WEST CHESHIRE AC
parkrun performances in 2017

Females

		Best 2017	*Venue*		*Improve**	*Best 2016*
Katie Clarke	FU20	19:30	Delamere	15-Apr		18:39
Lucia Pyne	FU15	19:56	Ellesmere Port	29-Apr	2	20:41
Issy Clarke	FU20	20:10	Delamere	15-Apr		19:44
Eve Duret	FU20	20:59	Birkenhead Park	07-Oct	2	22:17
Anest Muller	F35	21:08	Chester	07-Jan		19:51
Keely Smith	F30	21:12	Chester	13-May		
Imogen Pughe	FU15	21:25	Ellesmere Port	21-Oct	2	21:29
Eleanor Robinson	F45	22:41	Erddig	11-Nov		21:41
Kerry Riley	F25	22:41	Delamere	25-Nov		
Jenna Sheehy	F20	22:43	Fulham Palace	11-Feb		
Clare Mallon	F40	23:15	Chester	17-Jun	1	23:19
Abigail Cartwright	FU15	23:48	Ellesmere Port	29-Apr	1	25:02
Rosemary Rogers	F65	24:02	Ellesmere Port	06-May		23:53
Georgina Duffey	FU15	24:10	Ellesmere Port	13-May	2	24:20
Angela Tegg	F45	24:17	Ellesmere Port	13-May	2	25:57
Pamela Ackroyd	F55	24:46	Penrith	29-Jul		24:37
Kay Hayes	F35	24:50	St Helens	01-Jan		24:16
Lily Moorhouse	FU20	24:56	Sherwood Pines	23 Dec	2	26:23
Cara Henshall	FU15	25:04	Delamere	17-Jun		22:22
Jodi Bemand	FU15	25:15	Ellesmere Port	18-Mar	1	25:32
Claire Gloyne-Phillips	F40	25:21	Chester	20-May	1	27:57
Anne-Marie Tait	F45	25:22	Chester	08-Apr	1	26:07
Ingrid Tait	FU15	25:56	Chester	29-Jul	1	33:57
Heather McLintlock	F40	26:13	Chester	22-Jul	1	28:45
Ellen McMahon	F20	26:17	Chester	02-Sep		23:38
Sarah Hughes	F40	26:37	Chester	11-Feb		26:30
Stephanie Jones	FU15	27:34	Ellesmere Port	18-Mar		26:28
Grace Scott	FU15	27:54	Ellesmere Port	22-Apr	1	
Hannah Moorhouse	F45	28:49	Delamere	30-Dec	4	29:47
Isla Shillington	FU15	29:53	Ellesmere Port	07-Jan		26:05
Ellie Finn	FU15	29:53	Delamere	19-Aug		24:50
Emma Howe	FU20	31:46	Delamere	11-Mar		30:29
Mary Radford	F70	34:51	Chester	24-Jun		34:37
Isobel Robertson	F50	36:23	Chester	15-Jul		

NOTE
Age Groups are in 5 year bands and are at time of performance
*Improve : number of times best time was improved in 2017, either from 2016 best or, if new, from first 2017 performanc