WEST CHESHIRE AC
parkrun performances in 2018

Females

		Best 2018	*Venue*		*Improve**	*Best 2017*
Lucia Pyne	FU15	19:47	Ellesmere Port	07-Jul	1	19:56
Carys Roberts	FU15	20:03	Durham	03-Nov		
Katie Clarke	FU20	20:08	Delamere Forest	22-Dec		19:30
Claire Harris	F25	20:51	Erdigg	09-Jun		
Sophie Grainger	FU15	21:24	Chester	24-Feb		
Heather McLintock	F40	21:28	Chester	23-Jun	2	26:13
Imogen Pughe	FU15	21:29	Ellesmere Port	04-Aug		21:25
Eleanor Robinson	F45	21:45	Birkenhead Park	21-Jul	2	22:41
Kerry Riley	F25	22:27	Wepre, Connahs Quay	04-Aug	1	22:41
Claire Williams	F40	22:27	Chester	29-Sep	2	
Tamsin O'Keeffe	FU20	23:20	Chester	21-Jul		
Angela Tegg	F45	23:24	Ellesmere Port	21-Jul	1	24:17
Jessica Lark	FU15	23:27	Chester	06-Oct	2	
Martha Willetts	FU15	23:32	Delamere Forest	14-Jul	2	
Debra Bemand	F45	23:34	Chester	29-Sep	3	
Abigail Cartwright	FU15	23:56	Delamere Forest	01-Sep		23:48
Georgina Duffey	FU15	24:02	Ellesmere Port	24-Nov	1	24:19
Brygida Gorecka	F25	24:14	Swansea Bay	18-Aug	2	
Lily Moorhouse	FU20	24:29	Delamere Forest	25-Dec	1	24:56
Isabella Rimmer	FU15	24:30	Chester	06-Oct	1	
Isla Shillington	FU15	24:31	Ellesmere Port	22-Sep	3	29:53
Clare Mallon	F40	24:51	Chester	01-Jan		23:15
Jodi Bemand	FU15	24:51	Chester	28-Apr	1	25:15
Pamela Ackroyd	F55	24:59	Aviemore	18-Aug		24:46
Kay Hayes	F35	25:03	Ellesmere Port	28-Jul		24:50
Eve Duret	FU20	25:07	Birkenhead Park	17-Nov		20:59
Rosemary Rogers	F65	25:11	Ellesmere Port	23-Jun		24:02
Evie Bennett	FU11	25:18	Birkenhead Park	10-Nov	5	
Macy Brett	FU11	25:55	Chester	25-Aug		
Megan White	FU15	26:13	Delamere Forest	22-Sep		
Sharon Dodd	F60	26:30	Chester	17-Nov	1	
Ellen McMahon	F20	26:43	Chester	25-Aug		26:17
Megan McEveley	F20	27:19	Delamere Forest	25-Dec	1	
Sarah Hughes	F40	27:43	Chester	26-May		26:37
Eleanor Williams	FU11	27:57	Chester	18-Aug	1	
Anne-Marie Tait	F45	28:14	Chester	10-Nov		25:22
Hannah Moorhouse	F45	28:24	Delamere Forest	04-Aug	1	28:49
Ingrid Tait	FU11	28:41	Chester	06-Oct		25:56
Isobel Cunningham	FU20	31:55	Ellesmere Port	01-Sep		
Karen Waugh	F45	34:13	Wepre, Connahs Quay	03-Nov		
Mary Radford	F70	42:04	Henley Wood, Oswestry	03-Nov		34:51

NOTE
1343 female Cheshire club runners ran at least one Park Run in 2018.
Age Groups are in 5 year bands and are at time of performance
*Improve : number of times best time was improved in 2018, either from 2017 best or, if new, from first 2018 performance