARKE	FU20	18:19	c	Mid- Cheshire - 1	28-Apr	5.2	1	
Issy	CLARKE	FU20	18:59	c	Mid- Cheshire - 1	28-Apr	7.2	1	
Eleanor	ROBINSON	F45	20:15	c	Christleton	19-May	10.7	3	20:43
Eve	DURET	FU20	20:23	c	Capenhurst	16-Aug	11.0	2	
Anest	MULLER	F35	20:27		Ffrith, Prestatyn	07-May	11.2	1	19:56
Lisa	DAVIES	F45	21:50	c	Mid- Cheshire - 1	28-Apr	14.8	2	21:41
Clare	MALLON	F40	22:36	c	Mid- Cheshire - 2	24-Aug	16.7	2	22:50
Pamela	ACKROYD	F55	22:41	c	Wigan	19-Mar	16.9	3	23:25
Angela	TEGG	F40	23:45	c	Christleton	19-May	19.4	2	
Rosemary	ROGERS	F65	24:03		Dunham Massey - 2	15-Jun	20.1	4	24:23
Hannah	MOORHOUSE	F45	27:48	C	Mid- Cheshire - 2	24-Aug	28.0	1	
Sarah	HUGHES	F40	37:10	c	Liverpool Spring	06-May	43.8	1	
5 Mile Female									
Katie	CLARKE	FU20	30:41	c	Chester Spring	12-Apr	5.9	1	30:56
Issy	CLARKE	FU20	32:59	c	Chester Spring	12-Apr	9.9	2	33:35
Keely	SMITH	F30	33:09	c	Chester Spring	12-Apr	10.1	2	37:28
Eleanor	ROBINSON	F45	36:03		Capenhurst (BL)	01-Oct	14.7	1	35:27
Elizabeth	McMAHON	FU20	38:30	c	Chester Spring	12-Apr	18.3	1	38:33
Clare	MALLON	F40	38:43	c	Chester Spring	12-Apr	18.6	2	38:21
Angela	TEGG	F40	39:18	c	Chester Spring	12-Apr	19.4	1	
Rosemary	ROGERS	F65	39:44	c	Hale Village	16-Apr	20.0	2	40:52
Susan	BAIRD	F50	43:34		Capenhurst (BL)	01-Oct	25.0	1	
10K Female									
Anest	MULLER	F35	42:41	c	Guilden Sutton	17-Sep	11.5	2	40:48
Eleanor	ROBINSON	F45	45:28		Kranjdka Gora, Slovenia	15-Aug	14.9	1	43:59
Clare	MALLON	F40	48:08	c	Helena Tippimg, Wrexham	30-Jul	18.0	2	48:24
Angela	TEGG	F40	48:56	c	Cheshire, Arley Hall	26-Mar	18.9	3	
Chloe	VENABLES	F	49:27	c	Cheshire 2, Arley Hall	04-Nov	19.5	1	
Rosemary	ROGERS	F65	50:04	c	Penny Lane	25-Jun	20.2	4	49:42
Debra	BEMAND	F45	50:53	c	Farndon	15-Oct	21§	1	
Jo	BRIDGE	F30	54:03	c	Guilden Sutton	17-Sep	24.3	1	
Lorraine	McFAUL	F50	55:12	c	Farndon	15-Oct	25.5	1	53:40
Zoe	REES	F25	55:41	c	Guilden Sutton	17-Sep	26.0	1	
Isobel	ROBERTSON	F50	58:07	c	Penny Lane	25-Jun	28.3	1	
Mary	RADFORD	F70	1:14:32	c	Cheshire 2, Arley Hall	04-Nov	41.9	1	
10 mile Female									
Eleanor	ROBINSON	F45	1:13:01		North Wales, Wrexham	29-Apr	13.5	1	
Half-marathon Female									
Keely	SMITH	F30	1:29:52	c	Liverpool	02-Apr	9.2	4	1:32:46
Clare	MALLON	F40	1:45:10	c	Southport	02-Jul	17.8	7	1:46:57
Lisa	DAVIES	F45	1:45:53	c	4 Villages, Helsby	15-Jan	18.2	1	1:39:17
Rosemary	ROGERS	F65	1:50:34	c	Liverpool	02-Apr	20.5	3	1:49:40
Angela	TEGG	F40	1:51:14	c	Tour of Wirral	10-Sep	20.9	3	
Anne-Marie	TAIT	F45	1:52:10	c	Lake Vyrnwy	10-Sep	21.3	2	
Lorraine	McFAUL	F50	2:01:52	c	Conwy	19-Nov	25.8	1	2:00:17
Sarah	HUGHES	F40	2:02:23	c	Oswestry	30-Apr	26.1	3	1:57:54
Isobel	ROBERTSON	F50	2:07:39	c	Conwy	19-Nov	28.4	2	
Jo	Bridge	F30	2:09:50	c	Wrexham (VB)	19-Feb	29.3	1	
Marathon Female									
Keely	SMITH	F30	3:12:48	c	Chester	08-Oct	10.1	5	03:28:16