

South Cheshire Harriers
Ladies' Best Times : 2009

Name	Event	Date	Time
5K			
Senior Women			
Kedren Elliott	Forest Park Ladies 5k	01 Jul 2009	00:27:00
Sara Hancock	Forest Park Ladies 5k	01 Jul 2009	00:29:00
Beth Hudson	Forest Park Ladies 5k	01 Jul 2009	00:29:48
Beth Hudson	Lymm 5k	20 Jun 2009	00:31:36
FV35			
Nicola Lowe	Forest Park Ladies 5k	01 Jul 2009	00:19:39
Ruth Pryce	Forest Park Ladies 5k	01 Jul 2009	00:21:04
Carol Godfrey	Forest Park Ladies 5k	01 Jul 2009	00:22:57
Elizabeth Painter	Forest Park Ladies 5k	01 Jul 2009	00:26:31
Alison Peters	Forest Park Ladies 5k	01 Jul 2009	00:34:51
FV40			
Susan Allcock	Forest Park Ladies 5k	01 Jul 2009	00:24:49
Sarah Dyde	Forest Park Ladies 5k	01 Jul 2009	00:26:22
Jeanette Hatton	Forest Park Ladies 5k	01 Jul 2009	00:27:59
FV45			
Lorna Fewtrell	Forest Park Ladies 5k	01 Jul 2009	00:27:17
FV50			
Gill Gibbons	Longton 5k	12 May 2009	00:23:46
Gill Gibbons	Forest Park Ladies 5k	01 Jul 2009	00:23:54
4 Miles			
FV35			
Nicola Lowe	Cheadle 4	12 Jul 2009	00:25:56
FV40			
Sarah Dyde	Cheadle 4	12 Jul 2009	00:34:54
FV50			
Gill Gibbons	Cheadle 4	12 Jul 2009	00:31:24
5 Miles			
Junior Women			
Gemma Cutler	Alsager 5	01 Feb 2009	00:40:06
Gemma Cutler	Staffs Knot 5	12 Aug 2009	00:42:25
Gemma Cutler	Chester Spring 5	08 Apr 2009	00:45:58
Gemma Cutler	Pie n Peas	05 Aug 2009	00:46:11
Senior Women			
Victoria Consterdine-Tilley	Alsager 5	01 Feb 2009	00:37:38
Kedren Elliott	Alsager 5	01 Feb 2009	00:43:09
FV35			
Nicola Lowe	Staffs Knot 5	12 Aug 2009	00:32:33
Nicola Lowe	Alsager 5	01 Feb 2009	00:33:41
Jeanette Hatton	Alsager 5	01 Feb 2009	00:44:01
Sarah Saunders	Alsager 5	01 Feb 2009	00:48:28
Lizzie Marshall	Alsager 5	01 Feb 2009	00:48:57
FV40			
Susan Allcock	Staffs Knot 5	12 Aug 2009	00:41:44
Lorna Fewtrell	Alsager 5	01 Feb 2009	00:42:20
Susan Allcock	Pie n Peas	05 Aug 2009	00:42:35
Sarah Dyde	Chester Spring 5	08 Apr 2009	00:43:17
Sarah Dyde	Alsager 5	01 Feb 2009	00:43:48
FV45			
Gill Gibbons	Alsager 5	01 Feb 2009	00:38:36
Lorna Fewtrell	Pie n Peas	05 Aug 2009	00:48:10
FV50			
Gill Gibbons	Chester Spring 5	08 Apr 2009	00:39:09
FV55			
Maggie Freeman	Alsager 5	01 Feb 2009	00:48:29
10K			
Senior Women			
Emma Hoskins	Helena Tipping	06 Dec 2009	00:42:39
Kedren Elliott	Stone St Michaels 10k	21 Jun 2009	00:54:43
Heather Hulse	Sandbach Super Six	13 Sep 2009	00:56:54
Catherine McNicholl	Helena Tipping	06 Dec 2009	01:01:04
FV35			
Nicola Lowe	Birchwood 10k	23 Aug 2009	00:40:16
Nicola Lowe	Clayton 10k	06 May 2009	00:40:23
Cheryl Rees	Sutton Six 10k	20 Sep 2009	00:43:11
Charlotte Ramsay	Helena Tipping	06 Dec 2009	00:44:00
FV40			
Susan Allcock	Helena Tipping	06 Dec 2009	00:48:50
Susan Allcock	Birchwood 10k	23 Aug 2009	00:50:21
Susan Allcock	Cheddleton Pudding Run 10k	28 Nov 2009	00:50:22
Susan Allcock	Sandbach Super Six	13 Sep 2009	00:51:18
Sarah Dyde	Stone St Michaels 10k	21 Jun 2009	00:53:49
FV45			
Janette Rogers	Helena Tipping	06 Dec 2009	01:03:03
Janette Rogers	Sandbach Super Six	13 Sep 2009	01:04:22
FV50			
Gill Gibbons	Sutton Six 10k	20 Sep 2009	00:48:00
Gill Gibbons	Birchwood 10k	23 Aug 2009	00:48:12
Gill Gibbons	Helena Tipping	06 Dec 2009	00:48:32
Lesley Oldfield	Helena Tipping	06 Dec 2009	01:01:41
Lesley Oldfield	Sandbach Super Six	13 Sep 2009	01:04:22
FV55			
Maggie Freeman	Clayton 10k	06 May 2009	00:59:42
7 Miles			
FV40			
Sarah Dyde	Newcastle7	19 Apr 2009	01:04:37
FV55			
Maggie Freeman	Newcastle7	19 Apr 2009	01:05:50
10 Miles			
FV35			
Nicola Lowe	Great Warford 10	16 Aug 2009	01:06:53
Ruth Pryce	flying fox 10	01 Nov 2009	01:13:05
FV40			
Susan Allcock	flying fox 10	01 Nov 2009	01:25:53
Sarah Dyde	Trentham 10 miler	19 Jul 2009	01:35:34
FV45			
Lorna Fewtrell	Trentham 10 miler	19 Jul 2009	01:34:17
Half Marathon			
Junior Women			
Gemma Cutler	Stafford half marathon	15 Mar 2009	02:13:44
Senior Women			
Amy Durrant	Congleton Half Marathon	11 Oct 2009	01:50:35
Victoria Consterdine-Tilley	Stafford half marathon	15 Mar 2009	01:53:24
Kedren Elliott	Village Bakeries 1/2 M'thon	15 Feb 2009	01:56:58
Kedren Elliott	4 villages half M'thon	18 Jan 2009	02:03:05
Heather Hulse	Congleton Half Marathon	11 Oct 2009	02:13:04
FV35			
Nicola Lowe	Congleton Half Marathon	11 Oct 2009	01:31:02
Ruth Pryce	Congleton Half Marathon	11 Oct 2009	01:34:26
Cheryl Rees	Congleton Half Marathon	11 Oct 2009	01:37:03
Ruth Hadfield	Village Bakeries 1/2 M'thon	15 Feb 2009	01:56:58
Chantelle Swart	Congleton Half Marathon	11 Oct 2009	01:59:18
FV40			
Sarah Dyde	Village Bakeries 1/2 M'thon	15 Feb 2009	02:11:53
Sarah Dyde	Stafford half marathon	15 Mar 2009	02:11:53
Sarah Dyde	4 villages half M'thon	18 Jan 2009	02:12:47
Jeanette Hatton	Congleton Half Marathon	11 Oct 2009	02:13:42
Sarah Dyde	Congleton Half Marathon	11 Oct 2009	02:13:43
FV45			
Gill Gibbons	Stafford half marathon	15 Mar 2009	01:49:06
Marathon			
Senior Women			
Kedren Elliott	ANY MARATHON	31 Dec 2009	04:49:48
FV40			
Jeanette Hatton	London Marathon **	26 Apr 2009	04:52:48
FV45			
Lorna Fewtrell	ANY MARATHON	31 Dec 2009	04:53:41