

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 & 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 Times and Date in Red at: Host	Source	
		Age Band	Over an age Women							Best Time Holder
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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/">https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/</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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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	0:18:34	~	Christleton	15/05/1999	Tattenhall R	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km		SF		Julie Fletcher	0:18:11	~	Christleton	12/05/2000	Tattenhall R	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
		SF	SF	Joanne Bailey	0:17:50	~	WCAC (Upton)	28/08/2001	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	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
					0:20:18	**	self timed?			WCAC (Upton) course - *ARM provisional bests 24/07/00
										** = 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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/">https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/</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		Anest Müller	0:19:56	~	Prestatyn (Ffrith)	21/05/2016	Prestatyn RC	<a href="http://prestatynrunningclub.co.uk/frith5k/">http://prestatynrunningclub.co.uk/frith5k/</a>
5 Km		F35		Keely Smith	0:18:48	~	Rhyl - 5k Series	05/06/2021	Welsh Athletics	<a href="https://data.opentrack.run/en-gb/x/2021/GBR/rhyl5k1/event/">https://data.opentrack.run/en-gb/x/2021/GBR/rhyl5k1/event/</a>
5 Km		F35	o35	Keely Smith	0:18:25	0:18:21	Capenhurst	18/08/2021	Ellesmere Port RC	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
5 Km		F40		Louise Diggle	0:20:29	~	Forest Park	07/07/1999	Spectrum Striders	<a href="https://spectrumstriders.org.uk/archive/2019/our-races.html">https://spectrumstriders.org.uk/archive/2019/our-races.html</a>
5 Km		F45		Janet Morgan	0:23:59	~	WCAC (Upton)	28/08/1998	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		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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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.sportstingsolutions.co.uk/results.php">http://www.sportstingsolutions.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="https://spectrumstriders.org.uk/archive/2019/our-races.html">https://spectrumstriders.org.uk/archive/2019/our-races.html</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="https://spectrumstriders.org.uk/archive/2019/our-races.html">https://spectrumstriders.org.uk/archive/2019/our-races.html</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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		Age Band	Over an age Women							
5 Miles		u17		Kerry Riley	0:35:55	~	Spring 5	04/04/2007	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 Miles		u17		Katie Clarke	0:34:05	~	Spring 5	14/04/2015	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 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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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	**	Janet Morgan	0:40:16	-	Whittington (GF Frolic)	10/04/1998	Oswestry Olympians	<a href="http://www.bordersleague.org.uk/">AW April 15 1998 - Vol.52 no.16</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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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>
			**	(WCAC from 01/04/98)						
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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Age	Over Best Time Holder	Date	Host	Source			
Distance	Band an age Women	Gun Time	Chip Time	Event			
½ Mar	u20	Megan McEveley	1:53:06	1:51:37 Wirral	12/10/2014	BTR Liverpool Ltd	<a href="https://www.tdlevantservices.co.uk/event-results">https://www.tdlevantservices.co.uk/event-results</a>
##	SF	Julie Fletcher	1:23:17	~ Four Villages	24/01/1999	Helsby RC	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
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 Aldis	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 Aldis	1:33:42	1:33:37 Liverpool	22/03/2014	BTR Liverpool Ltd	<a href="https://www.tdlevantservices.co.uk/event-results">https://www.tdlevantservices.co.uk/event-results</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	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	F35	Keely Smith	1:30:48	1:26:47 Capesthorpe (Cheshire)	20/09/2020	LETS DO THIS	<a href="https://www.letsdothis.com/gb/e/cheshire-half-marathon-141482">https://www.letsdothis.com/gb/e/cheshire-half-marathon-141482</a>
½ Mar	F35	o35 Keely Smith	-	1:24:38 Village Bakery	05/09/2021	Run Cheshire	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
½ Mar	F40	Susan Haslam	1:45:18	~ Chester	24/05/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	F40	Louise Diggle	1:34:19	~ Kendal	29/08/1998	Kendal AAC	AW September 2 1998 - vol.52 no.36
½ Mar	F40	Louise Diggle	1:32:10	~ Yrnwy	27/09/1998	Oswestry Olympians	*BWB result sheet - AW September 30 1998 vol.52 no.40
½ Mar	F40	o40 Louise Diggle	1:31:11	~ Yrnwy	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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	F45	Louise Diggle	1:34:58	~ Yrnwy	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	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
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 International	08/08/1999	Run Liverpool	*MJL result sheet
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 Yrnwy	08/09/2019	Lake Yrnwy Half Marathon	<a href="https://www.ukresults.net/2019/yrnwy.html">https://www.ukresults.net/2019/yrnwy.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	~ Yrnwy	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.tdlevantservices.co.uk/event-results">https://www.tdlevantservices.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="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</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="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
½ Mar	F60	Kathleen Osborne	2:00:45	1:59:23 Chester	16/05/2010	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</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="https://www.tdlevantservices.co.uk/event-results">https://www.tdlevantservices.co.uk/event-results</a>
½ Mar	F65	Rosemary Rogers	1:51:41	1:51:05 Liverpool	29/03/2015	BTR Liverpool Ltd	<a href="https://www.tdlevantservices.co.uk/event-results">https://www.tdlevantservices.co.uk/event-results</a>
½ Mar	F65	o65 Rosemary Rogers	1:47:00	1:46:23 Chester	17/05/2015	Active Leisure Events	<a href="https://www.tdlevantservices.co.uk/event-results">https://www.tdlevantservices.co.uk/event-results</a>
	**	(WCAC from 01/04/98)					
<b>Marathon</b>	u20	<i>nobody yet</i>					
Marathon	SF	Julie Fletcher	3:23:33	~ London	26/04/1998	London Marathon	West Cheshire News No2 - AW April 29 1998 - vol.52 no.18
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>
Marathon	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 Aldis	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 Aldis	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.tdlevantservices.co.uk/event-results">https://www.tdlevantservices.co.uk/event-results</a>
Marathon	F35	Keely Smith	3:01:38	3:01:24 Oulton Park	06/12/2020	Run Through	<a href="https://www.runthrough.co.uk/results/">https://www.runthrough.co.uk/results/</a>
##	F35	SF Keely Smith	2:58:13	2:58:10 Chesh Elite Marathon	25/04/2021	Run Cheshire	<a href="https://runcheshire.niftyentries.com/Results">https://runcheshire.niftyentries.com/Results</a>
Marathon	F40	o40 Louise Diggle	3:14:12	~ London	26/04/1998	London Marathon	West Cheshire News No2 - AW April 29 1998 - vol.52 no.18
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	F 50	o50 Sarah Hibbert	4:13:23	4:07:37 Goodwood GP	25/04/2021	Run Through	<a href="https://www.runthrough.co.uk/results/">https://www.runthrough.co.uk/results/</a>
Marathon	F55	<i>nobody yet</i>					
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	o55 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)					