

**South Cheshire Harriers**  
**Ladies' Best Times : 2013**

| <b>Name</b>                 | <b>Event</b>                   | <b>Date</b> | <b>Time</b> |
|-----------------------------|--------------------------------|-------------|-------------|
| <b>5K</b>                   |                                |             |             |
| <b>Senior Women</b>         |                                |             |             |
| Amy Durrant                 | Congleton Park 5K              | 16 Mar 2013 | 00:21:12    |
| Katie Latham                | Congleton Park 5K              | 13 Apr 2013 | 00:21:18    |
| Katie Latham                | Congleton Park Run 5K          | 13 Jul 2013 | 00:21:24    |
| Katie Latham                | Congleton Park Run 5K          | 03 Aug 2013 | 00:21:28    |
| Anife Turchin               | Dave Clarke 5K                 | 22 Aug 2013 | 00:21:45    |
| <b>FV35</b>                 |                                |             |             |
| Ruth Pryce                  | Dunham Massey 5K               | 24 May 2013 | 00:21:02    |
| Melanie Howe                | Congleton Park Run 5K          | 09 Nov 2013 | 00:21:55    |
| Melanie Howe                | Congleton Park Run 5K          | 15 Jun 2013 | 00:22:48    |
| Melanie Howe                | Dave Clarke 5K                 | 22 Aug 2013 | 00:23:00    |
| Cathy Atherton              | Congleton Park Run 5K          | 15 Jun 2013 | 00:23:34    |
| <b>FV40</b>                 |                                |             |             |
| Cheryl Rees                 | Dunham Massey 5K               | 24 May 2013 | 00:20:25    |
| Louise Gordon               | Lymm 5K                        | 22 Jun 2013 | 00:21:24    |
| Louise Gordon               | Congleton Park Run 5K          | 31 Aug 2013 | 00:21:37    |
| Louise Gordon               | Congleton Park Run 5K          | 24 Aug 2013 | 00:22:00    |
| Louise Gordon               | Congleton Park Run 5K          | 02 Nov 2013 | 00:22:34    |
| <b>FV45</b>                 |                                |             |             |
| Susan Poole                 | Bowden 5K                      | 06 Jun 2013 | 00:22:25    |
| Susan Poole                 | Congleton Park 5K              | 18 May 2013 | 00:22:41    |
| Susan Poole                 | Lymm 5K                        | 22 Jun 2013 | 00:23:25    |
| Susan Poole                 | Congleton Park Run 5K          | 06 Jul 2013 | 00:24:28    |
| Helen Bettleley             | South Cheshire 5K - Race 1     | 28 Jun 2013 | 00:26:59    |
| <b>FV50</b>                 |                                |             |             |
| Maria Beaumont              | South Cheshire 5K - Race 3     | 30 Aug 2013 | 00:35:00    |
| Islay McEwan                | Congleton Park 5K              | 13 Apr 2013 | 00:35:02    |
| Maria Beaumont              | Dave Clarke 5K                 | 22 Aug 2013 | 00:36:46    |
| Maria Beaumont              | South Cheshire 5K - Race 2     | 26 Jul 2013 | 00:38:14    |
| <b>FV55</b>                 |                                |             |             |
| Lesley Cole                 | Congleton Park Run 5K          | 25 May 2013 | 00:24:31    |
| Lesley Cole                 | Dunham Massey 5K               | 24 May 2013 | 00:24:55    |
| Lesley Cole                 | Congleton Park 5K              | 18 May 2013 | 00:25:13    |
| Margaret Platt              | Hanley Park 5K                 | 16 Mar 2013 | 00:39:22    |
| <b>5 Miles</b>              |                                |             |             |
| <b>Senior Women</b>         |                                |             |             |
| Katie Latham                | Alsager 5                      | 03 Feb 2013 | 00:34:17    |
| Amy Durrant                 | Alsager 5                      | 03 Feb 2013 | 00:34:31    |
| Anife Turchin               | Burtonwood 5                   | 20 Jul 2013 | 00:36:11    |
| Amy Durrant                 | Westbridge 5                   | 02 Jun 2013 | 00:36:17    |
| Anife Turchin               | Alsager 5                      | 03 Feb 2013 | 00:37:30    |
| <b>FV35</b>                 |                                |             |             |
| Ruth Pryce                  | Alsager 5                      | 03 Feb 2013 | 00:34:39    |
| Diane Smith                 | Chester Spring 5               | 03 Apr 2013 | 00:37:22    |
| Melanie Howe                | Alsager 5                      | 03 Feb 2013 | 00:37:59    |
| Cathy Atherton              | Pie n Peas                     | 31 Jul 2013 | 00:39:30    |
| Cathy Atherton              | Staffs Knot 5                  | 14 Aug 2013 | 00:41:06    |
| <b>FV40</b>                 |                                |             |             |
| Louise Gordon               | Pie n Peas                     | 31 Jul 2013 | 00:35:16    |
| Louise Gordon               | Burtonwood 5                   | 20 Jul 2013 | 00:35:17    |
| Louise Gordon               | Westbridge 5                   | 02 Jun 2013 | 00:35:21    |
| Ruth Pryce                  | Burtonwood 5                   | 20 Jul 2013 | 00:35:42    |
| Louise Gordon               | Cheadle Spring 5               | 03 Mar 2013 | 00:36:17    |
| <b>FV45</b>                 |                                |             |             |
| Susan Poole                 | Alsager 5                      | 03 Feb 2013 | 00:37:11    |
| Susan Poole                 | Burtonwood 5                   | 20 Jul 2013 | 00:38:29    |
| Susan Poole                 | Pie n Peas                     | 31 Jul 2013 | 00:38:40    |
| Diane Mason                 | Westbridge 5                   | 02 Jun 2013 | 00:41:40    |
| Phillipa Tyson              | Alsager 5                      | 03 Feb 2013 | 00:42:20    |
| <b>FV50</b>                 |                                |             |             |
| Janette Jones               | Chester Spring 5               | 03 Apr 2013 | 00:47:10    |
| Janette Jones               | Alsager 5                      | 03 Feb 2013 | 00:47:43    |
| Maria Beaumont              | Alsager 5                      | 03 Feb 2013 | 01:03:45    |
| <b>FV60 (+)</b>             |                                |             |             |
| Shelagh Swinnerton          | Chester Spring 5               | 03 Apr 2013 | 00:45:30    |
| Shelagh Swinnerton          | Staffs Knot 5                  | 14 Aug 2013 | 00:46:24    |
| Shelagh Swinnerton          | Alsager 5                      | 03 Feb 2013 | 00:46:47    |
| <b>10K</b>                  |                                |             |             |
| <b>Senior Women</b>         |                                |             |             |
| Amy Durrant                 | Market Drayton 10K             | 12 May 2013 | 00:42:08    |
| Anife Turchin               | Stone St Michaels 10K          | 23 Jun 2013 | 00:44:54    |
| Anife Turchin               | Air Products 10K               | 31 Mar 2013 | 00:45:11    |
| Anife Turchin               | Berryhill 10K                  | 02 Jul 2013 | 00:46:18    |
| Anife Turchin               | Newcastle 10K                  | 14 Apr 2013 | 00:47:18    |
| <b>FV35</b>                 |                                |             |             |
| Ruth Pryce                  | Air Products 10K               | 31 Mar 2013 | 00:43:16    |
| Melanie Howe                | Sutton 6 10K                   | 15 Sep 2013 | 00:44:02    |
| Victoria Consterdine-Tilley | Market Drayton 10K             | 12 May 2013 | 00:45:17    |
| Diane Smith                 | Air Products 10K               | 31 Mar 2013 | 00:46:42    |
| Melanie Howe                | Clayton 10K                    | 15 May 2013 | 00:47:09    |
| <b>FV40</b>                 |                                |             |             |
| Cheryl Rees                 | Telford 10K                    | 15 Dec 2013 | 00:42:28    |
| Louise Gordon               | Telford 10K                    | 15 Dec 2013 | 00:43:01    |
| Ruth Pryce                  | Telford 10K                    | 15 Dec 2013 | 00:43:47    |
| Louise Gordon               | Air Products 10K               | 31 Mar 2013 | 00:44:01    |
| Louise Gordon               | BUPA Great Manchester 10K      | 26 May 2013 | 00:44:21    |
| <b>FV45</b>                 |                                |             |             |
| Susan Poole                 | Market Drayton 10K             | 12 May 2013 | 00:44:40    |
| Susan Poole                 | Birchwood 10K                  | 18 Aug 2013 | 00:47:29    |
| Susan Poole                 | Sandbach 10K                   | 13 Oct 2013 | 00:48:32    |
| Susan Poole                 | Sutton 6 10K                   | 15 Sep 2013 | 00:48:37    |
| Suzanne Harrison            | Air Products 10K               | 31 Mar 2013 | 00:49:49    |
| <b>FV50</b>                 |                                |             |             |
| Phillipa Tyson              | Sandbach 10K                   | 13 Oct 2013 | 00:52:45    |
| Janette Jones               | Market Drayton 10K             | 12 May 2013 | 00:56:33    |
| Janette Jones               | Air Products 10K               | 31 Mar 2013 | 00:58:50    |
| Gill Clark                  | Air Products 10K               | 31 Mar 2013 | 01:03:32    |
| Janette Jones               | Telford 10K                    | 15 Dec 2013 | 01:04:59    |
| <b>FV55</b>                 |                                |             |             |
| Lesley Cole                 | Market Drayton 10K             | 12 May 2013 | 00:49:59    |
| Lesley Cole                 | Clayton 10K                    | 15 May 2013 | 00:51:41    |
| Lesley Cole                 | Air Products 10K               | 31 Mar 2013 | 00:53:05    |
| Karen Pierpoint             | Sandbach 10K                   | 13 Oct 2013 | 01:05:13    |
| <b>FV60 (+)</b>             |                                |             |             |
| Shelagh Swinnerton          | Birchwood 10K                  | 18 Aug 2013 | 00:55:22    |
| Shelagh Swinnerton          | Sandbach 10K                   | 13 Oct 2013 | 00:57:01    |
| Shelagh Swinnerton          | Air Products 10K               | 31 Mar 2013 | 00:57:35    |
| Shelagh Swinnerton          | Cheddleton Xmas Pudding        | 30 Nov 2013 | 01:00:00    |
| <b>7 Miles</b>              |                                |             |             |
| <b>Senior Women</b>         |                                |             |             |
| Anife Turchin               | St Thomas 7                    | 22 Sep 2013 | 00:51:58    |
| Tara Langley-Cole           | St Thomas 7                    | 22 Sep 2013 | 01:05:50    |
| Cheryl Percival             | St Thomas 7                    | 22 Sep 2013 | 01:11:04    |
| <b>FV35</b>                 |                                |             |             |
| Cathy Atherton              | St Thomas 7                    | 22 Sep 2013 | 00:58:22    |
| <b>FV40</b>                 |                                |             |             |
| Louise Gordon               | St Thomas 7                    | 22 Sep 2013 | 00:52:28    |
| Amanda Tibbott              | St Thomas 7                    | 22 Sep 2013 | 01:10:25    |
| <b>FV55</b>                 |                                |             |             |
| Lesley Cole                 | St Thomas 7                    | 22 Sep 2013 | 01:04:33    |
| <b>10 Miles</b>             |                                |             |             |
| <b>Senior Women</b>         |                                |             |             |
| Anife Turchin               | Trentham 10                    | 21 Jul 2013 | 01:15:00    |
| Anife Turchin               | Flying Fox 10                  | 03 Nov 2013 | 01:16:29    |
| Cheryl Percival             | Great Warford 10               | 11 Aug 2013 | 01:33:16    |
| Tara Langley-Cole           | Trentham 10                    | 21 Jul 2013 | 01:33:54    |
| Natalie Bailey              | Trentham 10                    | 21 Jul 2013 | 01:36:41    |
| <b>FV35</b>                 |                                |             |             |
| Diane Smith                 | Flying Fox 10                  | 03 Nov 2013 | 01:23:22    |
| Alisan Cliffe               | Great Warford 10               | 11 Aug 2013 | 01:40:40    |
| <b>FV40</b>                 |                                |             |             |
| Louise Gordon               | Flying Fox 10                  | 03 Nov 2013 | 01:13:59    |
| Louise Gordon               | Great Warford 10               | 11 Aug 2013 | 01:17:25    |
| Louise Gordon               | Trentham 10                    | 21 Jul 2013 | 01:18:10    |
| Amanda Tibbott              | Great Warford 10               | 11 Aug 2013 | 01:33:56    |
| Amanda Tibbott              | Trentham 10                    | 21 Jul 2013 | 01:34:35    |
| <b>FV45</b>                 |                                |             |             |
| Susan Poole                 | Great Warford 10               | 11 Aug 2013 | 01:21:16    |
| Diane Mason                 | Trentham 10                    | 21 Jul 2013 | 01:27:20    |
| <b>FV60 (+)</b>             |                                |             |             |
| Shelagh Swinnerton          | Flying Fox 10                  | 03 Nov 2013 | 01:38:22    |
| <b>Half Marathon</b>        |                                |             |             |
| <b>Senior Women</b>         |                                |             |             |
| Michelle Ollier             | Macclesfield Half Marathon     | 29 Sep 2013 | 01:43:13    |
| Anife Turchin               | Potters Arf                    | 09 Jun 2013 | 01:43:33    |
| Anife Turchin               | Leek Half Marathon             | 18 Aug 2013 | 01:43:37    |
| Anife Turchin               | Stafford Half Marathon         | 17 Mar 2013 | 01:44:29    |
| Anife Turchin               | Uttoxeter Half Marathon        | 05 May 2013 | 01:47:52    |
| <b>FV35</b>                 |                                |             |             |
| Ruth Pryce                  | Chester Half Marathon          | 12 May 2013 | 01:35:14    |
| Cathy Atherton              | Chester Half Marathon          | 12 May 2013 | 01:49:28    |
| Cathy Atherton              | Great North Run                | 15 Sep 2013 | 01:49:31    |
| Cathy Atherton              | Congleton Half Marathon        | 06 Oct 2013 | 01:50:57    |
| Cathy Atherton              | Potters Arf                    | 09 Jun 2013 | 01:52:40    |
| <b>FV40</b>                 |                                |             |             |
| Louise Gordon               | Lake Vyrmyw Half Marathon      | 15 Sep 2013 | 01:37:40    |
| Louise Gordon               | Stafford Half Marathon         | 17 Mar 2013 | 01:38:06    |
| Louise Gordon               | Village Bakeries Half Marathon | 17 Feb 2013 | 01:39:19    |
| Louise Gordon               | Potters Arf                    | 09 Jun 2013 | 01:41:20    |
| Louise Gordon               | Uttoxeter Half Marathon        | 05 May 2013 | 01:41:29    |
| <b>FV45</b>                 |                                |             |             |
| Susan Poole                 | Village Bakeries Half Marathon | 17 Feb 2013 | 01:43:44    |
| Susan Poole                 | Stafford Half Marathon         | 17 Mar 2013 | 01:44:46    |
| Susan Poole                 | Potters Arf                    | 09 Jun 2013 | 01:48:56    |
| Angela Moulton              | Congleton Half Marathon        | 06 Oct 2013 | 01:51:08    |
| Diane Mason                 | Chester Half Marathon          | 12 May 2013 | 01:51:40    |
| <b>FV50</b>                 |                                |             |             |
| Phillipa Tyson              | Conwy Half Marathon            | 24 Nov 2013 | 01:53:38    |
| Suzanne Harrison            | Conwy Half Marathon            | 24 Nov 2013 | 01:54:35    |
| Janette Jones               | Stafford Half Marathon         | 17 Mar 2013 | 02:15:09    |
| Islay McEwan                | Robin Hood Half Marathon       | 29 Sep 2013 | 02:26:29    |
| <b>FV55</b>                 |                                |             |             |
| Lesley Cole                 | Congleton Half Marathon        | 06 Oct 2013 | 01:59:17    |
| Lesley Cole                 | Stafford Half Marathon         | 17 Mar 2013 | 02:07:39    |
| <b>FV60 (+)</b>             |                                |             |             |
| Shelagh Swinnerton          | Congleton Half Marathon        | 06 Oct 2013 | 02:05:48    |
| <b>20 Miles</b>             |                                |             |             |
| <b>Senior Women</b>         |                                |             |             |
| Anife Turchin               | South Cheshire 20              | 15 Sep 2013 | 02:39:15    |
| Amy Durrant                 | Stafford 20                    | 10 Mar 2013 | 02:39:52    |
| Anife Turchin               | Stafford 20                    | 10 Mar 2013 | 02:48:34    |
| Michelle Ollier             | Stafford 20                    | 10 Mar 2013 | 02:48:45    |
| Tara Langley-Cole           | South Cheshire 20              | 15 Sep 2013 | 03:19:43    |
| <b>FV40</b>                 |                                |             |             |
| Cheryl Rees                 | Stafford 20                    | 10 Mar 2013 | 02:37:15    |
| <b>FV45</b>                 |                                |             |             |
| Janet Evans                 | South Cheshire 20              | 15 Sep 2013 | 03:27:34    |
| <b>Marathon</b>             |                                |             |             |
| <b>Senior Women</b>         |                                |             |             |
| Katie Latham                | London Marathon                | 21 Apr 2013 | 03:24:37    |
| Amy Durrant                 | Greater Manchester Marathon    | 28 Apr 2013 | 03:27:24    |
| Michelle Ollier             | Chester Marathon               | 06 Oct 2013 | 03:42:13    |
| Anife Turchin               | Chester Marathon               | 06 Oct 2013 | 03:44:20    |
| Michelle Ollier             | London Marathon                | 21 Apr 2013 | 03:52:33    |
| <b>FV40</b>                 |                                |             |             |
| Cheryl Rees                 | London Marathon                | 21 Apr 2013 | 03:34:00    |
| Ruth Pryce                  | Shrewsbury Marathon            | 23 Jun 2013 | 03:34:21    |
| <b>FV45</b>                 |                                |             |             |
| Susan Poole                 | London Marathon                | 21 Apr 2013 | 03:44:01    |
| Sue Davies                  | Snowdonia Marathon             | 26 Oct 2013 | 04:37:39    |
| Janet Evans                 | Snowdonia Marathon             | 26 Oct 2013 | 04:50:58    |
| <b>FV50</b>                 |                                |             |             |
| Angela Oakes                | London Marathon                | 21 Apr 2013 | 05:04:27    |
| <b>FV55</b>                 |                                |             |             |
| Lesley Cole                 | London Marathon                | 21 Apr 2013 | 04:40:53    |