

South Cheshire Harriers  
LADIES BEST TIMES : 2019

Name	Time	Event	Date	
<b>Senior Women</b>				
KatieÅ Latham	00:19:24	The Wammy Park Run 5K	19/10/2019	33
KatieÅ Latham	00:20:40	Christleton 5K	17/05/2019	33
Bryony Carragher	00:20:42	Macclesfield 5K	22/09/2019	26
Sharna Gallagher	00:22:44	Christleton 5K	17/05/2019	27
Sharna Gallagher	00:22:46	Mid Cheshire 5K	26/04/2019	27
<b>FV-35</b>				
Lana Davidson	00:22:00	Christleton 5K	17/05/2019	37
Amanda Kimber	00:22:32	Christleton 5K	17/05/2019	37
Catherine Farrington	00:22:43	Middlewich 5K	12/05/2019	37
Amanda Kimber	00:23:19	Hollins Green 5K	23/06/2019	37
Lucy Becket	00:24:45	Christleton 5K	17/05/2019	39
<b>FV40</b>				
Claire Harrison	00:22:07	Christleton 5K	17/05/2019	44
Claire Harrison	00:22:19	Mid Cheshire 5K	26/04/2019	44
Claire Harrison	00:23:25	Middlewich 5K	12/05/2019	44
Cathy Atherton	00:23:31	Hollins Green 5K	23/06/2019	43
Claire Kivlin	00:23:35	The Wammy Park Run 5K	19/10/2019	41
<b>FV-45</b>				
Sharon Grattan	00:27:13	The Wammy Park Run 5K	19/10/2019	45
Serena Van Schepdael	00:27:49	Macclesfield 5K	22/09/2019	47
Amanda Yeomans	00:42:22	The Wammy Park Run 5K	19/10/2019	49
<b>FV-50</b>				
Jane Burchell	00:24:28	Mid Cheshire 5K	26/04/2019	52
Helen Nightingale	00:28:37	The Wammy Park Run 5K	19/10/2019	54
<b>FV-55</b>				
Cathy Lewin	00:25:38	Lymm 5K	30/06/2019	55
<b>FV-60</b>				
Gill Gibbons	00:23:39	Christleton 5K	17/05/2019	60
Gill Gibbons	00:23:55	Hollins Green 5K	23/06/2019	60
Jasmin Jones	00:26:35	Mid Cheshire 5K	26/04/2019	60
<b>4 Miles</b>				
Kerry Podmore	00:33:54	Cheadle 4	14/07/2019	45
<b>5 Miles</b>				
<b>Senior Women</b>				
KatieÅ Latham	00:33:31	Chester Spring 5	10/04/2019	33
Amy Grace	00:33:44	Alsager 5	02/03/2019	33
Jessica Haney	00:36:24	Alsager 5	02/03/2019	26
Danielle Kenny	00:38:46	Staff Knots 5	24/07/2019	33
Sharna Gallagher	00:38:58	Alsager 5	02/03/2019	27
<b>FV-35</b>				
Amanda Kimber	00:37:24	Preston 5 : England Athletics Cham	11/08/2019	37
Amanda Kimber	00:38:19	Alsager 5	02/03/2019	37
Emma Tomkinson	01:12:22	Alsager 5	02/03/2019	39
Lana Davidson	00:36:47	Alsager 5	02/03/2019	37
Lucy Becket	00:46:11	Stone 5 Mile	15/05/2019	39
<b>FV-40</b>				
Claire Harrison	00:36:43	Alsager 5	02/03/2019	43
Cathy Atherton	00:38:03	Preston 5 : England Athletics Cham	11/08/2019	44
Claire Harrison	00:38:10	Westbridge 5	02/06/2019	44
Claire Harrison	00:39:00	Staff Knots 5	24/07/2019	44
Cathy Atherton	00:39:07	Chester Spring 5	10/04/2019	43
<b>FV-45</b>				
RuthÅ Pryce	00:37:10	Westbridge 5	02/06/2019	45
Cheryl Rees	00:39:15	Mobberley Round the Runway 5	07/05/2019	46
Kerry Podmore	00:41:45	Mobberley Round the Runway 5	07/05/2019	45
Kerry Podmore	00:45:23	Stone 5 Mile	15/05/2019	45
Serena Van Schepdael	00:46:38	Alsager 5	02/03/2019	46
<b>FV-50</b>				
Jane Burchell	00:42:37	Chester Spring 5	10/04/2019	51
Susan Poole	00:37:32	Chester Spring 5	10/04/2019	52
<b>FV-55</b>				
Gill Gibbons	00:38:48	Alsager 5	02/03/2019	59
<b>FV-60</b>				
Gill Gibbons	00:38:19	Chester Spring 5	10/04/2019	60
Gill Gibbons	00:38:39	Preston 5 : England Athletics Cham	11/08/2019	60
Jasmin Jones	00:44:46	Alsager 5	02/03/2019	60
Jasmin Jones	00:52:19	Stone 5 Mile	15/05/2019	60
<b>FV-65</b>				
Lesley Cole	00:48:45	Preston 5 : England Athletics Cham	11/08/2019	63
<b>FV-70</b>				
Rosemary Cooke	01:01:56	Alsager 5	02/03/2019	74
Shelagh Swinnerton	00:45:53	Westbridge 5	02/06/2019	71
Shelagh Swinnerton	00:46:20	Chester Spring 5	10/04/2019	71
<b>10 K</b>				
<b>Senior Women</b>				
KatieÅ Latham	00:40:58	Cheddleton Xmas Pudding Race	30/11/2019	33
Bryony Carragher	00:41:03	Wilmslow 10K	24/11/2019	26
Anne Marie Taylor	00:46:28	Wilmslow 10K	24/11/2019	33
Danielle Kenny	00:47:33	Wilmslow 10K	24/11/2019	33
Elinor Steele	00:48:16	Alderley Edge 10K	07/07/2019	22
<b>FV-40</b>				
Claire Harrison	00:45:39	Alderley Edge 10K	07/07/2019	44
Claire Harrison	00:45:44	Sandbach 10K	08/09/2019	44
Claire Harrison	00:46:10	Telford 10K	08/12/2019	44
Claire Harrison	00:46:26	Wilmslow 10K	24/11/2019	44
Claire Kivlin	00:48:02	Wilmslow 10K	24/11/2019	41
<b>FV-45</b>				
Joanne Share	00:49:41	Wilmslow 10K	24/11/2019	47
Kerry Podmore	00:51:19	Newcastle 10K	14/04/2019	45
Kerry Podmore	00:51:24	Stone St Michaels 10K	16/06/2019	45
Jackie Crumpton	00:56:02	Alderley Edge 10K	07/07/2019	49
Sharon Grattan	00:57:41	Wilmslow 10K	24/11/2019	45
<b>FV-50</b>				
Susan Poole	00:47:34	Wilmslow 10K	24/11/2019	53
Susan Poole	00:48:13	Birchwood 10K	18/08/2019	52
Susan Poole	00:48:56	Aintree 10KÅ	15/12/2019	53
Helen Nightingale	00:57:55	Wilmslow 10K	24/11/2019	54
Judith Whincup	00:58:22	Tatton 10K	13/01/2019	54
<b>FV-55</b>				
Suzanne Harrison	00:47:26	Wilmslow 10K	24/11/2019	56
Cathy Lewin	00:49:07	Telford 10K	08/12/2019	55
Cathy Lewin	00:49:50	Wilmslow 10K	24/11/2019	55
Cathy Lewin	00:50:22	Aintree 10KÅ	15/12/2019	55
Jennifer Edwards	00:50:31	Wilmslow 10K	24/11/2019	58
<b>FV-60</b>				
Gill Gibbons	00:48:53	Helena Tipping 10K	28/07/2019	60
Gill Gibbons	00:48:55	Alderley Edge 10K	07/07/2019	60
Gill Gibbons	00:49:40	Farrdon 10K	13/10/2019	60
Jasmin Jones	00:55:21	Chester 10K	03/03/2019	60
Lesley Cole	00:59:18	Farrdon 10K	13/10/2019	63
<b>FV-65</b>				
Pauline Scrimgeour	01:07:07	Sandbach 10K	08/09/2019	65
<b>FV-70</b>				
Shelagh Swinnerton	00:56:45	Stone St Michaels 10K	16/06/2019	71
Shelagh Swinnerton	00:58:38	Sandbach 10K	08/09/2019	71
Shelagh Swinnerton	00:58:58	Whitchurch 10K	07/04/2019	71
<b>7 Miles</b>				
<b>FV-45</b>				
Kerry Podmore	01:03:04	St Thomas 7	15/09/2019	45
<b>10 Miles</b>				
<b>Senior Women</b>				
Sadie Prince	01:27:01	Rhyl 10 Mile	23/02/2019	28
<b>FV-40</b>				
Natalie Bailey	01:42:05	Flying Fox 10	03/11/2019	40
<b>FV-45</b>				
Joanne Share	01:25:34	Flying Fox 10	03/11/2019	47
Kerry Podmore	01:30:05	Flying Fox 10	03/11/2019	45
<b>FV-55</b>				
Jennifer Edwards	01:29:57	Flying Fox 10	03/11/2019	58
<b>FV-60</b>				
Lesley Cole	01:43:03	Rhyl 10 Mile	23/02/2019	63
<b>Half Marathon</b>				
<b>Senior Women</b>				
Amy Grace	01:36:47	4 Villages Half Marathon	20/01/2019	33
Danielle Kenny	01:43:26	Village Bakeries Half Marathon	17/02/2019	32
Sharna Gallagher	01:48:42	Village Bakeries Half Marathon	17/02/2019	27
Rebecca Howlett	01:50:27	Chester Half Marathon	19/05/2019	30
Sian Fern	01:52:57	Potters Arf	09/06/2019	32
<b>VF-35</b>				
Lana Davidson	01:46:21	Potters Arf	09/06/2019	37
Catherine Farrington	01:50:43	Potters Arf	09/06/2019	37
Andrea Beaton	02:02:03	Wilmslow HalfÅ	24/03/2019	38
Suzanna Leigh	02:07:17	Leek Half	18/08/2019	35
Tracey Wilson	02:08:02	Village Bakeries Half Marathon	17/02/2019	37
<b>VF-40</b>				
Claire Harrison	01:42:05	Village Bakeries Half Marathon	17/02/2019	43
Charlotte Logie	01:44:59	Wilmslow HalfÅ	24/03/2019	41
Claire Kivlin	01:48:50	Wilmslow HalfÅ	24/03/2019	40
Claire Harrison	01:50:02	Potters Arf	09/06/2019	44
Nicola Marshall	01:52:16	Village Bakeries Half Marathon	17/02/2019	43
<b>VF-45</b>				
Joanna Mascarenhas	01:50:19	Chester Half Marathon	19/05/2019	46
Jackie Crumpton	01:54:01	Wilmslow HalfÅ	24/03/2019	49
Joanna Mascarenhas	02:01:25	Potters Arf	09/06/2019	46
Kerry Podmore	02:02:34	Congleton Half Marathon	06/10/2019	45
Serena Van Schepdael	02:07:26	Chester Half Marathon	19/05/2019	49
<b>VF-50</b>				
Susan Poole	01:42:46	Village Bakeries Half Marathon	17/02/2019	52
Susan Poole	01:45:23	Chester Half Marathon	19/05/2019	52
Joanne Darlington	02:20:40	Congleton Half Marathon	06/10/2019	50
<b>VF-55</b>				
Suzanne Harrison	01:47:13	Chester Half Marathon	19/05/2019	56
Suzanne Harrison	01:50:33	Village Bakeries Half Marathon	17/02/2019	55
Jennifer Edwards	01:57:08	4 Villages Half Marathon	20/01/2019	57
<b>VF-70</b>				
Shelagh Swinnerton	02:05:35	Chester Half Marathon	19/05/2019	71
Shelagh Swinnerton	02:14:04	4 Villages Half Marathon	20/01/2019	71
<b>15K</b>				
<b>Senior Women</b>				
Sian Fern	01:26:52	Meerbrook 15K	23/06/2019	32
<b>VF-35</b>				
Catherine Farrington	01:22:49	Meerbrook 15K	23/06/2019	37
<b>VF-45</b>				
Kerry Podmore	01:31:05	Meerbrook 15K	23/06/2019	45
Rachel Parker	01:20:48	Meerbrook 15K	23/06/2019	45
<b>VF-55</b>				
Jennifer Edwards	01:31:48	Meerbrook 15K	23/06/2019	58
<b>Å Marathon</b>				
<b>Senior Women</b>				
Amy Grace	03:25:27	VLM MarathonÅ	28/04/2019	33
Jessica Haney	03:35:09	VLM MarathonÅ	28/04/2019	26
Bryony Carragher	03:40:47	Greater Manchester MarathonÅ	07/04/2019	25
Danielle Kenny	03:57:28	Greater Manchester MarathonÅ	07/04/2019	32
Sharna Gallagher	04:21:11	Greater Manchester MarathonÅ	07/04/2019	27
<b>VF-35</b>				
Amanda Kimber	03:42:41	Greater Manchester MarathonÅ	07/04/2019	37
Natalie Bailey	05:07:54	VLM MarathonÅ	28/04/2019	39
<b>VF-40</b>				
Cathy Atherton	03:48:08	VLM MarathonÅ	28/04/2019	43
Charlotte Logie	03:53:49	VLM MarathonÅ	28/04/2019	41
Ingred Meredith	04:17:10	Greater Manchester MarathonÅ	07/04/2019	41
<b>VF-45</b>				
Joanna Mascarenhas	04:13:35	Greater Manchester MarathonÅ	07/04/2019	46
Kerry Podmore	04:19:58	Greater Manchester MarathonÅ	07/04/2019	45
Jackie Crumpton	04:50:19	VLM MarathonÅ	28/04/2019	49
Serena Van Schepdael	05:09:59	Greater Manchester MarathonÅ	07/04/2019	46
<b>VF-50</b>				
Susan Poole	04:10:33	VLM MarathonÅ	28/04/2019	52
Diane Mason	04:19:07	VLM MarathonÅ	28/04/2019	54
<b>VF-55</b>				
Suzanne Harrison	04:01:10	Greater Manchester MarathonÅ	07/04/2019	56
<b>VF-60</b>				
Gill Gibbons	04:00:58	VLM MarathonÅ	28/04/2019	60