WEST CHESHIRE ROAD RUNNIG RANKINGS 2019

Note : chip times, where avilable, are used; gun to finish times increasingly disadvantge the slower runners in large events.

Handicap Codes can be compared across different distances.

Also the same number for males and females is a comparable performance.

FEMALE

5km		***c = chip timing***			**Best in 2018**	***H'cap Code***	
Sophie Grainger	19:17	c	Wirral Seaside	24-Apr	*19:55*	8.0	22nd fastest in Cheshire
Lucia Pyne	20:08		NA Champs, Birkenhead	24-Mar	*19:55*	10.4	
Ellie Robinson	20:35	c	Christleton	17-May	*20:45*	11.6	
Freya Pattwell	21:20		NA Champs, Birkenhead	24-Mar		13.5	
Georgia Broomfield	21:31		NA Champs, Birkenhead	24-Mar		14.0	
Jodie Bemand	21:41	c	Wirral Seaside	31-Jul	*23:24*	14.4	
Clare Mallon	22:16	c	Mid-Cheshire (Spring)	26-Apr	*23:06*	15.9	
Debra Bemand	22:41	c	Christleton	17-May	*22:45*	16.9	
Pam Ackroyd	23:09	c	Wirral Seaside	28-Aug		18.0	
Georgina Duffey	23:25	c	Wirral Seaside	28-Aug		18.6	
Kay Hayes	23:42	c	Mid-Cheshire (Spring)	26-Apr	*24:53*	19.3	
Henrietta Duffey	24:00	c	Capenhurst	21-Aug		20.0	
Cathryn Whalley	24:22	c	Capenhurst	21-Aug		20.8	
Rosemary Rogers	24:51	c	Wirral Seaside	31-Jul	*24:00*	21.9	
Alex Duffey	26:04	c	Capenhurst	21-Aug		24.5	
5 mile							
Claire Harris	33:21		Hope, N Wales (BL)	31-Mar	*32:20*	10.5	14th fastest in Cheshire
Ellie Robinson	35:18		Hope, N Wales (BL)	31-Mar	*35:09*	13.6	
Kerry Riley	35:34	c	Chester Spring	10-Apr	*36:53*	14.0	
Clare Mallon	37:06	c	Birkenhead Park	05-Jun	*38:10*	16.3	
Debra Bemand	37:33	c	Birkenhead Park	05-Jun	*37:31*	16.9	

Lily Moorhouse	38:06	c	Chester Spring	10-Apr		17.7	
Ellen McMahon	39:25	c	Chester Spring	10-Apr	*43:31*	19.6	
Kay Hayes	41:20	c	Chester Spring	10-Apr		22.2	
Alex Duffey	43:05	c	Chester Spring	10-Apr		24.4	
Sarah Hibbert	44:03	c	Birkenhead Park	05-Jun		25.7	

10 km

Keely Smith	41:47	c	Chester	10-Mar	41:35	10.3	35th fastest in Cheshire
Clare Harris	42:09	c	Chester	10-Mar	41:51	10.8	
Ellie Robinson	43:09	c	Mersey Tunnel	14-Apr	43:07	12.0	
Debra Bemand	46:09		Caernarfon (BL)	13-Oct	46:48	15.7	
Clare Mallon	46:26	c	Chester	10-Mar	47:43	16.0	
Rachael Patterson	46:34	c	Guilden Sutton	15-Sep		16.2	
Louise Moore	50:00	c	Chester	10-Mar		20.1	
Cathryn Whalley	50:23	c	Helena Tipping, Wrexham	28-Jul		20.5	
Amy Mills	50:55		Caernarfon (BL)	13-Oct		21.1	
Brygida Gorecka	51:47	c	Mersey Tunnel	14-Apr	54:21	22.0	
Lisa Davies	51:47		Caernarfon (BL)	13-Oct		22.0	
Sharon Dodd	52:45	c	Chester	10-Mar		23.0	
Rosemary Rogers	52:51	c	Birchwood	18-Aug	52:36	23.1	
Claire Bennette	52:53	c	Chester	10-Mar	1:07:41	23.1	
Sarah Hibbert	53:04	c	Guilden Sutton	15-Sep		23.3	
Alex Duffey	53:59	c	Guilden Sutton	15-Sep		24.3	
Claire Gloyne-Phillips	55:34	c	Chester	10-Mar	54:59	25.8	
Sarah Hughes	56:20	c	Chester	10-Mar		26.6	
Paula Newman	56:56	c	Chester	10-Mar		27.2	
Jayne Noble	58:23	c	Chester	10-Mar		28.5	
Karen Waugh	1:01:08	c	Chester	10-Mar	59:39	31.1	
Sophie Smithdale	1:07:00	c	St John's Sch, Whitchurch	07-Apr		36.1	

10 mile

Cathryn Whalley	01:25:16	c	Knowsley	29-Sep		21.9	43rd fastest in Cheshire
Sarah Hibbert	01:27:25	c	Yorkshire	20-Oct		23.3	
Claire Bennette	01:29:14	c	Wigan Festival	17-Mar		24.4	

Half-marathon

Keely Smith	1:29:47	c	Wrexham (VB)	17-Feb	1:33:35	9.4	17th fastest in Cheshire
Rhiannon Robson	1:40:35	c	Conwy	17-Nov		15.6	
Clare Mallon	1:43:18	c	Chester	19-May	1:44:16	17.0	
Debra Bemand	1:45:48	c	4 Villages, Helsby	20-Jan	1:46:28	18,3	
Rachael Patterson	1:46:03	c	Tour of Wirral	08-Sep		18.4	
Claire Williams	1:48:06	c	Lisbon, POR	17-Mar		19.5	
Cathryn Whalley	1:49:16	c	Lake Vyrnwy	08-Sep		20.1	
Louise Moore	1:50:48	c	Chester	19-May		20.8	
Brygida Gorecka	1:55:53	c	Wrexham (VB)	17-Feb	1:52:50	23.3	
Sophie Smithdale	1:57:09	c	Anglesey	03-Mar	2:04:56	23.9	
Sarah Hibbert	1:58:44		Budapest, HUN	08-Sep	2:04:03	24.6	
Sharon Dodd	2:00:13	c	Chester	19-May	1:56:44	25.3	
Lorraine McFaul	2:00:51	c	Chester	19-May	2:01:09	25.6	
Kay Hayes	2:01:11	c	Chester	19-May		25.7	
Sarah Hughes	2:04:38	c	Chester	19-May	2:04:06	27.3	
Isabel Robertson	2:09:00		Lucca, ITA	05-May	2:15:44	29.1	
Jayne Noble	2:17:17	c	Chester	19-May		32.5	
Karen Waugh	2:21:49	c	Wrexham (VB)	17-Feb		34.3	
Katharine Harvey	2:22:35	c	Wrexham Festival	17-Mar		34.6	

20 Mile

Heather McLintock	2:45:12	c	Wrexham	17-Mar		17.7	

Marathon

Keely Smith	3:15:55	c	Run Oulton Park	01-Dec	3:32:25	10.9	6th fastest in Cheshire
Eloise Eccles	3:26:47	c	Liverpool 'Rock-n-Roll'	26-May		13.8	
Heather McLintock	3:47:26	c	London	28-Apr	3:57:22	19.0	
Rhiannon Robson	3:48:55	c	Chester	06-Oct		19.4	
Amy Mills	3:59:56	c	London	28-Apr		22.0	
Katharine Harvey	5:31:47	c	London	28-Apr		39.6	