

South Cheshire Harriers

Ladies' Best Times : 2003

Name	Event	Date	Time
4 Miles			
FV40 Gael Earp	Cheadle 4	13 Jul 2003	00:39:02
5 Miles			
Senior Women Rachel Smith Liz Buckley	Alsager 5 Alsager 5	02 Feb 2003 02 Feb 2003	00:32:32 00:35:34
FV40 Tina Smith Gael Earp Gael Earp Gael Earp	Alsager 5 Alsager 5 Westbridge 5 Ipstones	02 Feb 2003 02 Feb 2003 04 Jun 2003 13 Sep 2003	00:38:24 00:47:51 00:48:03 00:50:58
FV50 Ann Dutton Pamela Hough	Alsager 5 Alsager 5	02 Feb 2003 02 Feb 2003	00:43:57 00:46:00
FV55 Shelagh Swinnerton	Alsager 5	02 Feb 2003	00:40:26
10K			
Senior Women Carol Godfrey	Birchwood 10K	17 Aug 2003	00:46:35
FV40 Gael Earp	Clayton 10K	07 May 2003	00:56:10
7 Miles			
Tina Smith Gael Earp	Newcastle 7 Newcastle 7	06 Apr 2003 06 Apr 2003	00:56:01 01:04:36
10 Miles			
Senior Women Rachel Smith	Trentham 10 Miler	27 Jul 2003	01:09:04
FV40 Tina Smith	Flying Fox 10	02 Nov 2003	01:31:00
Half Marathon			
Senior Women Rachel Smith	Leek Half Marathon	24 Aug 2003	01:41:50
FV40 Tina Smith Gael Earp Gael Earp Gael Earp	4 Villages Half Marathon Stafford Half Marathon Uttoxeter Half Marathon Leek Half Marathon	19 Jan 2003 23 Mar 2003 11 May 2003 24 Aug 2003	01:51:15 02:13:43 02:16:41 02:39:34
FV50 Ann Dutton Pamela Hough Pamela Hough	4 Villages Half Marathon Stafford Half Marathon Uttoxeter Half Marathon	19 Jan 2003 23 Mar 2003 11 May 2003	02:05:08 02:13:43 02:16:41
FV55 Shelagh Swinnerton Shelagh Swinnerton	Uttoxeter Half Marathon 4 Villages Half Marathon	11 May 2003 19 Jan 2003	01:54:16 01:57:17
20 Miles			
Senior Women Rachel Smith	Stafford 20	09 Mar 2003	02:39:15
Marathon			
FV55 Shelagh Swinnerton	Potteries Marathon	15 Jun 2003	04:48:13