

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	Find Times and Date in Red at:		Source
		Age Band	Over an age	Best Time Holder				Date	Host	
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	u13	Emilia Pypser	0:19:51	0:19:35	Christleton	19/05/2023	Chester Tri	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.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		Nancy Farmer	0:19:38	0:19:22	Christleton	19/05/2023	Chester Tri	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
5 Km		u15	u15	Emilia Pypser	0:19:14	0:19:08	Christleton	17/05/2024	Chester Tri	<a href="https://chestertri.niftyentries.com/Results/Christleton-5k-2024">https://chestertri.niftyentries.com/Results/Christleton-5k-2024</a>
5 Km		u17		Kate Titlow	0:19:34	-	Capenhurst	20/08/2008	Ellesmere Port RC	<a href="https://www.ellesmererunningclub.org.uk/ellesmere-port-rc-5k/results/">https://www.ellesmererunningclub.org.uk/ellesmere-port-rc-5k/results/</a>
5 Km		u17		Jodi Bemand	0:18:58	0:18:55	Capenhurst	17/08/2022	Ellesmere Port RC	<a href="https://www.ellesmererunningclub.org.uk/ellesmere-port-rc-5k/results/">https://www.ellesmererunningclub.org.uk/ellesmere-port-rc-5k/results/</a>
5 Km		u17		Nancy Farmer	0:18:52	-	Champs, Wythenshawe	23/03/2024	Northern Athletics	<a href="https://www.racetecresults.com/results.aspx?Cid=20223&amp;Rid=156&amp;Eid=6">https://www.racetecresults.com/results.aspx?Cid=20223&amp;Rid=156&amp;Eid=6</a>
5 Km		u17	u20	Nancy Farmer	0:18:45	0:18:39	Christleton	17/05/2024	Chester Tri	<a href="https://chestertri.niftyentries.com/Results/Christleton-5k-2024">https://chestertri.niftyentries.com/Results/Christleton-5k-2024</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>
6 Km		u20		Jodi Bemand	0:19:14	0:19:02	Christleton	19/05/2023	Chester Tri	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
7 Km		u20		Jodi Bemand	0:19:00	0:18:58	Battersea Park	16/02/2024	Friday night under Lights 5k	<a href="https://www.runbritainrankings.com/results/results.aspx?meetingid=595420">https://www.runbritainrankings.com/results/results.aspx?meetingid=595420</a>
5 Km		u20		Jodi Bemand	-	0:18:55	Leicester	16/03/2024	Podium 5k	<a href="https://www.runbritainrankings.com/results/results.aspx?meetingid=603393&amp;pagenum=3">https://www.runbritainrankings.com/results/results.aspx?meetingid=603393&amp;pagenum=3</a>
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'
5 Km	SF	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	0:20:18	-	RFLife, self timed?	26/06/1998	Race for Life - Chester	WCAC (Upton) course - *ARM provisional bests 24/07/00
					0:20:18	**				** = 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.ellesmererunningclub.org.uk/ellesmere-port-rc-5k/">https://www.ellesmererunningclub.org.uk/ellesmere-port-rc-5k/</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 (Frith)	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	o50		Ellie Robinson	0:21:45	0:21:27	Christleton	13/05/2022	Chester Tri	<a href="https://www.niftyentries.com/Results">https://www.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			Pamela Ackroyd	0:22:52	0:22:41	Wigan	19/03/2017	Run Wigan Festival	<a href="http://www.sportstimesolutions.co.uk/results.php">http://www.sportstimesolutions.co.uk/results.php</a>
5 Km	F55			Joy Hickman	0:22:03	0:21:45	Christleton	13/05/2022	Chester Tri	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
5 Km	F55	o55		Joy Hickman	0:21:56	0:21:44	Capenhurst	16/08/2023	Ellesmere Port RC	<a href="https://eprc.niftyentries.com/Results/Ellesmere-Port-RC-5K-2023">https://eprc.niftyentries.com/Results/Ellesmere-Port-RC-5K-2023</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	0:24:02	-	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	o65		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	F70	o70		Rosemary Rogers	0:28:11	0:28:02	Port Sunlight	12/06/2022	BTR Liverpool	<a href="https://www.tdeventservices.co.uk/event-results/events">https://www.tdeventservices.co.uk/event-results/events</a>

**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	Find Times and Date in Red at:		Source
		Age Band	Over an age	Best Time Holder				Date	Host	
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	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	BL 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			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	u17			Jodi Bemand	0:32:18	~	BL Capenhurst	14/11/2021	BL Ellesmere Port RC	<a href="http://www.bordersleague.org.uk/results/">http://www.bordersleague.org.uk/results/</a>
5 Miles	u17	u17		Jodi Bemand	0:32:07	0:32:05	Spring 5	13/04/2022	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	BL West Cheshire AC	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
5 Miles	u20	u20		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			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	F35			Keely Smith	0:30:52	~	BL Capenhurst	14/11/2021	BL Ellesmere Port RC	<a href="http://www.bordersleague.org.uk/results/">http://www.bordersleague.org.uk/results/</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	F40	SF		Elizabeth Renondeau	0:28:14	~	BL Capenhurst	14/11/2021	BL Ellesmere Port RC	<a href="http://www.bordersleague.org.uk/results/">http://www.bordersleague.org.uk/results/</a>
5 Miles	F45	**		Janet Morgan	0:40:16	~	Whittington (GF Frolic)	10/04/1998	Oswestry Olympians	<a href="http://www.run-meirionnydd.co.uk/">http://www.run-meirionnydd.co.uk/</a>
5 Miles	F45	o45		Jan Moffett	0:33:46	~	Alsager	06/02/2000	Alsager	<a href="http://www.bordersleague.org.uk/results/">http://www.bordersleague.org.uk/results/</a>
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	F50			Debra Bemand	0:37:37	~	BL Mold (Bus. Pk. Finish)	27/03/2022	BL Buckley RC	<a href="https://www.bordersleague.org.uk/results/">https://www.bordersleague.org.uk/results/</a>
5 Miles	F50			Debra Bemand	0:37:04	0:36:58	Spring 5	13/04/2022	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			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	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
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	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
5 Miles	F55			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	F55	o50		Joy Hickman	0:36:23	~	BL Capenhurst	14/11/2021	BL Ellesmere Port RC	<a href="http://www.bordersleague.org.uk/results/">http://www.bordersleague.org.uk/results/</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 over distance 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	F70	o70		Rosemary Rogers	0:44:54	0:44:13	Hale Village	17/04/2022	Interval Races	<a href="https://www.ukresults.net/2022/hale5.html">https://www.ukresults.net/2022/hale5.html</a>
5 Miles	F60			** (WCAC from 01/04/98)						
5 Miles	F60			Kathleen Osborne	0:45:05		BL Prestatyn 5.1 m for 5 miles	11/04/2010	BL Prestatyn RC	<a href="http://bordersleague.org.uk/">http://bordersleague.org.uk/</a>
5 Miles	F60			Frances Mudway	0:45:49		City of Salford W's 5.25 for 5 miles	28/11/2010	Swinton RC	<a href="http://www.race-results.co.uk/">www.race-results.co.uk/</a>

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
10 Km	u17		Kerry Riley	0:50:01	~	Sutton 6	23/09/2007	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	u17		Katie Clarke	0:44:13	~	Caernarfon BL	12/04/2015	BL 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	BL Cybi Striders	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
10 Km	u17		Issy Clarke	0:41:57	~	Caernarfon BL	09/10/2016	BL Eryri H	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
10 Km	u17		Jodi Bemand	0:41:39	0:41:35	Tatton Park	06/11/2021	Run Through	<a href="https://results.runthrough.co.uk/results.aspx?CId=16487&amp;RId=4550">https://results.runthrough.co.uk/results.aspx?CId=16487&amp;RId=4550</a>
10 Km	u17	u17	Jodi Bemand	0:39:21	0:39:09	Trafford	06/03/2022	Run North West	<a href="https://run-northwest.niftyentries.com/Results/Trafford-10K-2022">https://run-northwest.niftyentries.com/Results/Trafford-10K-2022</a>
10 Km	u20		Emma Monteith	0:42:51	~	Sutton 6	23/09/2001	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	u20		Katie Clarke	0:40:53	~	Caernarfon BL	09/10/2016	BL Eryri H	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
10 Km	u20		Jodi Bemand	0:40:11	0:39:29	Trafford	05/03/2023	Run North West	<a href="https://run-northwest.niftyentries.com/Results/Trafford-10K-2023">https://run-northwest.niftyentries.com/Results/Trafford-10K-2023</a>
10 Km	u20	u20	Jodi Bemand	0:39:37	0:38:58	Trafford	03/03/2024	Run North West	<a href="https://run-northwest.niftyentries.com/Results/Trafford-10K-2024">https://run-northwest.niftyentries.com/Results/Trafford-10K-2024</a>
10 Km	SF		Julie Fletcher	0:39:23	~	Ellesmere	14/06/1998	Oswestry Olympians	<a href="#">AW June 17 1998 - Vol.52 no.25</a>
10 Km	SF		Julie Fletcher	0:38:51	~	Birchwood	23/08/1998	Spectrum Striders	<a href="https://spectrumstriders.org.uk/archive/2019/our-races.html">https://spectrumstriders.org.uk/archive/2019/our-races.html</a>
10 Km	SF		Julie Fletcher	0:38:49	~	Sutton 6	20/09/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
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 - <a href="#">AW November 24 1999 - vol.53 no.47</a>
10 Km	SF		Joanne Bailey	0:37:57	~	Zoo, Chester	28/10/2001	Capenhurst RC	*DC result sheet
10 Km	SF		Lindsay Fisher	0:36:57	0:36:56	MBNA Chester	12/03/2023	Active Leisure Events	<a href="https://ale.niftyentries.com/Results/2023-MBNA-Chester-10K">https://ale.niftyentries.com/Results/2023-MBNA-Chester-10K</a>
10 Km	F35		Jean Hudson	0:47:19	~	Sutton 6	30/09/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
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		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	F35		Keely Smith	1:04:24	0:39:46	Tatton Park	10/04/2021	Run Through	<a href="https://results.racetimers.co.uk/results.aspx?CId=16487&amp;RId=2129">https://results.racetimers.co.uk/results.aspx?CId=16487&amp;RId=2129</a>
10 Km	F35		Keely Smith	~	0:38:53	Helena Tipping	25/07/2021	Run Cheshire	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
10 Km	F35		Keely Smith	0:38:31	0:38:23	Helena Tipping	24/07/2022	Run Cheshire	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
10 Km	F35		Keely Smith	0:38:06	0:38:05	Sutton 6	18/09/2022	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	F35		Lindsay Fisher	0:36:41	0:36:40	Jubilee Bridge	04/06/2023	Run Through	<a href="https://results.runthrough.co.uk/results.aspx?CId=16487&amp;RId=4901">https://results.runthrough.co.uk/results.aspx?CId=16487&amp;RId=4901</a>
##	F35	SF	Lindsay Fisher		0:35:43	Helena Tipping	23/07/2023	Run Cheshire	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
10 Km	F40		Jan Moffett	0:42:37	~	Zoo, Chester	25/10/1998	Capenhurst RC	*MJL result sheet
10 Km	F40		Louise Diggle	0:41:44	~	Whitley Village Com.	25/04/1999	Whitley Village Com.	*ARM prov. bp 24/07/00 - <a href="#">AW April 28 1999 - vol.53 no.17</a>
10 Km	F40		Keely Smith	0:38:37	0:38:30	MBNA Chester	12/03/2023	Active Leisure Events	<a href="https://ale.niftyentries.com/Results/2023-MBNA-Chester-10K">https://ale.niftyentries.com/Results/2023-MBNA-Chester-10K</a>
10 Km	F40		Keely Smith	0:38:17	~	Caernarfon BL	01/10/2023	BL Eryri H	<a href="https://www.bordersleague.org.uk/wp-content/uploads/2023/10/results2023-24R1.html">https://www.bordersleague.org.uk/wp-content/uploads/2023/10/results2023-24R1.html</a>
10 Km	F40	o40	Keely Smith	0:37:58	0:37:14	Wilmslow Festive	26/11/2023	Run North West	<a href="https://run-northwest.niftyentries.com/Results/Wilmslow-Festive-10K-2023">https://run-northwest.niftyentries.com/Results/Wilmslow-Festive-10K-2023</a>
10 Km	F45		Janet Morgan	0:49:22	~	Sutton 6	20/09/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	F45		Jan Moffett	0:43:41	~	Birchwood	22/08/1999	Spectrum Striders	<a href="https://spectrumstriders.org.uk/archive/2019/our-races.html">https://spectrumstriders.org.uk/archive/2019/our-races.html</a>
10 Km	F45		Jan Moffett	0:43:27	~	Birchwood	20/08/2000	Spectrum Striders	<a href="https://spectrumstriders.org.uk/archive/2019/our-races.html">https://spectrumstriders.org.uk/archive/2019/our-races.html</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.tdeventservices.co.uk/event-results/events?event=2838">https://www.tdeventservices.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	BL 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	F50		Debra Bemand	0:48:27	0:48:09	Tatton Park	06/11/2021	Run Through	<a href="https://results.runthrough.co.uk/results.aspx?CId=16487&amp;RId=4550">https://results.runthrough.co.uk/results.aspx?CId=16487&amp;RId=4550</a>
10 Km	F50	o50	Debra Bemand	0:45:07	0:44:35	Trafford	06/03/2022	Run North West	<a href="https://run-northwest.niftyentries.com/Results/Trafford-10K-2022">https://run-northwest.niftyentries.com/Results/Trafford-10K-2022</a>
10 Km	F55		Mary Radford	0:54:58	~	Helena Tipping	02/12/2001	Wrexham AAC	*BWB result sheet - <a href="#">AW December5 2001 - vol.55 no.49</a>
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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	F55		Joy Hickman	0:46:25	0:45:52	Chester Zoo	31/10/2021	Run Through	<a href="https://www.runbritainrankings.com/results/results.aspx?meetingid=432108">https://www.runbritainrankings.com/results/results.aspx?meetingid=432108</a>
10 Km	F55	o55	Joy Hickman	0:45:46	0:45:15	Warrington Running Fest.	24/08/2023	Run Through	<a href="https://www.runthrough.co.uk/results/">https://www.runthrough.co.uk/results/</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="https://www.tdeventservices.co.uk/event-results">https://www.tdeventservices.co.uk/event-results</a>
10 Km	F60	o60	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="https://www.tdeventservices.co.uk/event-results">https://www.tdeventservices.co.uk/event-results</a>
10 Km	F65	o65	Rosemary Rogers	0:48:35	0:48:15	Port Sunlight	01/03/2015	BTR Liverpool Ltd	<a href="https://www.tdeventservices.co.uk/event-results">https://www.tdeventservices.co.uk/event-results</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		Mary Radford	1:15:56	1:13:04	ALDI Chester	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 Km	F70		Rosemary Rogers	~	1:02:57	Nick Beer	18/07/2021	North Wales RRC	<a href="https://www.tdeventservices.co.uk/event-results/events">https://www.tdeventservices.co.uk/event-results/events</a>
10 Km	F70		Rosemary Rogers	1:00:37	0:59:39	Mersey Tunnel	26/09/2021	BTR Liverpool Ltd	<a href="https://www.tdeventservices.co.uk/event-results">https://www.tdeventservices.co.uk/event-results</a>
10 Km	F70		Rosemary Rogers	0:58:27	0:58:09	Wirral	30/10/2021	BTR Liverpool Ltd	<a href="https://www.tdeventservices.co.uk/event-results">https://www.tdeventservices.co.uk/event-results</a>
10 Km	F70		Rosemary Rogers	0:58:35	0:58:08	MBNA Chester	13/03/2022	Active Leisure Events	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
10 Km	F70	70	Rosemary Rogers	0:58:06	0:57:16	Chester Zoo 10K	03/07/2022	Run Through	<a href="https://results.runthrough.co.uk/results.aspx?CId=16487&amp;RId=4722">https://results.runthrough.co.uk/results.aspx?CId=16487&amp;RId=4722</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].

Distance	##	Club Best at Distance			Gun Time	Chip Time	Event	Find Times and Date in Red at:		Source
		Age Band	Over an age	Best Time Holder				Date	Host	
½ Mar		17od		Megan McEveley	1:53:06	1:51:37	Wirral	12/10/2014	BTR Liverpool Ltd	<a href="https://www.tdlevntservices.co.uk/event-results">https://www.tdlevntservices.co.uk/event-results</a>
½ Mar		17od	17od	Jodi Bemand	~	1:30:30	Great Manchester	22/05/2022	Great Run	<a href="https://www.greatrun.org/results/1138/20214/">https://www.greatrun.org/results/1138/20214/</a>
½ Mar		u20	u20							
½ Mar		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 Allidis	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 Allidis	1:33:42	1:33:37	Liverpool	22/03/2014	BTR Liverpool Ltd	<a href="https://www.tdlevntservices.co.uk/event-results">https://www.tdlevntservices.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	Capesthorne (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		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		F35		Keely Smith	1:23:06	1:22:59	Village Bakery	04/09/2022	Run Cheshire	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
½ Mar		F35		Keely Smith	1:22:13	1:22:10	Wilmslow	20/03/2022	Wilmslow RC	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
½ Mar		F35		Lindsay Fisher	1:20:18	1:20:15	Chester	21/05/2023	Active Leisure Events	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
½ Mar		F35		Lindsay Fisher	1:20:13	1:20:11	Warrington Run Fest.	24/09/2023	Run Through	<a href="https://results.runthrough.co.uk/results.aspx?Cid=16487&amp;RId=4969&amp;EId=5">https://results.runthrough.co.uk/results.aspx?Cid=16487&amp;RId=4969&amp;EId=5</a>
½ Mar		F35		Lindsay Fisher	1:19:02	1:18:58	Village Bakery	18/02/2024	Run Cheshire	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
½ Mar		F35	SF	Lindsay Fisher	1:18:54	1:18:52	Wilmslow Festive	24/03/2024	Wilmslow RC	<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	~	Yrnywy	27/09/1998	Oswestry Olympians	*BWB result sheet - AW September 30 1998 vol.52 no.40
½ Mar		F40		Louise Diggle	1:31:11	~	Yrnywy	19/09/1999	Oswestry Olympians	*BWB result sheet
½ Mar		F40		Keely Smith	1:23:03	1:21:48	Wilmslow	26/03/2023	Wilmslow RC	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
½ Mar		F40	o40	Keely Smith	1:20:53	1:20:50	Village Bakery	18/02/2024	Run Cheshire	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
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	~	Yrnywy	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	Yrnywy	08/09/2019	Lake Yrnywy Half Marathon	<a href="https://www.ukresults.net/2019/vyrnywy.html">https://www.ukresults.net/2019/vyrnywy.html</a>
½ Mar		F50	o50	Eleanor Robinson	1:42:11	1:41:48	Liverpool	27/03/2022	BTR Liverpool Ltd	<a href="https://www.tdlevntservices.co.uk/event-results/year/2022">https://www.tdlevntservices.co.uk/event-results/year/2022</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	~	Yrnywy	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		Sharon Dodd	2:02:14	1:56:44	Chester	29/04/2018	Active Leisure Events	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
½ Mar		F55		Sarah Hibbert	1:52:08	1:51:54	Liverbird New Year Eve	31/12/2022	GB Ultras	<a href="https://my.raceresult.com/180257/results">https://my.raceresult.com/180257/results</a>
½ Mar		F55		Sarah Hibbert	1:47:48	1:47:00	Run Aintree	12/02/2023	Run Through	<a href="http://www.runbritainrankings.com/results/results.aspx?meetingid=518208&amp;pagenum=4#M">http://www.runbritainrankings.com/results/results.aspx?meetingid=518208&amp;pagenum=4#M</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	o55	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.tdlevntservices.co.uk/event-results">https://www.tdlevntservices.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.tdlevntservices.co.uk/event-results">https://www.tdlevntservices.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.tdlevntservices.co.uk/event-results">https://www.tdlevntservices.co.uk/event-results</a>

\*\* (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 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:	Source					
Age	Over	Best Time Holder	Gun	Chip	Event	Date	Host	Source	
Distance	Band	an age Women	Time	Time					
<b>10 Miles</b>	u20	<i>nobody yet</i>							
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	no time	~	Rivacre Valley	19/04/1998	RRJ (now EPRC)	<a href="http://www.westcheshireac.co.uk/races/road/">AW April 22 1998 - Vol.52 no.17</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	F35	o35	Keely Smith	1:05:23	1:05:21	City of Preston 5/ 10m	08/08/2021	Central Lancs Tri	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
10 Miles	F40	o40	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	1:11:18	~	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	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>	
10 Miles	F50	o50	Clare Mallon	1:15:32	1:15:23	Cheshire 10m (Upton)	22/10/2023	Run Through	<a href="https://www.runthrough.co.uk/results/">https://www.runthrough.co.uk/results/</a>
10 Miles	F55	Mary Radford	1:31:50	~	Wrexham	27/04/2002	Wrexham AAC	<a href="http://www.wrexhamroadrunners.org.uk/">www.wrexhamroadrunners.org.uk/</a> [- *MJL result sheet]	
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	F55	o55	Sarah Hibbert	1:19:37	1:18:06	Skyline 10	26/03/2023	BTR Liverpool Ltd	<a href="https://my.raceresult.com/237292/results">https://my.raceresult.com/237292/results</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	o60	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>
<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 1958 - 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	~	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 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.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>	
Marathon	F35	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	F35	Keely Smith	~	2:52:10	Manchester	03/04/2022	Manchester Marathon	<a href="https://results.sportfive.com/events/6908056816784834560">https://results.sportfive.com/events/6908056816784834560</a>	
##	F35	SF	Lindsay Fisher	2:48:30	~	London	21/04/2024	TCS London Marathon	
Marathon	F40	Louise Diggle	3:14:12	~	London	26/04/1998	London Marathon	West Cheshire News No2 - AW April 29 1958 - vol.52 no.18	
Marathon	F40	Keely Smith	2:50:41	2:50:22	London	23/04/2023	TCS London Marathon	<a href="https://results.tclondonmarathon.com/2023/">https://results.tclondonmarathon.com/2023/</a>	
Marathon	F40	o40	Keely Smith	2:50:23	2:50:22	Adidas Manchester	14/04/2024	Manchester Marathon	<a href="https://results.sportfive.com/events/717046222881917696">https://results.sportfive.com/events/717046222881917696</a>
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	Angela Tegg	~	3:55:47	London	22/04/2018	London Marathon	<a href="http://www.virginlondonmarathon.com/">www.virginlondonmarathon.com/</a>	
Marathon	F45	Clare Mallon	3:58:25	3:38:59	London	23/04/2023	TCS London Marathon	<a href="https://results.tclondonmarathon.com/2023/">https://results.tclondonmarathon.com/2023/</a>	
Marathon	F50	Mary Radford	4:32:22	~	London	26/04/1998	London Marathon	West Cheshire News No2	
Marathon	F50	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	F 50	o45	Clare Mallon	3:38:08	3:37:54	London	21/04/2024	London Marathon	
Marathon	F55	o55	Sarah Hibbert	4:26:07	3:54:45	London	23/04/2023	TCS London Marathon	<a href="https://results.tclondonmarathon.com/2023/">https://results.tclondonmarathon.com/2023/</a>
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	o60	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)