

**South Cheshire Harriers**  
Ladies' Best Times : 2006

Name	Event	Date	Time
<b>4 Miles</b>			
<b>FV35</b> Lizzie Marshall	Cheadle 4	16 Jul 2006	00:40:17
<b>FV40</b> Gael Earp	Cheadle 4	16 Jul 2006	00:35:21
<b>FV45</b> Cindy Morrisette	Cheadle 4	16 Jul 2006	00:38:39
<b>FV50</b> Anne Garnett	Cheadle 4	16 Jul 2006	00:41:26
<b>5 Miles</b>			
<b>Senior Women</b>			
Helen Edwards	Alsager 5	05 Feb 2006	00:38:13
Lizzie Marshall	Chester Spring 5	05 Apr 2006	00:47:23
Lizzie Marshall	Alsager 5	05 Feb 2006	00:48:30
Lizzie Marshall	Westbridge 5	04 Jun 2006	00:50:53
Rachel Prince	Chester Spring 5	05 Apr 2006	00:54:04
<b>FV35</b> Jane Aliane Lizzie Marshall	Alsager 5 Staffs Knot 5	05 Feb 2006 09 Aug 2006	00:42:42 00:49:01
<b>FV40</b> Alison Colclough Gael Earp Gael Earp Gael Earp Lorna Fewtrell	Alsager 5 Alsager 5 Staffs Knot 5 Westbridge 5 Alsager 5	05 Feb 2006 05 Feb 2006 09 Aug 2006 04 Jun 2006 05 Feb 2006	00:38:45 00:41:13 00:44:19 00:44:34 00:44:40
<b>FV45</b> Cindy Morrisette Cindy Morrisette Cindy Morrisette Cindy Morrisette Cindy Morrisette	Chester Spring 5 Westbridge 5 Alsager 5 Staffs Knot 5 Ipstones 5	05 Apr 2006 04 Jun 2006 05 Feb 2006 09 Aug 2006 09 Sep 2006	00:46:03 00:46:27 00:46:28 00:48:01 00:49:13
<b>FV50</b> Anne Garnett Anne Garnett	Alsager 5 Westbridge 5	05 Feb 2006 04 Jun 2006	00:48:46 00:55:22
<b>FV55</b> Shelagh Swinnerton Shelagh Swinnerton Shelagh Swinnerton Shelagh Swinnerton	Alsager 5 Chester Spring 5 Westbridge 5 Ipstones 5	05 Feb 2006 05 Apr 2006 04 Jun 2006 09 Sep 2006	00:41:48 00:42:00 00:44:22 00:46:09
<b>FV60 (+)</b> Sylvia Smallwood	Alsager 5	05 Feb 2006	00:44:41
<b>10K</b>			
<b>U17 Girls</b>			
Gemma Cutler	Cheddleton 10K	25 Nov 2006	00:56:58
<b>Senior Women</b>			
Lizzie Marshall	Stone St Michaels 10K	25 Jun 2006	01:02:19
Lizzie Marshall	Farndon 10K	05 Mar 2006	01:02:21
Rachel Prince	Farndon 10K	05 Mar 2006	01:12:00
Rachel Prince	Stone St Michaels 10K	25 Jun 2006	01:12:17
<b>FV35</b> Jeanette Hatton Jeanette Hatton Lizzie Marshall	Cheddleton 10K Clayton 10K Sandbach Super 6	25 Nov 2006 03 May 2006 10 Sep 2006	00:58:43 00:59:45 01:02:00
<b>FV40</b> Gael Earp Gael Earp Sarah Dyde	Stone St Michaels 10K Berryhill Fields 10K Cheddleton 10K	25 Jun 2006 01 Aug 2006 25 Nov 2006	00:55:08 00:56:54 00:58:43
<b>FV45</b> Cindy Morrisette Cindy Morrisette Cindy Morrisette Cindy Morrisette Cindy Morrisette	Birchwood 10K Farndon 10K Stone St Michaels 10K Cheddleton 10K Berryhill Fields 10K	20 Aug 2006 05 Mar 2006 25 Jun 2006 25 Nov 2006 01 Aug 2006	00:57:50 00:58:30 00:59:59 01:01:28 01:02:20
<b>FV50</b> Anne Garnett Anne Garnett Anne Garnett	Stone St Michaels 10K Farndon 10K Sandbach Super 6	25 Jun 2006 05 Mar 2006 10 Sep 2006	01:03:23 01:05:00 01:10:49
<b>FV55</b> Shelagh Swinnerton Shelagh Swinnerton Shelagh Swinnerton Shelagh Swinnerton	Stone St Michaels 10K Clayton 10K Farndon 10K Berryhill Fields 10K	25 Jun 2006 03 May 2006 05 Mar 2006 01 Aug 2006	00:53:51 00:54:04 00:54:06 00:55:42
<b>10 Miles</b>			
<b>FV35</b> Jeanette Hatton Lizzie Marshall	Flying Fox 10 Flying Fox 10	05 Nov 2006 05 Nov 2006	01:41:17 01:48:47
<b>FV40</b> Gael Earp	Trentham 10	23 Jul 2006	01:34:03
<b>FV45</b> Cindy Morrisette Cindy Morrisette	Flying Fox 10 Trentham 10	05 Nov 2006 23 Jul 2006	01:36:41 01:40:37
<b>FV50</b> Anne Garnett	Flying Fox 10	05 Nov 2006	01:49:47
<b>FV55</b> Shelagh Swinnerton Shelagh Swinnerton	Flying Fox 10 Trentham 10	05 Nov 2006 23 Jul 2006	01:31:02 01:32:51
<b>Half Marathon</b>			
<b>Senior Women</b>			
Helen Edwards	Village Bakeries Half Marathon	19 Feb 2006	01:46:09
<b>FV35</b> Lizzie Marshall	Congleton Half Marathon	08 Oct 2006	02:18:39
<b>FV40</b> Gael Earp	Stafford Half Marathon	19 Mar 2006	02:47:32
<b>FV45</b> Cindy Morrisette Cindy Morrisette Cindy Morrisette Cindy Morrisette Cindy Morrisette	Village Bakeries Half Marathon Stafford Half Marathon Congleton Half Marathon 4 Villages Half Marathon Uttoxeter Half Marathon	19 Feb 2006 19 Mar 2006 08 Oct 2006 22 Jan 2006 07 May 2006	02:05:08 02:09:38 02:09:56 02:10:53 02:11:19
<b>FV50</b> Sheila Bickerton Sheila Bickerton Anne Garnett	Village Bakeries Half Marathon Macclesfield Half Marathon Congleton Half Marathon	19 Feb 2006 01 Oct 2006 08 Oct 2006	01:32:49 01:43:03 02:19:04
<b>FV55</b> Shelagh Swinnerton Shelagh Swinnerton Shelagh Swinnerton	Village Bakeries Half Marathon Uttoxeter Half Marathon Leek Half Marathon	19 Feb 2006 07 May 2006 27 Aug 2006	01:54:17 01:55:52 02:06:45
<b>20 Miles</b>			
<b>FV40</b> Gael Earp	Stafford 20	12 Mar 2006	03:14:08
<b>FV55</b> Shelagh Swinnerton	South Cheshire 20	21 May 2006	03:12:03
<b>Marathon</b>			
<b>FV35</b> Karyn Amson-Orth	Wolverhampton Marathon	03 Sep 2006	04:42:29
<b>FV60 (+)</b> Sylvia Smallwood	London Marathon	23 Apr 2006	04:59:33