

By progression in age bands plus recognition of best over an age

## Performances compiled from race results beginning 1st April 1998 when West Cheshire AC was formed.

- By First Claim Members for road running

Early 5k and 10 mile results in 1998 &amp; 1999 yet to be seen!

Which ones? Link on page: <http://www.westcheshireac.co.uk/races/road/>

The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Road Running, the 31<sup>st</sup> August prior to the commencement of the Competition Year  
 [1st September each year to the following 31st August].

Distance	##	Club Best at Distance			Gun Time	Chip Time	Event	Date	Find Host	Times and Date in Red at:	Source
		Age Band	Over an age	Best Time Holder Women							
5 Km		u13		Maria Jayaram	0:23:45	0:23:45	Liverpool Spring	30/04/2016	Mersey Races		<a href="http://www.runbritainrankings.com/results/resultslookup.aspx">http://www.runbritainrankings.com/results/resultslookup.aspx</a>
5 Km		u13		Sophie Grainger	0:21:21	~	Wirral Seaside Runs	27/06/2018	Pensby Runners		<a href="http://www.seasideruns.com/results/">http://www.seasideruns.com/results/</a>
5 Km		u13		Sophie Grainger	0:19:56	0:19:55	Wirral Seaside Runs	25/07/2018	Pensby Runners		<a href="http://www.seasideruns.com/results/">http://www.seasideruns.com/results/</a>
5 Km		u15		Emma Monteith	0:19:47	~	WCAC (Upton)	27/08/1999	West Cheshire AC		<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km		u15	u15	Sophie Grainger	0:19:19	0:19:17	Wirral Seaside Runs	24/04/2019	Pensby Runners		<a href="http://www.seasideruns.com/results/">http://www.seasideruns.com/results/</a>
5 Km		u17		Kate Titlow	0:19:34	~	Capenhurst	20/08/2008	Ellesmere Port RC		<a href="http://www.ellesmereportrunningclub.org.uk">www.ellesmereportrunningclub.org.uk</a>
5 Km		u17	u17	Issy Clarke	0:19:02	0:18:59	Mid Cheshire - Spring	28/04/2017	Cute Fruit Events		<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
5 Km		u20		Joanne Blundell	0:22:00	~	WCAC (Upton)	28/08/1998	West Cheshire AC		<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km		u20	u20	Katie Clarke	0:18:23	0:18:19	Mid Cheshire - Spring	28/04/2017	Cute Fruit Events		<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
5 Km		SF		Julie Fletcher	0:18:11	~	Christleton	12/05/2000	Tattenhall R		FB Group 'Old Running Results and Pictures'
5 Km		SF	SF	Joanne Bailey	0:17:50	~	WCAC (Upton)	24/08/2001	West Cheshire AC		<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km		F35		Janet Taylor			RFLife, Chester	26/06/1998	Race for Life		WCAC (Upton) course - *ARM provisional bests 24/07/00
					0:20:18	**		self timed?			** = 1997 time on same 5K course (before WCAC)
5 Km		F35		Jean Hudson	0:22:56	~	WCAC (Upton)	28/08/1998	West Cheshire AC		<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km		F35		Laura O'Marah	0:21:23	~	Capenhurst	24/08/2005	Ellesmere Port RC		<a href="http://www.ellesmereportrunningclub.org.uk">www.ellesmereportrunningclub.org.uk</a>
5 Km		F35		Heather McLintock	0:20:07	~	Christleton	17/05/2013	Chester Tri		<a href="http://www.chestertri.org.uk/">http://www.chestertri.org.uk/</a>
5 Km		F35		Anest Müller	0:20:09	0:19:56	Christleton	20/05/2016	Chester Tri		<a href="http://chestertri.niftyentries.com/Results/Christleton-5K-2016">http://chestertri.niftyentries.com/Results/Christleton-5K-2016</a>
5 Km		F35	o35	Anest Müller	0:19:56	~	Prestatyn (Frith)	21/05/2016	Prestatyn RC		<a href="http://prestatynrunningclub.co.uk/frith5k/">http://prestatynrunningclub.co.uk/frith5k/</a>
5 Km		F40		Louise Diggle	0:20:29	~	Forest Park	07/07/1999	Spectrum Striders		<a href="http://www.spectrumstriders.org.uk/main.htm">www.spectrumstriders.org.uk/main.htm</a>
5 Km		F45		Janet Morgan	0:23:59	~	WCAC (Upton)	28/08/1998	West Cheshire AC		<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km		F45		Jane Pickering	0:23:05	~	Christleton	17/05/2013	Chester Tri		<a href="http://events.chestertri.org.uk/christleton-5k/results/">http://events.chestertri.org.uk/christleton-5k/results/</a>
5 Km		F45		Lisa Davies	0:21:58	0:21:41	Christleton	20/05/2016	Chester Tri		<a href="http://chestertri.niftyentries.com/Results/Christleton-5K-2016">http://chestertri.niftyentries.com/Results/Christleton-5K-2016</a>
5 Km		F45	o40	Ellie Robinson	0:20:28	0:20:15	Christleton	19/05/2017	Chester Tri		<a href="http://chestertri.niftyentries.com/Results/Christleton-5K-2017">http://chestertri.niftyentries.com/Results/Christleton-5K-2017</a>
5 Km		F50		Mary Radford	0:24:42	~	Christleton	14/05/1999	Tattenhall R		*ARM provisional best performances 24/07/00
5 Km		F50		Pamela Ackroyd	0:23:34	0:23:25	Mid Cheshire	25/08/2016	Cute Fruit Events		<a href="https://cutefruitevents.niftyentries.com/Results">https://cutefruitevents.niftyentries.com/Results</a>
5 Km		F55		Mary Radford	0:25:40	~	WCAC (Upton)	24/08/2001	West Cheshire AC		<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km		F55		Mary Radford	0:25:30	~	Christleton	17/05/2002	Tattenhall R		*BWB result sheet
5 Km		F55	o50	Pamela Ackroyd	0:22:52	0:22:41	Wigan	19/03/2017	Run Wigan Festival		<a href="http://www.sporttimingsolutions.co.uk/results.php">http://www.sporttimingsolutions.co.uk/results.php</a>
5 Km		F60		Mary Radford	0:30:15	~	Chariots of Fire	15/08/2007	Oswestry Olympians		<a href="http://www.oswestryolympians.com/">http://www.oswestryolympians.com/</a>
5 Km		F60		Mary Radford	0:29:28	~	Park Hall	10/05/2009	Oswestry Olympians		<a href="http://www.oswestryolympians.com/">http://www.oswestryolympians.com/</a>
5 Km		F60		Kathleen Osborne	0:28:11	~	Forest Park	01/07/2009	Spectrum Striders		<a href="http://www.spectrumstriders.org.uk/main.htm">www.spectrumstriders.org.uk/main.htm</a>
5 Km		F60		Rosemary Rogers	0:23:44	~	Bowden	29/05/2014	Altrincham & Dist AC		<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
5 Km		F60		Rosemary Rogers	0:23:08	~	Dunham Massey 1	05/06/2014	Altrincham & Dist AC		<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
5 Km		F60		Rosemary Rogers	0:23:03	~	Hollins Green	14/06/2014	Spectrum Striders		<a href="http://www.spectrumstriders.org.uk/main.htm">www.spectrumstriders.org.uk/main.htm</a>
5 Km		F60	o60	Rosemary Rogers	0:22:47	~	Dunham Massey 2	19/06/2014	Altrincham & Dist AC		<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
5 Km		F65		Mary Radford	0:29:07	~	Park Hall	09/06/2011	Oswestry Olympians		<a href="http://www.oswestryolympians.com/">http://www.oswestryolympians.com/</a>
5 Km		F65		Rosemary Rogers	0:24:27	0:24:22	Mid Cheshire	30/04/2015	Cute Fruit Events		<a href="https://cutefruitevents.niftyentries.com/Results">https://cutefruitevents.niftyentries.com/Results</a>
5 Km		F65		Rosemary Rogers	0:24:02	~	Dunham Massey 1	22/05/2015	Altrincham & Dist AC		<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
5 Km		F65		Rosemary Rogers	0:24:01	~	Hollins Green	13/06/2015	Spectrum Striders		<a href="http://www.spectrumstriders.org.uk/main.htm">www.spectrumstriders.org.uk/main.htm</a>
5 Km		F65	o65	Rosemary Rogers	0:23:48	~	Wirral Seaside Runs	26/07/2017	Pensby Runners		<a href="http://www.seasideruns.com/">http://www.seasideruns.com/</a>

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[1st September each year to the following 31st August].

##	Club Best at Distance	Find	Times and Date in Red at:	<a href="http://www.westcheshireac.co.uk/club-records/">http://www.westcheshireac.co.uk/club-records/</a>					
Distance	Age Band	Over an age Women	Best Time Holder	Gun Time	Chip Time	Event	Date	Host	Source
5 Miles	u17		Kerry Riley	0:35:55	~	Spring 5	04/04/2007	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	u17		Katie Clarke	0:34:05	0:34:05	Spring 5	14/04/2015	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	u17		Issy Clarke	0:33:35	~	BL (Spring 5)	06/11/2016	West Cheshire AC	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
5 Miles	u17		Issy Clarke	0:33:00	0:32:59	Spring 5	12/04/2017	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	u17	u17	Issy Clarke	0:32:21	0:32:20	Spring 5	11/04/2018	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	u20		Emma Monteith	0:34:21	~	Spring 5	02/04/2002	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	u20		Laura Bestow	0:34:12	~	Spring 5	06/04/2004	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	u20		Katie Clarke	0:33:49	~	BL Mold (Bus.Pk. Finish)	17/04/2016	BL Buckley RC	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
5 Miles	u20		Katie Clarke	0:30:56	~	BL (Spring 5)	06/11/2016	West Cheshire AC	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
##	u20	SF	Katie Clarke	0:30:43	0:30:41	Spring 5	12/04/2017	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	SF		Liz Horton	0:36:43	~	Spring 5	07/04/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	SF		Julie Fletcher	0:30:51	~	Spring 5	06/04/1999	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	F35	=	Susan Cavanagh	0:37:08	~	Spring 5	07/04/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	F35	=	Sally Kibble	0:37:08	~	Birkenhead Park	06/06/2000	Wirral AC	<a href="http://www.wirralac.co.uk/">http://www.wirralac.co.uk/</a>
5 Miles	F35		Lisa Davies	0:36:14	~	Spring 5	06/04/2011	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	F35		Anest Müller	0:34:22	~	BL Mold (Bus.Pk. Finish)	17/04/2016	BL Buckley RC	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
5 Miles	F35		Anest Müller	0:34:00	~	Dolgellau	23/07/2016	Meirionnydd RC	<a href="http://www.run-meirionnydd.co.uk">www.run-meirionnydd.co.uk</a>
5 Miles	F35	o35	Anest Müller	0:32:59	~	BL (Spring 5)	06/11/2016	BL West Cheshire AC	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
5 Miles	F40		Sue Haslam	0:37:01	~	Spring 5	06/04/1999	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	F40		Lisa Davies	0:36:23	~	Spring 5	15/04/2014	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	F40		Ellie Robinson	0:35:04	~	BL Capenhurst	11/10/2015	Ellesmere Port RC	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
5 Miles	F40		Heather McLintock	0:34:44	~	BL (Spring 5)	06/11/2016	BL West Cheshire AC	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
5 Miles	F45	o40	Jan Moffett	0:33:46	~	Alsager	06/02/2000	Alsager	*MJL result sheet
5 Miles	F50		Mary Radford	0:39:35	~	Spring 5	07/04/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	F50		Frances Mudway	0:39:24	~	Dolgellau	02/08/2003	Meirionnydd RC	<a href="http://www.run-meirionnydd.co.uk/">http://www.run-meirionnydd.co.uk/</a>
5 Miles	F50		Pamela Ackroyd	0:38:38	~	BL (Spring 5)	06/11/2016	BL West Cheshire AC	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
5 Miles	F55		Mary Radford	0:45:59	~	Abergele	03/11/2002	Abergele H	<a href="http://www.abergeleharriers.co.uk/ASH.htm">www.abergeleharriers.co.uk/ASH.htm</a>
5 Miles	F55		Mary Radford	0:43:41	~	Spring 5	08/04/2003	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	F55		Frances Mudway	0:42:25	~	Alsager	01/02/2004	Alsager	<a href="http://www.race-results.co.uk/">www.race-results.co.uk/</a>
5 Miles	F55		Frances Mudway	0:40:52	~	BL Birkenhead Park	08/02/2004	BL Wallasey AC	*MJL result sheet
5 Miles	F55		Frances Mudway	0:40:33	~	Dolgellau	07/08/2004	Meirionnydd RC	<a href="http://www.run-meirionnydd.co.uk">www.run-meirionnydd.co.uk</a>
5 Miles	F55		Frances Mudway	0:39:48	~	Pirelli 5	02/10/2004	Wrexham AAC	<a href="http://www.thepowerof10.info/athletes/athleteslookup.aspx">www.thepowerof10.info/athletes/athleteslookup.aspx</a>
5 Miles	F55		Frances Mudway	0:39:02	~	Hale Village	12/12/2004	Hale	*MJL result sheet
5 Miles	F55	o50	Frances Mudway	0:37:46	~	Dolgellau	30/07/2005	Meirionnydd RC	<a href="http://www.run-meirionnydd.co.uk/">http://www.run-meirionnydd.co.uk/</a>
5 Miles	F60		Mary Radford	0:46:27	~	Spring 5	04/04/2007	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	F60		Mary Radford	0:46:26	~	Spring 5	08/04/2009	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	F60		see below						
5 Miles	F60	o60	Rosemary Rogers	0:37:51	~	Run the Bridge	20/04/2014	Halton BC	<a href="http://www.runhalton.co.uk/">www.runhalton.co.uk/</a>
5 Miles	F65		Mary Radford	0:49:00	~	Gobowen	05/08/2011	Oswestry Olympians	<a href="http://www.oswestryolympians.com/">http://www.oswestryolympians.com/</a>
5 Miles	F65		Mary Radford	0:48:23	~	Abergele	06/11/2011	Abergele H	<a href="http://www.abergeleharriers.co.uk/ASH.htm">www.abergeleharriers.co.uk/ASH.htm</a>
5 Miles	F65	o65	Rosemary Rogers	0:38:33	0:38:30	Hale Village	05/04/2015	BTR Hale 5	<a href="http://www.chiptiming.co.uk/">http://www.chiptiming.co.uk/</a>
5 Miles	.		Kathleen Osborne	0:45:05		BL Prestatyn 5.1 m	11/04/2010	BL Prestatyn RC	<a href="http://bordersleague.org.uk/">http://bordersleague.org.uk/</a>
5 Miles	F60		- equivalent to	0:44:12		for 5 miles			
5 Miles	.		Frances Mudway	0:45:49		City of Salford W's 5.25	28/11/2010	Swinton RC	<a href="http://www.race-results.co.uk/">www.race-results.co.uk/</a>
5 Miles	F60		- equivalent to	0:43:35		for 5 miles			

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Distance	Age Band	Over an age Women	Best Time Holder	Gun Time	Chip Time	Event	Date	Host	Source
10 Km	u17		Kerry Riley	0:50:01	~	Sutton 6	23/09/2007	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	u17		Katie Clarke	0:44:13	~	Caernarfon BL	12/04/2015	Eryri H	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
10 Km	u17		Katie Clarke	0:42:40	~	Caernarfon BL	06/12/2015	Cybi Striders	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
10 Km	u17	u17	Issy Clarke	0:41:57	~	Caernarfon BL	09/10/2016	Eryri H	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
10 Km	u20		Emma Monteith	0:42:51	~	Sutton 6	23/09/2001	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	u20	u20	Katie Clarke	0:40:53	~	Caernarfon BL	09/10/2016	Eryri H	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
10 Km	SF		Julie Fletcher	0:38:51	~	Birchwood	23/08/1998	Spectrum Striders	<a href="http://www.spectrumstriders.org.uk/main.htm">www.spectrumstriders.org.uk/main.htm</a>
10 Km	SF		Julie Fletcher	0:38:49	~	Sutton 6	20/09/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
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	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
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 10k	<a href="http://www.cheshire10k.com/">http://www.cheshire10k.com/</a>
10 Km	F35	o35	Anest Müller	0:40:56	0:40:48	Cardiff	11/09/2016	Cardiff 10K	<a href="https://cardiff10k.com/results/">https://cardiff10k.com/results/</a>
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 Village Com.	25/04/1999		*ARM provisional best performances 24/07/00
10 Km	F45		Janet Morgan	0:49:22	~	Sutton 6	20/09/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	F45		Jan Moffett	0:43:41	~	Birchwood	22/08/1999	Spectrum Striders	<a href="http://www.spectrumstriders.org.uk/main.htm">www.spectrumstriders.org.uk/main.htm</a>
10 Km	F45		Jan Moffett	0:43:27	~	Birchwood	20/08/2000	Spectrum Striders	<a href="http://www.spectrumstriders.org.uk/main.htm">www.spectrumstriders.org.uk/main.htm</a>
10 Km	F45	o45	Ellie Robinson	0:43:15	0:43:07	Mersey Tunnel	15/04/2018	BTR Liverpool Ltd	<a href="https://www.tdileventservices.co.uk/event-results/events?event=2838">https://www.tdileventservices.co.uk/event-results/events?event=2838</a>
10 Km	F50		Mary Radford	0:50:46	~	Birchwood	23/08/1998	Spectrum Striders	<a href="http://www.spectrumstriders.org.uk/main.htm">www.spectrumstriders.org.uk/main.htm</a>
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	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
10 Km	F50		Cathryn Whalley	0:51:01	0:50:23	Helena Tipping	28/07/2019	Cute Fruit Events	<a href="http://www.cutefruitevents.com/helena-tipping-wrexham-10k/">http://www.cutefruitevents.com/helena-tipping-wrexham-10k/</a>
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	<a href="http://www.joelee.co.uk/resindex.html">http://www.joelee.co.uk/resindex.html</a>
10 Km	F55		Frances Mudway	0:51:09	~	Sutton 6	26/09/2004	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	F55		Frances Mudway	0:48:28	~	Telford Christmas	19/12/2004	Telford AC	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
10 Km	F55		Frances Mudway	0:48:18	~	Trafford	06/03/2005	Altrincham & Dist AC	<a href="http://www.race-results.co.uk/">www.race-results.co.uk/</a>
10 Km	F55		Frances Mudway	0:47:35	~	Sutton 6	25/09/2005	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	F60		Mary Radford	0:57:52	~	Farrdon	05/03/2006	Wrexham AAC	<a href="http://www.wrexhamroadrunners.org.uk/">www.wrexhamroadrunners.org.uk/</a>
10 Km	F60		Mary Radford	0:57:51	~	Helena Tipping	07/12/2008	Wrexham AAC	<a href="http://www.wrexhamroadrunners.org.uk/">www.wrexhamroadrunners.org.uk/</a>
10 Km	F60		Rosemary Rogers	0:49:23	~	Nick Beer	02/02/2014	North Wales RRC	<a href="http://www.tdl.ltd.uk/race-results.php">http://www.tdl.ltd.uk/race-results.php</a>
10 Km	F60	o50	Rosemary Rogers	0:47:10	0:47:02	Arley Hall, Cheshire**	30/03/2014	Cheshire 10k	<a href="http://www.cheshire10k.com/">http://www.cheshire10k.com/</a>
10 Km	F65		Mary Radford	0:59:39	~	Ellesmere	28/08/2011	Oswestry Olympians	<a href="http://www.oswestryolympians.com/">http://www.oswestryolympians.com/</a>
10 Km	F65		Mary Radford	0:58:27	~	Helena Tipping	04/12/2011	Wrexham AAC	<a href="http://www.wrexhamroadrunners.org.uk/">www.wrexhamroadrunners.org.uk/</a>
10 Km	F65		Rosemary Rogers	0:52:41	0:52:29	Nick Beer	08/02/2015	North Wales RRC	<a href="http://www.tdl.ltd.uk/race-results.php">http://www.tdl.ltd.uk/race-results.php</a>
10 Km	F65	o65	Rosemary Rogers	0:48:35	0:48:15	Port Sunlight	01/03/2015	BTR Liverpool Ltd	<a href="http://www.tdl.ltd.uk/race-results.php">http://www.tdl.ltd.uk/race-results.php</a>
10 Km	F70		Mary Radford	1:17:45	1:14:32	Arley Hall	04/11/2017	Cheshire 10k	<a href="http://www.cheshire10k.com/">http://www.cheshire10k.com/</a>
10 Km	F70	o70	Mary Radford	1:15:56	1:13:04	ALDI Chester 10k	08/03/2020	Active Leisure Events	<a href="https://ale.niftyentries.com/Results/ALDI-Chester-10K-2020">https://ale.niftyentries.com/Results/ALDI-Chester-10K-2020</a>
10 Miles	u20		nobody yet						
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	<a href="http://www.race-results.co.uk/">www.race-results.co.uk/</a>
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	<a href="http://www.race-results.co.uk/">www.race-results.co.uk/</a>
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	<a href="http://www.race-results.co.uk/">www.race-results.co.uk/</a>
10 Miles	F45		Jan Moffett	1:11:45	~	Llandudno	12/11/2000	North Wales RRC	<a href="http://www.race-results.co.uk/">www.race-results.co.uk/</a>
10 Miles	F45	o45	Louise Diggle	1:08:54	~	Llandudno	11/11/2001	North Wales RRC	<a href="http://www.race-results.co.uk/">www.race-results.co.uk/</a>
10 Miles	F50		Sarah Hibbert	1:28:55	1:28:35	Rhyl	24/02/2019	Run Wales	<a href="https://www.runwales.com/events/rhyl-10-mile/results/">https://www.runwales.com/events/rhyl-10-mile/results/</a>
10 Miles	F50		Cathryn Whalley	1:30:55	1:25:16	Knowsley Safari Park	29/09/2019	Kirby Milers	PROVISIONAL
10 Miles	F55		Mary Radford	1:38:27	~	Wrexham	01/05/2005	Wrexham AAC	<a href="http://www.wrexhamroadrunners.org.uk/">www.wrexhamroadrunners.org.uk/</a>
10 Miles	F55		Frances Mudway	1:21:53	~	Preston	18/11/2007	Preston H	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
10 Miles	F60		Mary Radford	1:38:10	~	Ellesmere	06/05/2007	Oswestry Olympians	<a href="http://www.oswestryolympians.com/old/seniors/s-Ellesmere102007.htm">http://www.oswestryolympians.com/old/seniors/s-Ellesmere102007.htm</a>
10 Miles	F60		Rosemary Rogers	1:21:14	~	Rhyl	23/02/2014	Run Wales	<a href="http://www.runwales.com/events/rhyl-10-mile/results-rhyl">http://www.runwales.com/events/rhyl-10-mile/results-rhyl</a>
10 Miles	F60	o50	Rosemary Rogers	1:20:15	~	Wrexham	26/04/2014	Wrexham AAC	<a href="http://www.ukresults.net/2014/nwales10.html">http://www.ukresults.net/2014/nwales10.html</a>
10 Miles	F65		Rosemary Rogers	1:23:20	1:23:15	Rhyl	22/03/2015	Run Wales	<a href="http://www.runwales.com/events/rhyl-10-mile/results-rhyl">http://www.runwales.com/events/rhyl-10-mile/results-rhyl</a>
10 Miles	F65	o65	Rosemary Rogers	1:23:03	~	Wrexham	25/04/2015	Wrexham AAC	<a href="http://www.thepowerof10.info/results">www.thepowerof10.info/results</a>

\*ARM Alan Morris \*BWB Brian Beattie \*MJL Mike Lamb  
\*JLD John Driscoll \*DC Dave Crawford \*GH Graham Howell (LivH)

Performances compiled from race results beginning 1st April 1998 when West Cheshire AC was formed.

- By First Claim Members for road running

Early 5k and 10 mile results in 1998 & 1999 yet to be seen!

Which ones? Link on page: <http://www.westcheshireac.co.uk/races/road/>

The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Road Running, the 31<sup>st</sup> August prior to the commencement of the Competition Year [1st September each year to the following 31st August].

##	Club Best at Distance			Find	Times and Date in Red at:		<a href="http://www.westcheshireac.co.uk/club-records/">http://www.westcheshireac.co.uk/club-records/</a>		
Distance	Age Band	Over an age	Best Time Holder	Gun Time	Chip Time	Event	Date	Host	Source
½ Mar	u20	u20	Megan McEveley	1:53:06	1:51:37	Wirral	12/10/2014	BTR Liverpool Ltd	<a href="http://www.tdl.itd.uk/race-results.php">http://www.tdl.itd.uk/race-results.php</a>
##	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	<a href="http://www.wilmslowhalfmarathon.org.uk/results-and-photos/">www.wilmslowhalfmarathon.org.uk/results-and-photos/</a>
½ Mar	F35		Nardia Alldis	1:35:23	1:34:58	Four Villages	19/01/2014	Helsby RC	<a href="http://www.helsbyrunningclub.org.uk/halfmarathon/index.htm">www.helsbyrunningclub.org.uk/halfmarathon/index.htm</a>
½ Mar	F35		Nardia Alldis	1:33:42	1:33:37	Liverpool	22/03/2014	BTR Liverpool Ltd	<a href="http://www.tdl.itd.uk/race-results.php">http://www.tdl.itd.uk/race-results.php</a>
½ Mar	F35		Keely Smith	1:33:39	1:33:35	Rhyl (Run Fest)	23/06/2018	Run Wales	<a href="https://www.runwales.com/events/runfest-wales/results/">https://www.runwales.com/events/runfest-wales/results/</a>
½ Mar	F35		Keely Smith	1:32:48	1:32:24	Four Villages	20/01/2019	Helsby RC	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
½ Mar	F35	o35	Keely Smith	1:30:20	1:29:47	Village Bakery	17/02/2019	Cute Fruit Events	<a href="https://cutefruitevents.niftyentries.com/VillageBakeryHalf/Results">https://cutefruitevents.niftyentries.com/VillageBakeryHalf/Results</a>
½ Mar	F40		Susan Haslam	1:45:18	~	Chester	24/05/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	F40		Louise Diggle	1:32:10	~	Yrwnwy	27/09/1998	Oswestry Olympians	*BWB result sheet
½ Mar	F40	o40	Louise Diggle	1:31:11	~	Yrwnwy	19/09/1999	Oswestry Olympians	*BWB result sheet
½ Mar	F45	**	Janet Morgan	1:48:06	~	Chester	24/05/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	F45		Louise Diggle	1:34:58	~	Yrwnwy	16/09/2001	Oswestry Olympians	<a href="http://www.race-results.co.uk/">www.race-results.co.uk/</a>
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	<a href="http://www.wilmslowhalfmarathon.org.uk/results-and-photos/">www.wilmslowhalfmarathon.org.uk/results-and-photos/</a>
½ Mar	F50		Mary Radford	1:55:56	~	Liverpool	08/08/1999	Run Liverpool	Scanfrom FB 'Old Running Results and Pictures'
½ Mar	F50		Cathryn Whalley	1:53:26	1:52:24	Chester	19/05/2019	Active Leisure Events	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
½ Mar	F50		Cathryn Whalley	1:49:33	1:49:16	Yrwnwy	08/09/2019	Lake Yrwnwy Half Marathon	<a href="https://www.ukresults.net/2019/yrwnwy.html">https://www.ukresults.net/2019/yrwnwy.html</a>
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	~	Yrwnwy	15/09/2002	Oswestry Olympians	<a href="http://www.joelee.co.uk/resindex.html">http://www.joelee.co.uk/resindex.html</a>
½ Mar	F55		Isabel Robertson	2:03:45	2:00:47	Liverpool	15/03/2020	BTR Liverpool Ltd	<a href="https://www.tdlevents.co.uk/event-results">https://www.tdlevents.co.uk/event-results</a>
½ Mar	F60		Mary Radford	2:16:56	2:14:46	Four Villages	21/01/2007	Helsby RC	<a href="http://www.helsbyrunningclub.org.uk/halfmarathon/index.htm">www.helsbyrunningclub.org.uk/halfmarathon/index.htm</a>
½ Mar	F60		Mary Radford	2:08:36	~	Village Bakery	17/02/2008	Wrexham AAC	<a href="http://www.ukresults.net/2008/bakery.html">http://www.ukresults.net/2008/bakery.html</a>
½ Mar	F60		Kathleen Osborne	2:02:47	2:02:13	Four Villages	17/01/2010	Helsby RC	<a href="http://www.helsbyrunningclub.org.uk/halfmarathon/index.htm">www.helsbyrunningclub.org.uk/halfmarathon/index.htm</a>
½ Mar	F60		Kathleen Osborne	2:00:45	1:59:23	Chester	16/05/2010	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	F60	o50	Rosemary Rogers	1:44:46	1:44:38	Four Villages	19/01/2014	Helsby RC	<a href="http://www.helsbyrunningclub.org.uk/halfmarathon/index.htm">www.helsbyrunningclub.org.uk/halfmarathon/index.htm</a>
½ Mar	F65		Mary Radford	2:20:50	~	Village Bakery	27/02/2011	Wrexham AAC	<a href="http://www.ukresults.net/2011/bakery.html">http://www.ukresults.net/2011/bakery.html</a>
½ Mar	F65		Kathleen Osborne	2:13:48	2:06:43	Chester	18/05/2014	Active Leisure Events	<a href="http://www.activeleisureevents.co.uk/half-marathon.aspx">http://www.activeleisureevents.co.uk/half-marathon.aspx</a>
½ Mar	F65		Rosemary Rogers	1:52:04	1:51:44	Wilmslow**	22/03/2015	Wilmslow RC	<a href="http://www.tdl.itd.uk/race-results.php">http://www.tdl.itd.uk/race-results.php</a>
½ Mar	F65		Rosemary Rogers	1:51:41	1:51:05	Liverpool	29/03/2015	BTR Liverpool Ltd	<a href="http://www.tdl.itd.uk/race-results.php">http://www.tdl.itd.uk/race-results.php</a>
½ Mar	F65	o65	Rosemary Rogers	1:47:00	1:46:23	Chester	17/05/2015	Active Leisure Events	<a href="http://www.tdl.itd.uk/race-results.php">http://www.tdl.itd.uk/race-results.php</a>
** (WCAC from 01/04/98)									
Marathon	u20		nobody yet						
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	<a href="http://www.activeleisureevents.co.uk/full-marathon">www.activeleisureevents.co.uk/full-marathon</a>
Marathon	SF		Keely Smith	3:15:00	3:15:00	Liverpool	28/05/2017	Rock 'n' Roll	<a href="http://www.runbritainrankings.com/results/resultslookup.aspx">http://www.runbritainrankings.com/results/resultslookup.aspx</a>
##	SF	SF	Keely Smith	3:13:15	3:12:46	Chester	08/10/2017	Active Leisure Events	<a href="http://ale.niftyentries.com/MBNA-Chester-Marathon-2017">http://ale.niftyentries.com/MBNA-Chester-Marathon-2017</a>
Marathon	F35		Susan Cavanagh	4:15:03	~	London	22/04/2001	London Marathon	<a href="http://results.london-marathon.co.uk/2001/list.php">http://results.london-marathon.co.uk/2001/list.php</a>
Marathon	F35		Eleanor Robinson	~	3:56:46	London	17/04/2011	London Marathon	<a href="http://results-2011.virginlondonmarathon.com/2011/">http://results-2011.virginlondonmarathon.com/2011/</a>
Marathon	F35		Nardia Alldis	3:28:07	3:27:38	Chester	06/10/2013	Active Leisure Events	<a href="http://www.activeleisureevents.co.uk/full-marathon">www.activeleisureevents.co.uk/full-marathon</a>
Marathon	F35		Nardia Alldis	3:22:00	3:21:42	Liverpool	25/05/2014	BT Rock 'n' Roll	<a href="http://www.runbritainrankings.com/results/resultslookup.aspx">http://www.runbritainrankings.com/results/resultslookup.aspx</a>
Marathon	F35		Keely Smith	3:20:32	3:20:28	Conwy (Llandudno)	31/03/2019	Always Aim High	<a href="https://www.tdlevents.co.uk/event-results">https://www.tdlevents.co.uk/event-results</a>
Marathon	F40	o35	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		Jane Pickering	~	3:59:36	London	22/04/2012	London Marathon	<a href="http://www.virginlondonmarathon.com/">www.virginlondonmarathon.com/</a>
Marathon	F45	o45	Angela Tegg	~	3:55:47	London	22/04/2018	London Marathon	<a href="http://www.virginlondonmarathon.com/">www.virginlondonmarathon.com/</a>
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	<a href="http://www.brathay.org.uk/">www.brathay.org.uk/</a>
Marathon	F60		Kathleen Osborne	4:35:17	4:34:16	Chester	31/05/2010	Active Leisure Events	<a href="http://www.activeleisureevents.co.uk/full-marathon">www.activeleisureevents.co.uk/full-marathon</a>
Marathon	F60		Kathleen Osborne	4:25:27	4:23:02	Chester	09/10/2011	Active Leisure Events	<a href="http://www.activeleisureevents.co.uk/full-marathon">www.activeleisureevents.co.uk/full-marathon</a>
Marathon	F65	o50	Rosemary Rogers	4:08:57	4:07:53	Chester	04/10/2015	Active Leisure Events	<a href="http://www.activeleisureevents.co.uk/full-marathon">www.activeleisureevents.co.uk/full-marathon</a>

\*\* (WCAC from 01/04/98)