

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 31st 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:	Source					
Distance	Age Band	Over an age	Best Time Holder Women	Gun Time	Chip Time	Event	Date	Host	Source
5 Km	u13		Maria Jayaram	0:23:45	0:23:45	Liverpool Spring	30/04/2016	Mersey Races	http://www.runbritainrankings.com/results/resultslookup.aspx
5 Km	u13		Emilia Pyper	0:20:17	0:19:43	Mid Cheshire (Spring)	28/04/2023	Run Cheshire	https://www.niftyentries.com/Results
5 Km	u13	u13	Emilia Pyper	0:19:51	0:19:35	Christleton	19/05/2023	Chester Tri	https://www.niftyentries.com/Results
5 Km	u15		Emma Monteith	0:19:47	-	WCAC (Upton)	27/08/1999	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	u15	u15	Nancy Farmer	00:19:38	0:19:22	Christleton	19/05/2023	Chester Tri	https://www.niftyentries.com/Results
5 Km	u17		Kate Titlow	0:19:34	-	Capenhurst	20/08/2008	Ellesmere Port RC	https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/
5 Km	u17	u17	Issy Clarke	0:19:02	0:18:59	Mid Cheshire (Spring)	28/04/2017	Cute Fruit Events	https://www.niftyentries.com/Results
5 Km	u20		Joanne Blundell	0:22:00	-	WCAC (Upton)	28/08/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	u20	u20	Katie Clarke	0:18:23	0:18:19	Mid Cheshire - (Spring)	28/04/2017	Cute Fruit Events	https://www.niftyentries.com/Results
5 Km	SF		Julie Fletcher	0:18:34	-	Christleton	15/05/1999	Tattenhall R	AW May 19 1999 - vol.53 no.20
5 Km	SF		Julie Fletcher	0:18:11	-	Christleton	12/05/2000	Tattenhall R	FB Group 'Old Running Results and Pictures'
##	SF	SF	Joanne Bailey	0:17:50	-	WCAC (Upton)	24/08/2001	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
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	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	F35		Laura O'Marah	0:21:23	-	Capenhurst	24/08/2005	Ellesmere Port RC	https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/
5 Km	F35		Heather McLintock	0:20:07	-	Christleton	17/05/2013	Chester Tri	http://www.chestertri.org.uk/
5 Km	F35		Anest Müller	0:20:09	0:19:56	Christleton	20/05/2016	Chester Tri	http://chestertri.niftyentries.com/Results/Christleton-5K-2016
5 Km	F35		Anest Müller	0:19:56	-	Prestatyn (Ffrith)	21/05/2016	Prestatyn RC	http://prestatynrunningclub.co.uk/frith5k/
5 Km	F35		Keely Smith	0:18:48	-	Rhyl - 5k Series	05/06/2021	Welsh Athletics	https://data.opentrack.run/en-gb/x/2021/GBR/rhyl5k1/event/
5 Km	F35		Keely Smith	0:18:25	0:18:21	Capenhurst	18/08/2021	Ellesmere Port RC	https://www.niftyentries.com/Results
5 Km	F35		Keely Smith	0:18:27	0:18:15	Mid Cheshire (Spring)	29/04/2022	Run Cheshire	https://www.niftyentries.com/Results
5 Km	F35	o35	Keely Smith	0:18:30	0:18:14	Mid Cheshire (Summer)	26/08/2022	Run Cheshire	https://runcheshire.niftyentries.com/Results/Mid-Cheshire-5k-Summer-2022
5 Km	F40		Louise Diggle	0:20:29	-	Forest Park	07/07/1999	Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html
5 Km	F45		Janet Morgan	0:23:59	-	WCAC (Upton)	28/08/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	F45		Jane Pickering	0:23:05	-	Christleton	17/05/2013	Chester Tri	http://events.chestertri.org.uk/christleton-5k/results/
5 Km	F45		Lisa Davies	0:21:58	0:21:41	Christleton	20/05/2016	Chester Tri	http://chestertri.niftyentries.com/Results/Christleton-5K-2016
5 Km	F45	o40	Ellie Robinson	0:20:28	0:20:15	Christleton	19/05/2017	Chester Tri	http://chestertri.niftyentries.com/Results/Christleton-5K-2017
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	https://cutefruitevents.niftyentries.com/Results
5 Km	F50		Debra Bemand	0:22:41	0:22:12	Mid Cheshire (Spring)	29/04/2022	Run Cheshire	https://www.niftyentries.com/Results
5 Km	F50	o50	Eleanor Robinson	0:21:45	0:21:27	Christleton	13/05/2022	Chester Tri	https://www.niftyentries.com/Results
5 Km	F55		Mary Radford	0:25:40	-	WCAC (Upton)	24/08/2001	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	F55		Mary Radford	0:25:30	-	Christleton	17/05/2002	Tattenhall R	*BWB result sheet
5 Km	F55		Pamela Ackroyd	0:22:52	0:22:41	Wigan	19/03/2017	Run Wigan Festival	http://www.sportstimsolutions.co.uk/results.php
5 Km	F55		Joy Hickman	0:22:28	0:22:00	Mid Cheshire (Spring)	29/04/2022	Run Cheshire	https://www.niftyentries.com/Results
5 Km	F55		Joy Hickman	0:22:03	0:21:45	Christleton	13/05/2022	Chester Tri	https://www.niftyentries.com/Results
5 Km	F55	o55	Joy Hickman	0:21:56	0:21:44	Capenhurst	16/08/2023	Ellesmere Port RC	https://eprc.niftyentries.com/Results/Ellesmere-Port-RC-5K-2023
5 Km	F60		Mary Radford	0:30:15	-	Chariots of Fire	15/08/2007	Oswestry Olympians	http://www.oswestryolympians.com/
5 Km	F60		Mary Radford	0:29:28	-	Park Hall	10/05/2009	Oswestry Olympians	http://www.oswestryolympians.com/
5 Km	F60		Kathleen Osborne	0:28:11	-	Forest Park	01/07/2009	Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html
5 Km	F60		Rosemary Rogers	0:23:44	-	Bowden	29/05/2014	Altrincham & Dist AC	www.ukresults.net/index.html
5 Km	F60		Rosemary Rogers	0:23:08	-	Dunham Massey 1	05/06/2014	Altrincham & Dist AC	www.ukresults.net/index.html
5 Km	F60		Rosemary Rogers	0:23:03	-	Hollins Green	14/06/2014	Spectrum Striders	www.spectrumstriders.org.uk/main.htm
5 Km	F60	o60	Rosemary Rogers	0:22:47	-	Dunham Massey 2	19/06/2014	Altrincham & Dist AC	www.ukresults.net/index.html
5 Km	F65		Mary Radford	0:29:07	-	Park Hall	09/06/2011	Oswestry Olympians	http://www.oswestryolympians.com/
5 Km	F65		Rosemary Rogers	0:24:27	0:24:22	Mid Cheshire (Spring)	30/04/2015	Cute Fruit Events	https://cutefruitevents.niftyentries.com/Results
5 Km	F65		Rosemary Rogers	0:24:02	-	Dunham Massey 1	22/05/2015	Altrincham & Dist AC	www.ukresults.net/index.html
5 Km	F65	o65	Rosemary Rogers	0:24:01	-	Hollins Green	13/06/2015	Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html
5 Km	F70	o70	Rosemary Rogers	0:28:11	0:28:02	Port Sunlight	12/06/2022	BTR Liverpool	https://www.tdventservices.co.uk/event-results/events

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

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##	Club Best at Distance	Find	Times and Date in Red at:	Source			
Age	Over Best Time Holder	Date	Host				
Band	an age Women			http://www.westcheshireac.co.uk/club-records/			
Distance	Gun Time	Chip Time	Event				
5 Miles	u17	Kerry Riley	0:35:55	~ Spring 5	04/04/2007	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u17	Katie Clarke	0:34:05	0:34:05 Spring 5	14/04/2015	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u17	Issy Clarke	0:33:35	~ BL (Spring 5)	06/11/2016	BL West Cheshire AC	http://www.bordersleague.org.uk/
5 Miles	u17	Issy Clarke	0:33:00	0:32:59 Spring 5	12/04/2017	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u17	Issy Clarke	0:32:21	0:32:20 Spring 5	11/04/2018	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u17	Jodi Bemand	0:32:18	~ BL Capenhurst	14/11/2021	BL Ellesmere Port RC	http://www.bordersleague.org.uk/results/
5 Miles	u17	u17 Jodi Bemand	0:32:07	0:32:05 Spring 5	13/04/2022	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u20	Emma Monteith	0:34:21	~ Spring 5	02/04/2002	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u20	Laura Bestow	0:34:12	~ Spring 5	06/04/2004	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u20	Katie Clarke	0:33:49	~ BL Mold (Bus.Pk. Finish)	17/04/2016	BL Buckley RC	http://www.bordersleague.org.uk/
5 Miles	u20	Katie Clarke	0:30:56	~ BL (Spring 5)	06/11/2016	BL West Cheshire AC	http://www.bordersleague.org.uk/
5 Miles	u20	u20 Katie Clarke	0:30:43	0:30:41 Spring 5	12/04/2017	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	SF	Liz Horton	0:36:43	~ Spring 5	07/04/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	SF	Julie Fletcher	0:30:51	~ Spring 5	06/04/1999	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F35	= Susan Cavanagh	0:37:08	~ Spring 5	07/04/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F35	= Sally Kibble	0:37:08	~ Birkenhead Park	06/06/2000	Wirral AC	http://www.wirralac.co.uk/
5 Miles	F35	Lisa Davies	0:36:14	~ Spring 5	06/04/2011	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F35	Anest Müller	0:34:22	~ BL Mold (Bus.Pk Finish)	17/04/2016	BL Buckley RC	http://www.bordersleague.org.uk/
5 Miles	F35	Anest Müller	0:34:00	~ Dolgellau	23/07/2016	Meirionnydd RC	www.run-meirionnydd.co.uk
5 Miles	F35	Anest Müller	0:32:59	~ BL (Spring 5)	06/11/2016	BL West Cheshire AC	http://www.bordersleague.org.uk/
5 Miles	F35	Keely Smith	0:30:52	~ BL Capenhurst	14/11/2021	BL Ellesmere Port RC	http://www.bordersleague.org.uk/results/
5 Miles	F40	Sue Haslam	0:37:01	~ Spring 5	06/04/1999	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F40	Lisa Davies	0:36:23	~ Spring 5	15/04/2014	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F40	Ellie Robinson	0:35:04	~ BL Capenhurst	11/10/2015	Ellesmere Port RC	http://www.bordersleague.org.uk/
5 Miles	F40	Heather McLintock	0:34:44	~ BL (Spring 5)	06/11/2016	BL West Cheshire AC	http://www.bordersleague.org.uk/
##	F40 SF Elizabeth Renondeau	0:28:14	~ BL Capenhurst	14/11/2021	BL Ellesmere Port RC	http://www.bordersleague.org.uk/results/	
5 Miles	F45	** Janet Morgan	0:40:16	~ Whittington (GF Frolic)	10/04/1998	Oswestry Olympians	AW April 15 1998 - Vol.52 no.16
5 Miles	F45	o45 Jan Moffett	0:33:46	~ Alsager	06/02/2000	Alsager	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F50	Mary Radford	0:39:35	~ Spring 5	07/04/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F50	Frances Mudway	0:39:24	~ Dolgellau	02/08/2003	Meirionnydd RC	http://www.run-meirionnydd.co.uk/
5 Miles	F50	Pamela Ackroyd	0:38:38	~ BL (Spring 5)	06/11/2016	BL West Cheshire AC	http://www.bordersleague.org.uk/
5 Miles	F50	Debra Bemand	0:37:37	~ BL Mold (Bus. Pk. Finish)	27/03/2022	BL Buckley RC	https://www.bordersleague.org.uk/results/
5 Miles	F50	Debra Bemand	0:37:04	0:36:58 Spring 5	13/04/2022	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F55	Mary Radford	0:45:59	~ Abergele	03/11/2002	Abergele H	www.abergeleharriers.co.uk/ASH.htm
5 Miles	F55	Mary Radford	0:43:41	~ Spring 5	08/04/2003	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F55	Frances Mudway	0:42:25	~ Alsager	01/02/2004	Alsager	www.race-results.co.uk/
5 Miles	F55	Frances Mudway	0:40:52	~ BL Birkenhead Park	08/02/2004	BL Wallasey AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F55	Frances Mudway	0:40:33	~ Dolgellau	07/08/2004	Meirionnydd RC	www.run-meirionnydd.co.uk
5 Miles	F55	Frances Mudway	0:39:48	~ Pirelli 5	02/10/2004	Wrexham AAC	www.thepowerof10.info/athletes/athleteslookup.aspx
5 Miles	F55	Frances Mudway	0:39:02	~ Hale Village	12/12/2004	Hale	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F55	Frances Mudway	0:37:46	~ Dolgellau	30/07/2005	Meirionnydd RC	http://www.run-meirionnydd.co.uk/
5 Miles	F55	o50 Joy Hickman	0:36:23	~ BL Capenhurst	14/11/2021	BL Ellesmere Port RC	http://www.bordersleague.org.uk/results/
5 Miles	F60	Mary Radford	0:46:27	~ Spring 5	04/04/2007	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F60	Mary Radford	0:46:26	~ Spring 5	08/04/2009	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	F60	see below					
5 Miles	F60	o60 Rosemary Rogers	0:37:51	~ Run the Bridge	20/04/2014	Halton BC	www.runhalton.co.uk/
5 Miles	F65	Mary Radford	0:49:00	~ Gobowen	05/08/2011	Oswestry Olympians	http://www.oswestryolympians.com/
5 Miles	F65	Mary Radford	0:48:23	~ Abergele	06/11/2011	Abergele H	www.abergeleharriers.co.uk/ASH.htm
5 Miles	F65	o65 Rosemary Rogers	0:38:33	0:38:30 Hale Village	05/04/2015	BTR Hale 5	http://www.chiptiming.co.uk/
5 Miles	F70	o70 Rosemary Rogers	0:44:54	0:44:13 Hale Village	17/04/2022	Interval Races	https://www.ukresults.net/2022/hale5.html
.	** (WCAC from 01/04/98)						
5 Miles	.	Kathleen Osborne	0:45:05	BL Prestatyn 5.1 m	11/04/2010	BL Prestatyn RC	http://bordersleague.org.uk/
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	www.race-results.co.uk/
5 Miles	F60	- equivalent to	0:43:35	for 5 miles			

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Distance	Age Band	Over an age	Best Time Holder Women	Gun Time	Chip Time	Event	Date	Host	Source
½ Mar	17od		Megan McEveley	1:53:06	1:51:37	Wirral	12/10/2014	BTR Liverpool Ltd	https://www.tdileventservices.co.uk/event-results
½ Mar	17od	17od	Jodi Bernard	~	1:30:30	Great Manchester	22/05/2022	Great Run	https://www.greatrun.org/results/1138/20214/
½ Mar	u20	u20							
½ Mar	SF		Julie Fletcher	1:23:17	~	Four Villages	24/01/1999	Helsby RC	https://www.helsbyrunningclub.org.uk/
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	www.wilmslowhalfmarathon.org.uk/results-and-photos/
½ Mar	F35		Nardia Aildis	1:35:23	1:34:58	Four Villages	19/01/2014	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
½ Mar	F35		Nardia Aildis	1:33:42	1:33:37	Liverpool	22/03/2014	BTR Liverpool Ltd	https://www.tdileventservices.co.uk/event-results
½ Mar	F35		Keely Smith	1:33:39	1:33:35	Rhyl (Run Fest)	23/06/2018	Run Wales	https://www.runwales.com/events/runfest-wales/results/
½ Mar	F35		Keely Smith	1:32:48	1:32:24	Four Villages	20/01/2019	Helsby RC	https://www.niftyentries.com/Results
½ Mar	F35		Keely Smith	1:30:20	1:29:47	Village Bakery	17/02/2019	Cute Fruit Events	https://cutefruitevents.niftyentries.com/VillageBakeryHalf/Results
½ Mar	F35		Keely Smith	1:30:48	1:26:47	Capesthorpe (Cheshire)	20/09/2020	LETS DO THIS	https://www.letsdothis.com/gb/e/cheshire-half-marathon-141482
½ Mar	F35		Keely Smith	-	1:24:38	Village Bakery	05/09/2021	Run Cheshire	https://www.niftyentries.com/Results
½ Mar	F35		Keely Smith	1:23:06	1:22:59	Village Bakery	04/09/2022	Run Cheshire	https://www.niftyentries.com/Results
½ Mar	F35		Keely Smith	1:22:13	1:22:10	Wilmslow	20/03/2022	Wilmslow RC	https://www.niftyentries.com/Results
½ Mar	F35		Lindsay Fisher	1:20:18	1:20:15	Chester	21/05/2023	Active Leisure Events	https://www.niftyentries.com/Results
##	F35	SF	Lindsay Fisher	1:20:13	1:20:11	Warrington Run Fest.	24/05/2023	Run Through	https://results.runthrough.co.uk/results.aspx?CId=16487&RId=4969&EId=5
½ Mar	F40		Susan Haslam	1:45:18	~	Chester	24/05/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archiv/
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	~	Vyrnwy	27/09/1998	Oswestry Olympians	*BWB result sheet - AW September 30 1998 vol.52 no.40
½ Mar	F40		Louise Diggle	1:31:11	~	Vyrnwy	19/09/1999	Oswestry Olympians	*BWB result sheet
½ Mar	F40	o40	Keely Smith	1:23:03	1:21:48	Wilmslow	26/03/2023	Wilmslow RC	https://www.niftyentries.com/Results
½ Mar	F45	**	Janet Morgan	1:48:06	~	Chester	24/05/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archiv/
½ Mar	F45		Louise Diggle	1:34:58	~	Vyrnwy	16/09/2001	Oswestry Olympians	www.race-results.co.uk/
½ Mar	F45	o45	Jan Moffett	1:32:06	~	Four Villages	20/01/2002	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	F50		Mary Radford	1:56:14	~	Wilmslow	28/03/1999	Wilmslow RC	www.wilmslowhalfmarathon.org.uk/results-and-photos/
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	https://www.niftyentries.com/Results
½ Mar	F50		Cathryn Whalley	1:49:33	1:49:16	Vyrnwy	08/09/2019	Lake Vyrnwy Half Marathon	https://www.ukresults.net/2019/vyrnwy.html
½ Mar	F50	o50	Eleanor Robinson	1:42:11	1:41:48	Liverpool	27/03/2022	BTR Liverpool Ltd	https://www.tdileventservices.co.uk/event-results/year/2022
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	~	Vyrnwy	15/09/2002	Oswestry Olympians	http://www.joelee.co.uk/resindex.html
½ Mar	F55		Sharon Dodd	2:02:14	1:56:44	Chester	29/04/2018	Active Leisure Events	https://www.niftyentries.com/Results
½ Mar	F55		Sarah Hibbert	1:52:08	1:51:54	Liverbird New Year Eve	31/12/2022	GB Ultras	https://my.raceresult.com/180257/results
½ Mar	F55		Sarah Hibbert	1:47:48	1:47:00	Run Aintree	12/02/2023	Run Through	www.runbritainrankings.com/results/results.aspx?meetingid=518208&pagenum=4#HM
½ Mar	F60		Mary Radford	2:16:56	2:14:46	Four Villages	21/01/2007	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	F60		Mary Radford	2:08:36	~	Village Bakery	17/02/2008	Wrexham AAC	http://www.ukresults.net/2008/bakery.html
½ Mar	F60		Kathleen Osborne	2:02:47	2:02:13	Four Villages	17/01/2010	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	F60		Kathleen Osborne	2:00:45	1:59:23	Chester	16/05/2010	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archiv/
½ Mar	F60	o55	Rosemary Rogers	1:44:46	1:44:38	Four Villages	19/01/2014	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	F65		Mary Radford	2:20:50	~	Village Bakery	27/02/2011	Wrexham AAC	http://www.ukresults.net/2011/bakery.html
½ Mar	F65		Kathleen Osborne	2:13:48	2:06:43	Chester	18/05/2014	Active Leisure Events	http://www.activeleisureevents.co.uk/half-marathon.aspx
½ Mar	F65		Rosemary Rogers	1:52:04	1:51:44	Wilmslow	22/03/2015	Wilmslow RC	https://www.tdileventservices.co.uk/event-results
½ Mar	F65		Rosemary Rogers	1:51:41	1:51:05	Liverpool	29/03/2015	BTR Liverpool Ltd	https://www.tdileventservices.co.uk/event-results
½ Mar	F65	o65	Rosemary Rogers	1:47:00	1:46:23	Chester	17/05/2015	Active Leisure Events	https://www.tdileventservices.co.uk/event-results

** (WCAC from 01/04/98)

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 31st 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:	Source
Age	Over Best Time Holder	Date	Host	Source
Distance	Band an age Women	Gun Time	Chip Time	Event
10 Miles u20 <i>nobody yet</i>				
10 Miles	SF	Julie Fletcher	1:04:05 ~	Flint Lifeboat '10'
##	SF SF	Julie Fletcher	1:02:38 ~	Llandudno
10 Miles	F35	Janet Taylor	no time ~	Rivacre Valley
10 Miles	F35	Janet Taylor	1:13:55 ~	Flint Lifeboat '10'
10 Miles	F35	Janet Taylor	1:10:44 ~	Llandudno
10 Miles	F35 o35	Keely Smith	1:05:23 1:05:21	City of Preston 5/ 10m
10 Miles	F40 o40	Louise Diggle	1:08:47 ~	Rivacre
10 Miles	F45	Janet Morgan	1:22:13 ~	Llandudno
10 Miles	F45	Jan Moffett	1:11:18 ~	Llandudno
10 Miles	F45 o45	Louise Diggle	1:08:54 ~	Llandudno
10 Miles	F50	Sarah Hibbert	1:28:55 1:28:35	Rhyl
10 Miles	F50	Cathryn Whalley	1:30:55 1:25:16	Knowsley Safari Park
10 Miles	F50 o50	Clare Mallon	1:15:32 1:15:23	Cheshire 10m (Upton)
10 Miles	F55	Mary Radford	1:31:50 ~	Wrexham
10 Miles	F55	Frances Mudway	1:21:53 ~	Preston
10 Miles	F55 o55	Sarah Hibbert	1:19:37 1:18:06	Skyline 10
10 Miles	F60	Mary Radford	1:38:10 ~	Ellesmere
10 Miles	F60	Rosemary Rogers	1:21:14 ~	Rhyl
10 Miles	F60 o60	Rosemary Rogers	1:20:15 ~	Wrexham
10 Miles	F65	Rosemary Rogers	1:23:20 1:23:15	Rhyl
10 Miles	F65 o65	Rosemary Rogers	1:23:03 ~	Wrexham
Marathon u20 <i>nobody yet</i>				
Marathon	SF	Julie Fletcher	3:23:33 ~	London
Marathon	SF	Rebecca Williams	3:20:06 3:19:46	Chester
Marathon	SF	Keely Smith	~ 3:15:00	Liverpool
Marathon	SF	Keely Smith	3:13:15 3:12:46	Chester
Marathon	F35	Susan Cavanagh	4:15:03 ~	London
Marathon	F35	Eleanor Robinson	~ 3:56:46	London
Marathon	F35	Nardia Alldis	3:28:07 3:27:38	Chester
Marathon	F35	Nardia Alldis	3:22:00 3:21:42	Liverpool
Marathon	F35	Keely Smith	3:20:32 3:20:28	Conwy (Llandudno)
Marathon	F35	Keely Smith	3:01:38 3:01:24	Oulton Park
Marathon	F35	Keely Smith	2:58:13 2:58:10	Chesh Elite Marathon
Marathon	F35	Keely Smith	~ 2:52:10	Manchester
Marathon	F40	Louise Diggle	3:14:12 ~	London
##	F40 SF	Keely Smith	2:50:41 2:50:22	London
Marathon	F45	** Janet Morgan	4:23:17 ~	London
Marathon	F45	Jane Pickering	~ 3:59:36	London
Marathon	F45	Angela Tegg	~ 3:55:47	London
Marathon	F45 o45	Clare Mallon	3:58:25 3:38:59	London
Marathon	F50	Mary Radford	4:32:22 ~	London
Marathon	F 50	Sarah Hibbert	4:13:23 4:07:37	Goodwood GP
Marathon	F55 o50	Sarah Hibbert	4:26:07 3:54:45	London
Marathon	F60	Mary Radford	5:10:56 ~	Windermere
Marathon	F60	Kathleen Osborne	4:35:17 4:34:16	Chester
Marathon	F60	Kathleen Osborne	4:25:27 4:23:02	Chester
Marathon	F65 o60	Rosemary Rogers	4:08:57 4:07:53	Chester

** (WCAC from 01/04/98)