

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].

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	http://www.runbritainrankings.com/results/resultslookup.aspx
5 Km		u13	u13	Emilia Pyppe	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		Nancy Farmer	0:19:38	0:19:22	Christleton	19/05/2023	Chester Tri	https://www.niftyentries.com/Results
5 Km		u15	u15	Emilia Pyppe	0:19:14	0:19:08	Christleton	17/05/2024	Chester Tri	https://chestertri.niftyentries.com/Results/Christleton-5k-2024
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		Jodi Bemand	0:18:58	0:18:55	Capenhurst	17/08/2022	Ellesmere Port RC	https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/
5 Km		u17		Nancy Farmer	0:18:52	-	Champs, Wythenshawe	23/03/2024	Northern Athletics	https://www.racetecresults.com/results.aspx?Cid=2022&Rid=156&Eid=6
5 Km		u17	u20	Nancy Farmer	0:18:45	0:18:39	Christleton	17/05/2024	Chester Tri	https://chestertri.niftyentries.com/Results/Christleton-5k-2024
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/
6 Km		u20		Jodi Bemand	0:19:14	0:19:02	Christleton	19/05/2023	Chester Tri	https://www.niftyentries.com/Results
5 Km		u20		Jodi Bemand	0:19:00	0:18:58	Battersea Park	16/02/2024	Friday night under Lights 5k	https://www.runbritainrankings.com/results/results.aspx?meetingid=595420
5 Km		u20		Jodi Bemand	0:18:55	-	Leicester	16/03/2024	Podium 5k	https://www.runbritainrankings.com/results/results.aspx?meetingid=603393&pagenum=3
5 Km		u20		Jodi Bemand	0:18:54	0:18:52	York 5k Series	14/02/2025	Even Splits	https://www.runbritainrankings.com/results/results.aspx?meetingid=681766
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	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	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	o35	Keely Smith	0:18:25	0:18:21	Capenhurst	18/08/2021	Ellesmere Port RC	https://www.niftyentries.com/Results
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	o50	Ellie 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.sportstiming.com/results.php
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	0:24:02	-	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.tdtevents.co.uk/event-results/events

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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.].

Distance	##	Club Best at Distance		Gun Time	Chip Time	Event	Find Times and Date in Red at:		Source
		Age Band	Over an age Women				Date	Host	
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/
5 Miles	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	http://www.run-meirionnydd.co.uk/
5 Miles	F45	o45	Jan Moffett	0:33:46	~	Alsager	06/02/2000	Alsager	http://www.bordersleague.org.uk/results/
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	http://www.bordersleague.org.uk/
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	http://www.bordersleague.org.uk/
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 over distance 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	0:45:13	0:44:54	Hale Village	17/04/2022	Interval Races	https://www.ukresults.net/2022/hale5.html
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	http://bordersleague.org.uk/
5 Miles	F60		Frances Mudway	0:45:49		City of Salford W's 5.25 for 5 miles	28/11/2010	Swinton RC	www.race-results.co.uk/

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##	Club Best at Distance	Find	Times and Date in Red at:	Source					
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	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	u17		Katie Clarke	0:44:13	~	Caernarfon BL	12/04/2015	BL Eryri H	http://www.bordersleague.org.uk/
10 Km	u17		Katie Clarke	0:42:40	~	Caernarfon BL	06/12/2015	BL Cybi Striders	http://www.bordersleague.org.uk/
10 Km	u17		Issy Clarke	0:41:57	~	Caernarfon BL	09/10/2016	BL Eryri H	http://www.bordersleague.org.uk/
10 Km	u17		Jodi Bemand	0:41:39	0:41:35	Tatton Park	06/11/2021	Run Through	https://results.runthrough.co.uk/results.aspx?CId=16487&RId=4550
10 Km	u17	u17	Jodi Bemand	0:39:21	0:39:09	Trafford	06/03/2022	Run North West	https://run-northwest.niftyentries.com/Results/Trafford-10K-2022
10 Km	u20		Emma Monteith	0:42:51	~	Sutton 6	23/09/2001	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	u20		Katie Clarke	0:40:53	~	Caernarfon BL	09/10/2016	BL Eryri H	http://www.bordersleague.org.uk/
10 Km	u20		Jodi Bemand	0:40:11	0:39:29	Trafford	05/03/2023	Run North West	https://run-northwest.niftyentries.com/Results/Trafford-10K-2023
10 Km	u20	u20	Jodi Bemand	0:39:37	0:38:58	Trafford	03/03/2024	Run North West	https://run-northwest.niftyentries.com/Results/Trafford-10K-2024
10 Km	SF		Julie Fletcher	0:39:23	~	Ellesmere	14/06/1998	Oswestry Olympians	http://www.oswestryolympians.com/
10 Km	SF		Julie Fletcher	0:38:51	~	Birchwood	23/08/1998	Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html
10 Km	SF		Julie Fletcher	0:38:49	~	Sutton 6	20/09/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
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 - http://www.westcheshireac.co.uk/races/races-results-archive/
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	https://ale.niftyentries.com/Results/2023-MBNA-Chester-10K
10 Km	F35		Jean Hudson	0:47:19	~	Sutton 6	30/09/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
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	http://www.cheshire10k.com/
10 Km	F35		Anest Müller	0:40:56	0:40:48	Cardiff	11/09/2016	Cardiff 10k	https://cardiff10k.com/results/
10 Km	F35		Keely Smith	1:04:24	0:39:46	Tatton Park	10/04/2021	Run Through	https://results.racetimers.co.uk/results.aspx?CId=16487&RId=2129
10 Km	F35		Keely Smith	~	0:38:53	Helena Tipping	25/07/2021	Run Cheshire	https://www.niftyentries.com/Results
10 Km	F35		Keely Smith	0:38:31	0:38:23	Helena Tipping	24/07/2022	Run Cheshire	https://www.niftyentries.com/Results
10 Km	F35		Keely Smith	0:38:06	0:38:05	Sutton 6	18/09/2022	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	F35		Lindsay Fisher	0:36:41	0:36:40	Jubilee Bridge	04/06/2023	Run Through	https://results.runthrough.co.uk/results.aspx?CId=16487&RId=4901
##	F35	SF	Lindsay Fisher	0:35:43	0:35:43	Helena Tipping	23/07/2023	Run Cheshire	https://www.niftyentries.com/Results
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 - http://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	F40		Keely Smith	0:38:37	0:38:30	MBNA Chester	12/03/2023	Active Leisure Events	https://ale.niftyentries.com/Results/2023-MBNA-Chester-10K
10 Km	F40		Keely Smith	0:38:17	~	Caernarfon BL	01/10/2023	BL Eryri H	https://www.bordersleague.org.uk/wp-content/uploads/2023/10/results2023-24R1.html
10 Km	F40	o40	Keely Smith	0:37:58	0:37:14	Wilmslow Festive	26/11/2023	Run North West	https://run-northwest.niftyentries.com/Results/Wilmslow-Festive-10K-2023
10 Km	F45		Janet Morgan	0:49:22	~	Sutton 6	20/09/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	F45		Jan Moffett	0:43:41	~	Birchwood	22/08/1999	Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html
10 Km	F45		Jan Moffett	0:43:27	~	Birchwood	20/08/2000	Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html
10 Km	F45	o45	Ellie Robinson	0:43:15	0:43:07	Mersey Tunnel	15/04/2018	BTR Liverpool Ltd	https://www.tdlevantservices.co.uk/event-results/events?event=2838
10 Km	F50		Mary Radford	0:50:46	~	Birchwood	23/08/1998	Spectrum Striders	www.spectrumstriders.org.uk/main.htm
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	http://www.bordersleague.org.uk/
10 Km	F50		Cathryn Whalley	0:51:01	0:50:23	Helena Tipping	28/07/2019	Cute Fruit Events	http://www.cutefruitlevents.com/helena-tipping-wrexham-10k/
10 Km	F50		Debra Bemand	0:48:27	0:48:09	Tatton Park	06/11/2021	Run Through	https://results.runthrough.co.uk/results.aspx?CId=16487&RId=4550
10 Km	F50	o50	Debra Bemand	0:45:07	0:44:35	Trafford	06/03/2022	Run North West	https://run-northwest.niftyentries.com/Results/Trafford-10K-2022
10 Km	F55		Mary Radford	0:54:58	~	Helena Tipping	02/12/2001	Wrexham AAC	*BWB result sheet - http://www.westcheshireac.co.uk/races/races-results-archive/
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	http://www.joelee.co.uk/resindex.html
10 Km	F55		Frances Mudway	0:51:09	~	Sutton 6	26/09/2004	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	F55		Frances Mudway	0:48:18	~	Trafford	06/03/2005	Altrincham & Dist AC	www.race-results.co.uk/
10 Km	F55		Frances Mudway	0:47:35	~	Sutton 6	25/09/2005	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	F55		Joy Hickman	0:46:25	0:45:52	Chester Zoo	31/10/2021	Run Through	https://www.runbritainrankings.com/results/results.aspx?meetingid=432108
10 Km	F55	o55	Joy Hickman	0:45:46	0:45:15	Warrington Running Fest.	24/08/2023	Run Through	https://www.runthrough.co.uk/results/
10 Km	F60		Mary Radford	0:57:52	~	Farrdon	05/03/2006	Wrexham AAC	www.wrexhamroadrunners.org.uk/
10 Km	F60		Mary Radford	0:57:51	~	Helena Tipping	07/12/2008	Wrexham AAC	www.wrexhamroadrunners.org.uk/
10 Km	F60		Rosemary Rogers	0:49:23	~	Nick Beer	02/02/2014	North Wales RRC	https://www.tdlevantservices.co.uk/event-results
10 Km	F60	o60	Rosemary Rogers	0:47:10	0:47:02	Arley Hall, Cheshire**	30/03/2014	Cheshire 10k	http://www.cheshire10k.com/
10 Km	F65		Mary Radford	0:59:39	~	Ellesmere	28/08/2011	Oswestry Olympians	http://www.oswestryolympians.com/
10 Km	F65		Mary Radford	0:58:27	~	Helena Tipping	04/12/2011	Wrexham AAC	www.wrexhamroadrunners.org.uk/
10 Km	F65		Rosemary Rogers	0:52:41	0:52:29	Nick Beer	08/02/2015	North Wales RRC	https://www.tdlevantservices.co.uk/event-results
10 Km	F65	o65	Rosemary Rogers	0:48:35	0:48:15	Port Sunlight	01/03/2015	BTR Liverpool Ltd	https://www.tdlevantservices.co.uk/event-results
10 Km	F70		Mary Radford	1:17:45	1:14:32	Arley Hall	04/11/2017	Cheshire 10k	http://www.cheshire10k.com/
10 Km	F70		Mary Radford	1:15:56	~	ALDI Chester	08/03/2020	Active Leisure Events	https://ale.niftyentries.com/Results/ALDI-Chester-10K-2020
10 Km	F70		Rosemary Rogers	~	1:02:57	Nick Beer	18/07/2021	North Wales RRC	https://www.tdlevantservices.co.uk/event-results/events
10 Km	F70		Rosemary Rogers	1:00:37	0:59:39	Mersey Tunnel	26/09/2021	BTR Liverpool Ltd	https://www.tdlevantservices.co.uk/event-results
10 Km	F70		Rosemary Rogers	0:58:27	0:58:09	Wirral	30/10/2021	BTR Liverpool Ltd	https://www.tdlevantservices.co.uk/event-results
10 Km	F70		Rosemary Rogers	0:58:35	0:58:08	MBNA Chester	13/03/2022	Active Leisure Events	https://www.niftyentries.com/Results
10 Km	F70	70	Rosemary Rogers	0:58:06	0:57:16	Chester Zoo 10K	03/07/2022	Run Through	https://results.runthrough.co.uk/results.aspx?CId=16487&RId=4722

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].

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	https://www.tdlevntservices.co.uk/event-results
½ Mar		17od	17od	Jodi Bemand	~	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	https://wilmslowrunningfestival.org.uk/results
½ Mar		F35		Nardia Allidis	1:35:23	1:34:58	Four Villages	19/01/2014	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
½ Mar		F35		Nardia Allidis	1:33:42	1:33:37	Liverpool	22/03/2014	BTR Liverpool Ltd	https://www.tdlevntservices.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	Capesthorne (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
½ Mar		F35		Lindsay Fisher	1:20:13	1:20:11	Warrington Run Fest.	24/09/2023	Run Through	https://results.runthrough.co.uk/results.aspx?Cid=16487&RId=4969&EId=5
½ Mar		F35		Lindsay Fisher	1:19:02	1:18:58	Village Bakery	18/02/2024	Run Cheshire	https://www.niftyentries.com/Results
½ Mar		F35	SF	Lindsay Fisher	1:18:54	1:18:52	Wilmslow Festive	24/03/2024	Wilmslow RC	https://www.niftyentries.com/Results
½ Mar		F40		Susan Haslam	1:45:18	~	Chester	24/05/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
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		Keely Smith	1:23:03	1:21:48	Wilmslow	26/03/2023	Wilmslow RC	https://www.niftyentries.com/Results
½ Mar		F40	o40	Keely Smith	1:20:53	1:20:50	Village Bakery	18/02/2024	Run Cheshire	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-archive/
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	https://wilmslowrunningfestival.org.uk/results
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		Eleanor Robinson	1:42:11	1:41:48	Liverpool	27/03/2022	BTR Liverpool Ltd	https://www.tdlevntservices.co.uk/event-results/year/2022
½ Mar		F50	o50	Clare Mallon	1:44:06	1:41:45	Wilmslow Festive	23/03/2025	Wilmslow RC	https://www.niftyentries.com/Results
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	http://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-archive/
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://wilmslowrunningfestival.org.uk/results
½ Mar		F65		Rosemary Rogers	1:51:41	1:51:05	Liverpool	29/03/2015	BTR Liverpool Ltd	https://www.tdlevntservices.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.tdlevntservices.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	Gun	Chip	Event	Date	Host	Source
Distance	Band	an age Women	Time	Time				
10 Miles	u20	nobody yet						
10 Miles	SF	Julie Fletcher	1:04:05	~	Flint Lifeboat '10'	04/10/1998	Flint Runners	*DC result sheet
##	SF	Julie Fletcher	1:02:38	~	Llandudno	01/11/1998	North Wales RRC	www.race-results.co.uk/
10 Miles	F35	Janet Taylor	no time	~	Rivacre Valley	19/04/1998	RRJ (now EPRC)	AW April 22 1998 - Vol.52 no.17
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	www.race-results.co.uk/
10 Miles	F35	o35 Keely Smith	1:05:23	1:05:21	City of Preston 5/ 10m	08/08/2021	Central Lancs Tri	https://www.niftyentries.com/Results
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	www.race-results.co.uk/
10 Miles	F45	Jan Moffett	1:11:18	~	Llandudno	12/11/2000	North Wales RRC	www.race-results.co.uk/
10 Miles	F45	o45 Louise Diggle	1:08:54	~	Llandudno	11/11/2001	North Wales RRC	www.race-results.co.uk/
10 Miles	F50	Sarah Hibbert	1:28:55	1:28:35	Rhyl	24/02/2019	Run Wales	https://www.runwales.com/events/rhyl-10-mile/results/
10 Miles	F50	Cathryn Whalley	1:30:55	1:25:16	Knowsley Safari Park	29/09/2019	Kirby Milers	https://www.niftyentries.com/Results
10 Miles	F50	o50 Clare Mallon	1:15:32	1:15:23	Cheshire 10m (Upton)	22/10/2023	Run Through	https://www.runthrough.co.uk/results/
10 Miles	F55	Mary Radford	1:31:50	~	Wrexham	27/04/2002	Wrexham AAC	www.wrexhamroadrunners.org.uk/ [- *MJL result sheet]
10 Miles	F55	Frances Mudway	1:21:53	~	Preston	18/11/2007	Preston H	www.ukresults.net/index.html
10 Miles	F55	o55 Sarah Hibbert	1:19:37	1:18:06	Skyline 10	26/03/2023	BTR Liverpool Ltd	https://my.raceresult.com/237292/results
10 Miles	F60	Mary Radford	1:38:10	~	Ellesmere	06/05/2007	Oswestry Olympians	http://www.oswestryolympians.com/old/seniors/s-Ellesmere102007.htm
10 Miles	F60	Rosemary Rogers	1:21:14	~	Rhyl	23/02/2014	Run Wales	http://www.runwales.com/events/rhyl-10-mile/results-rhyl
10 Miles	F60	o60 Rosemary Rogers	1:20:15	~	Wrexham	26/04/2014	Wrexham AAC	http://www.ukresults.net/2014/nwales10.html
10 Miles	F65	Rosemary Rogers	1:23:20	1:23:15	Rhyl	22/03/2015	Run Wales	http://www.runwales.com/events/rhyl-10-mile/results-rhyl
10 Miles	F65	o65 Rosemary Rogers	1:23:03	~	Wrexham	25/04/2015	Wrexham AAC	www.thepowerof10.info/results
Marathon	u20	nobody yet						
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	www.activeleisureevents.co.uk/full-marathon
Marathon	SF	Keely Smith	3:15:00	~	Liverpool	28/05/2017	Rock 'n' Roll	http://www.runbritainrankings.com/results/resultslookup.aspx
Marathon	SF	Keely Smith	3:13:15	3:12:46	Chester	08/10/2017	Active Leisure Events	http://ale.niftyentries.com/MBNA-Chester-Marathon-2017
Marathon	F35	Susan Cavanagh	4:15:03	~	London	22/04/2001	London Marathon	http://results.london-marathon.co.uk/2001/list.php
Marathon	F35	Eleanor Robinson	~	3:56:46	London	17/04/2011	London Marathon	http://results-2011.virginlondonmarathon.com/2011/
Marathon	F35	Nardia Alldis	3:28:07	3:27:38	Chester	06/10/2013	Active Leisure Events	www.activeleisureevents.co.uk/full-marathon
Marathon	F35	Nardia Alldis	3:22:00	3:21:42	Liverpool	25/05/2014	BT Rock 'n' Roll	http://www.runbritainrankings.com/results/resultslookup.aspx
Marathon	F35	Keely Smith	3:20:32	3:20:28	Conwy (Llandudno)	31/03/2019	Always Aim High	https://www.tdlevantservices.co.uk/event-results
Marathon	F35	Keely Smith	3:01:38	3:01:24	Oulton Park	06/12/2020	Run Through	https://www.runthrough.co.uk/results/
Marathon	F35	Keely Smith	2:58:13	2:58:10	Chesh Elite Marathon	25/04/2021	Run Cheshire	https://runcheshire.niftyentries.com/Results
Marathon	F35	Keely Smith	~	2:52:10	Manchester	03/04/2022	Manchester Marathon	https://results.sporthive.com/events/6908056816784834560
##	F35	SF Lindsay Fisher	~	2:48:30	London	21/04/2024	TCS London Marathon	https://results.tcslondonmarathon.com/2024/
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	o40 Keely Smith	2:50:41	2:50:22	London	23/04/2023	TCS London Marathon	https://results.tcslondonmarathon.com/2023/
Marathon	F40	Keely Smith	2:50:23	2:50:22	Adidas Manchester	14/04/2024	Manchester Marathon	https://results.sporthive.com/events/7170462228881917696
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	www.virginlondonmarathon.com/
Marathon	F45	Angela Tegg	~	3:55:47	London	22/04/2018	London Marathon	www.virginlondonmarathon.com/
Marathon	F45	Clare Mallon	3:58:25	3:38:59	London	23/04/2023	TCS London Marathon	https://results.tcslondonmarathon.com/2023/
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	https://www.runthrough.co.uk/results/
Marathon	F 50	o45 Clare Mallon	3:38:08	3:37:54	London	21/04/2024	TCS London Marathon	https://results.tcslondonmarathon.com/2024/
Marathon	F55	o55 Sarah Hibbert	4:26:07	3:54:45	London	23/04/2023	TCS London Marathon	https://results.tcslondonmarathon.com/2023/
Marathon	F60	Mary Radford	5:10:56	~	Windermere	20/05/2007	Brathay Hall	www.brathay.org.uk/
Marathon	F60	Kathleen Osborne	4:35:17	4:34:16	Chester	31/05/2010	Active Leisure Events	www.activeleisureevents.co.uk/full-marathon
Marathon	F60	Kathleen Osborne	4:25:27	4:23:02	Chester	09/10/2011	Active Leisure Events	www.activeleisureevents.co.uk/full-marathon
Marathon	F65	o60 Rosemary Rogers	4:08:57	4:07:53	Chester	04/10/2015	Active Leisure Events	www.activeleisureevents.co.uk/full-marathon

** (WCAC from 01/04/98)