

# West Cheshire AC Veterans' Records

Have you beaten one of these records, or set a new one? If so, please send us details via "Webmaster" at:

<http://www.westcheshireac.co.uk/contact/>

For more detail, see:

<http://www.westcheshireac.co.uk/club-records/>

*Sorry, wind-assisted performances are not considered for record purposes*

VETERANS' FEMALE Age Group																					
Event	Overall		F35		F40		F45		F50		F55		F60		F65		F70		F75		
Road																					
5km	18:21 Keely Smith 18/08/21		18:21 Keely Smith 18/08/21		20:29 Louise Diggle 07/07/99		20:15 Elle Robinson 19/05/17		23:25 Pamela Ackroyd 25/08/16		22:41 Pamela Ackroyd 19/03/17		22:47 Rosemary Rogers 19/06/14		23:48 Rosemary Rogers 26/07/17						
5 Miles	28:14 Liz Renondeau 14/11/21		30:52 Keely Smith 14/11/21		28:14 Liz Renondeau 14/11/21		33:46 Jan Moffett 06/02/00		38:38 Pamela Ackroyd 06/11/16		36:23 Joy Hickman 14/11/21		37:51 Rosemary Rogers 20/10/14		38:30 Rosemary Rogers 05/04/15						
10km	38:53 Keely Smith 25/07/21		38:53 Keely Smith 25/07/21		41:44 Louise Diggle 25/04/99		43:07 Elle Robinson 15/04/18		48:09 Debra Bemand 06/11/21		45:52 Joy Hickman 31/10/21		47:02 Rosemary Rogers 30/03/14		48:15 Rosemary Rogers 01/03/15		00:58:09 Rosemary Rogers 31/10/21				
10 Miles	01:05:21 Keely Smith 08/08/21		01:05:21 Keely Smith 08/08/21		01:08:47 Louise Diggle 11/04/99		01:08:54 Louise Diggle 11/11/01		01:25:16 Cathryn Whalley 29/09/19		01:21:53 Frances Mudway 18/11/07		01:20:15 Rosemary Rogers 26/04/14		01:23:03 Rosemary Rogers 26/04/15						
1/2 Marathon	01:24:38 Keely Smith 05/09/21		01:24:38 Keely Smith 05/09/21		01:31:11 Louise Diggle 19/09/99		01:32:06 Jan Moffett 20/01/02		01:49:16 Cathryn Whalley 08/09/19		02:00:47 Isabel Robertson 15/03/20		01:44:38 Rosemary Rogers 19/01/14		01:46:23 Rosemary Rogers 17/05/15						
Marathon	02:58:10 Keely Smith 25/04/21		02:58:10 Keely Smith 25/04/21		03:14:12 Louise Diggle 26/04/99		03:55:47 Angla Tegg 22/04/18		04:07:37 Sarah Hibbert 25/04/21				04:23:02 Kathleen Osbourne 09/10/11		04:07:53 Rosemary Rogers 04/10/15						
5km Walk	33:07 Cath McGrath 02/12/06								00:33:07 Cath McGrath 02/12/06		00:34:35 Cath McGrath 01/02/09										
			F35		F40		F45		F50		F55		F60		F65		F70		F75		
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