

WEST CHESHIRE ROAD RUNNING RANKINGS 2019

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

Handicap Codes can be compared across different distances.

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

Please Note that due to the virus lockdowns, etc, the number of road races held during the year was much reduced compared to recent years. "Virtual" events have not been included.

FEMALE

					Best in 2019	H'cap Code	
5km							
<i>c = chip timing</i>							
<i>no performances</i>							
5 mile							
Agnieska BYCINA	40:01	c	City of Preston	09-Aug		20.4	
10 km							
Debra BEMAND	44:19	c	Chester	08-Mar	46:09	13.5	30th fastest in Cheshire
Jodi BEMAND	44:58	c	Chester	08-Mar		14.3	
Clare MALLON	48:08	c	Chester	08-Mar	46:26	18.0	
Ellen McMAHON	49:14	c	Chester	08-Mar		19.2	
Jane BARKER	50:54	c	Chester	08-Mar		21.1	
Amy MILLS	51:50	c	Chester	08-Mar	50:55	22.1	
Sarah HIBBERT	52:37	c	Cheshire, Arley Hall	18-Oct	51:53	22.9	
Cathryn WHALLEY	52:46	c	Chester	08-Mar	50:23	23.0	
Loraine McFAUL	55:16	c	Chester	08-Mar		25.6	
Claire BENNETTE	55:30	c	Chester	08-Mar	52:53	25.8	

Claire GLOYNE-PHILLIPS	55:42	c	Chester	08-Mar	55:34	26.0
Sarah HUGHES	56:33	c	Chester	08-Mar	56:20	26.8
Sharon DODD	56:39	c	Chester	08-Mar	52:45	26.9
Jayne NOBLE	01:01:35	c	Chester	08-Mar	58:23	31.5
Katharine HARVEY	01:02:19	c	Chester	08-Mar		32.1
Karen WAUGH	01:12:24	c	Chester	08-Mar	59:39	40.3
Mary RADFORD	01:13:04	c	Chester	08-Mar		40.8

10 mile

Cathryn Whalley	01:28:18	c	Rhyl	22-Feb	01:25:16	23.8	10th fastest in Cheshire
Sarah Hibbert	01:30:36	c	City of Preston	09-Aug	01:27:25	25.2	
Isabel ROBERTSON	01:34:50	c	Rhyl	22-Feb		27.7	

Half-marathon

Keely SMITH	1:26:47	c	Capesthorne, Cheshire	20-Sep	1:29:47	7.5	Fastest in Cheshire
Eloise ECCLES	1:35:13	c	Run Oulton Park GP	01-Mar	1:33:06	12.6	10th fastest in Cheshire
Rhiannon ROBSON	1:37:41	c	4 Villages, Helsby	19-Jan	1:40:35	14.0	
Clare MALLON	1:42:33	c	4 Villages, Helsby	19-Jan	1:43:18	16.6	
Sarah HIBBERT	1:59:57	c	Run Aintree	13-Dec	1:58:44	25.2	
Isabel ROBERTSON	2:00:47	c	Liverpool	15-Mar	2:09:00	25.5	
Hannah MOORHOUSE	2:25:36	c	4 Villages, Helsby	19-Jan		35.7	

20 Mile

No performances

Marathon

Keely SMITH	3:01:24	c	Run Oulton Park GP	06-Dec	3:15:55	6.7	Fastest in Cheshire
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