

South Cheshire Harriers
Ladies' Best Times : 2014

Name	Event	Date	Time
5K			
Senior Women			
Amy Durrant	Christleton 5K	23 May 2014	00:21:55
Lindsay Morris	Bowden 5K	29 May 2014	00:25:25
Lisa Tallock	Queens Park 5K - Race 1	27 Jun 2014	00:27:49
Selina Sodha	Queens Park 5K - Race 3	29 Aug 2014	00:28:05
Selina Sodha	Queens Park 5K - Race 2	25 Jul 2014	00:29:19
FV35			
Cathy Atherton	Christleton 5K	23 May 2014	00:22:34
Sarah Courtney	Queens Park 5K - Race 1	27 Jun 2014	00:37:56
FV40			
Cheryl Rees	Christleton 5K	23 May 2014	00:19:43
Louise Gordon	Christleton 5K	23 May 2014	00:20:25
Diane Smith	Bowden 5K	29 May 2014	00:24:10
Diane Smith	Lymm 5K	21 Jun 2014	00:24:36
Rebecca Coote	Queens Park 5K - Race 1	27 Jun 2014	00:27:55
FV45			
Susan Poole	Christleton 5K	23 May 2014	00:21:48
Susan Poole	Bowden 5K	29 May 2014	00:22:52
Susan Poole	Lymm 5K	21 Jun 2014	00:24:03
Jane Burchell	Christleton 5K	23 May 2014	00:26:48
FV60 (+)			
Shelagh Swinnerton	Bowden 5K	29 May 2014	00:27:39
4 Miles			
Senior Women			
Lauren Barker	Cheadle 4	13 Jul 2014	00:37:57
FV35			
Sarah Wilson	Cheadle 4	13 Jul 2014	00:27:15
Jenny Day	Cheadle 4	13 Jul 2014	00:27:47
Cathy Atherton	Cheadle 4	13 Jul 2014	00:32:02
FV40			
Louise Gordon	Cheadle 4	13 Jul 2014	00:28:44
Sam Brookes	Cheadle 4	13 Jul 2014	00:33:35
Emma Naden	Cheadle 4	13 Jul 2014	00:39:13
FV45			
Jane Burchell	Cheadle 4	13 Jul 2014	00:37:36
FV50			
Tracey Brown	Cheadle 4	13 Jul 2014	00:32:39
Sue Davies	Cheadle 4	13 Jul 2014	00:35:44
5 Miles			
Senior Women			
Sarah Wilson	Alsager 5	02 Feb 2014	00:34:09
Anife Turchin	Chester Spring 5	16 Apr 2014	00:35:05
Anife Turchin	Westbridge 5	01 Jun 2014	00:35:53
Katie Latham	Staffs Knot 5	30 Jul 2014	00:36:28
Anife Turchin	Alsager 5	02 Feb 2014	00:36:57
FV35			
Sarah Wilson	Westbridge 5	01 Jun 2014	00:34:17
Jenny Day	Cheadle 5	02 Mar 2014	00:34:31
Jenny Day	Westbridge 5	01 Jun 2014	00:34:49
Melanie Howe	Alsager 5	02 Feb 2014	00:35:46
Melanie Howe	Chester Spring 5	16 Apr 2014	00:36:09
FV40			
Cheryl Rees	Alsager 5	02 Feb 2014	00:34:14
Louise Gordon	Chester Spring 5	16 Apr 2014	00:35:14
Joanna Mascarenhas	Alsager 5	02 Feb 2014	00:37:54
Sam Brookes	Staffs Knot 5	30 Jul 2014	00:41:34
Diane Smith	Westbridge 5	01 Jun 2014	00:42:55
FV45			
Susan Poole	Alsager 5	02 Feb 2014	00:37:44
Helen Betteley	Alsager 5	02 Feb 2014	00:43:24
Diane Mason	Alsager 5	02 Feb 2014	00:43:44
Janet Evans	Chester Spring 5	16 Apr 2014	00:45:56
Janet Evans	Alsager 5	02 Feb 2014	00:46:32
FV50			
Gill Gibbons	Alsager 5	02 Feb 2014	00:39:08
Phillipa Tyson	Alsager 5	02 Feb 2014	00:40:15
Sue Davies	Staffs Knot 5	30 Jul 2014	00:43:41
Sue Davies	Westbridge 5	01 Jun 2014	00:44:30
Sue Davies	Chester Spring 5	16 Apr 2014	00:44:50
FV55			
Gill Gibbons	Chester Spring 5	16 Apr 2014	00:38:18
Karen Pierpoint	Alsager 5	02 Feb 2014	00:47:14
FV60 (+)			
Shelagh Swinnerton	Chester Spring 5	16 Apr 2014	00:46:02
Shelagh Swinnerton	Alsager 5	02 Feb 2014	00:46:17
Shelagh Swinnerton	Staffs Knot 5	30 Jul 2014	00:46:35
10K			
Junior Women			
Cambell Downie	Air Products 10K	20 Apr 2014	01:03:49
Senior Women			
Amy Durrant	Boxing Day 10K	26 Dec 2014	00:41:18
Amy Durrant	Birchwood 10K	17 Aug 2014	00:42:34
Anife Turchin	Warrington 10K	26 Jun 2014	00:43:26
Anife Turchin	Air Products 10K	20 Apr 2014	00:43:29
Anife Turchin	Clayton 10K	14 May 2014	00:43:49
FV35			
Sarah Wilson	Telford 10K	14 Dec 2014	00:41:58
Sarah Wilson	Air Products 10K	20 Apr 2014	00:42:03
Sarah Wilson	Stone St Michaels 10K	22 Jun 2014	00:42:07
Sarah Wilson	Clayton 10K	14 May 2014	00:42:12
Sarah Wilson	Trentham 10K	20 Jul 2014	00:42:43
FV40			
Cheryl Rees	Market Drayton 10K	11 May 2014	00:42:34
Cheryl Rees	Clayton 10K	14 May 2014	00:42:52
Louise Gordon	Newcastle 10K	30 Mar 2014	00:45:06
Louise Gordon	Market Drayton 10K	11 May 2014	00:45:23
Louise Gordon	Trentham 10K	20 Jul 2014	00:46:10
FV45			
Susan Poole	Market Drayton 10K	11 May 2014	00:46:13
Susan Poole	Warrington 10K	26 Jun 2014	00:48:01
Diane Mason	Newcastle 10K	30 Mar 2014	00:52:06
Diane Mason	Air Products 10K	20 Apr 2014	00:52:32
Diane Mason	Clayton 10K	14 May 2014	00:52:43
FV50			
Tracey Brown	Air Products 10K	20 Apr 2014	00:47:41
Suzanne Harrison	Air Products 10K	20 Apr 2014	00:49:24
Tracey Brown	Trentham 10K	20 Jul 2014	00:50:27
Suzanne Harrison	Birchwood 10K	17 Aug 2014	00:51:09
Sue Davies	Clayton 10K	14 May 2014	00:53:59
FV55			
Gill Gibbons	Stone St Michaels 10K	22 Jun 2014	00:47:55
Gill Gibbons	Birchwood 10K	17 Aug 2014	00:47:59
Gill Gibbons	Market Drayton 10K	11 May 2014	00:48:11
Gill Gibbons	Warrington 10K	26 Jun 2014	00:48:24
Gill Gibbons	Cheddleton Xmas Pudding Race	29 Nov 2014	00:49:52
FV60 (+)			
Shelagh Swinnerton	Market Drayton 10K	11 May 2014	00:56:16
Shelagh Swinnerton	Clayton 10K	14 May 2014	00:56:59
Shelagh Swinnerton	Birchwood 10K	17 Aug 2014	00:57:05
Shelagh Swinnerton	Telford 10K	14 Dec 2014	00:57:57
Shelagh Swinnerton	Sandbach 10K	21 Sep 2014	00:58:01
7 Miles			
Senior Women			
Anife Turchin	St Thomas 7	21 Sep 2014	00:51:29
FV35			
Cathy Atherton	St Thomas 7	21 Sep 2014	00:57:11
Natalie Bailey	Langley 7	02 Nov 2014	01:07:14
FV45			
Jane Burchell	St Thomas 7	21 Sep 2014	01:08:21
FV50			
Tracey Brown	St Thomas 7	21 Sep 2014	00:53:02
Phillipa Tyson	Langley 7	02 Nov 2014	01:07:14
FV55			
Lesley Cole	St Thomas 7	21 Sep 2014	01:07:05
10 Miles			
Senior Women			
Anife Turchin	Flying Fox 10	02 Nov 2014	01:15:31
Cheryl Percival	Rhyl 10 Mile	23 Feb 2014	01:29:18
FV35			
Sarah Wilson	Great Warford 10	27 Jul 2014	01:11:04
Sarah Wilson	Flying Fox 10	02 Nov 2014	01:11:38
Rachel Conroy	Great Warford 10	27 Jul 2014	01:30:36
FV40			
Louise Gordon	Flying Fox 10	02 Nov 2014	01:17:34
FV50			
Sue Davies	Great Warford 10	27 Jul 2014	01:31:14
Half Marathon			
Senior Women			
Katie Latham	Congleton Half Marathon	05 Oct 2014	01:33:14
Anife Turchin	Lake Vyrnwy Half Marathon	14 Sep 2014	01:33:59
Anife Turchin	Leek Half Marathon	17 Aug 2014	01:38:13
Anife Turchin	Uttoxeter Half Marathon	04 May 2014	01:39:28
Anife Turchin	Potters Arf	08 Jun 2014	01:40:09
FV35			
Jenny Day	Stafford Half Marathon	16 Mar 2014	01:35:19
Sarah Wilson	Potters Arf	08 Jun 2014	01:36:19
Sarah Wilson	Leek Half Marathon	17 Aug 2014	01:36:29
Sarah Wilson	Uttoxeter Half Marathon	04 May 2014	01:36:33
Jenny Day	Uttoxeter Half Marathon	04 May 2014	01:36:59
FV40			
Louise Gordon	Stafford Half Marathon	16 Mar 2014	01:37:33
Louise Gordon	Southport Half Marathon	06 Jul 2014	01:39:15
Louise Gordon	Leek Half Marathon	17 Aug 2014	01:43:21
Louise Gordon	Congleton Half Marathon	05 Oct 2014	01:43:32
Joanna Mascarenhas	Liverpool Half Marathon	23 Mar 2014	01:44:15
FV45			
Susan Poole	Amsterdam Half Marathon	19 Oct 2014	01:49:52
Susan Poole	Southport Half Marathon	06 Jul 2014	01:50:54
Angela Moulton	Congleton Half Marathon	05 Oct 2014	01:51:46
Monique Hollinshead	Potters Arf	08 Jun 2014	01:55:12
Helen Betteley	Lake Vyrnwy Half Marathon	14 Sep 2014	02:02:45
FV50			
Phillipa Tyson	Tissington Trail Half Marathon	05 Oct 2014	01:45:42
Phillipa Tyson	Conwy Half Marathon	23 Nov 2014	01:46:30
Tracey Brown	Leek Half Marathon	17 Aug 2014	01:47:43
Suzanne Harrison	Conwy Half Marathon	23 Nov 2014	01:52:47
Suzanne Harrison	Chester Half Marathon	18 May 2014	01:56:20
FV55			
Gill Gibbons	Miltoyn to Moors Half Marathon	12 Oct 2014	01:54:03
Lesley Cole	Torre Pacheco Half Marathon	14 Dec 2014	01:57:45
Lesley Cole	Uttoxeter Half Marathon	04 May 2014	01:58:46
Lesley Cole	Congleton Half Marathon	05 Oct 2014	02:06:02
FV60 (+)			
Shelagh Swinnerton	Congleton Half Marathon	05 Oct 2014	02:03:44
Shelagh Swinnerton	Village Bakeries Half Marathon	16 Feb 2014	02:23:08
20 Miles			
Senior Women			
Sarah Wilson	Stafford 20	09 Mar 2014	02:32:11
Anife Turchin	South Cheshire 20	07 Sep 2014	02:35:59
Anife Turchin	Stafford 20	09 Mar 2014	02:50:01
Tara Crisp	Stafford 20	09 Mar 2014	03:30:47
Rachael Roach	South Cheshire 20	07 Sep 2014	03:30:53
FV35			
Sarah Wilson	South Cheshire 20	07 Sep 2014	02:27:17
Cathy Atherton	South Cheshire 20	07 Sep 2014	02:53:41
Cathy Atherton	Stafford 20	09 Mar 2014	03:00:42
FV40			
Cheryl Rees	Stafford 20	09 Mar 2014	02:37:26
Ruth Pryce	Stafford 20	09 Mar 2014	02:44:41
Sam Brookes	South Cheshire 20	07 Sep 2014	03:11:29
FV45			
Monique Hollinshead	Stafford 20	09 Mar 2014	02:58:48
Janet Evans	Stafford 20	09 Mar 2014	03:29:02
FV50			
Tracey Brown	South Cheshire 20	07 Sep 2014	02:43:54
Suzanne Harrison	South Cheshire 20	07 Sep 2014	03:09:03
Sue Davies	Stafford 20	09 Mar 2014	03:20:39
Marathon			
Senior Women			
Anife Turchin	Chester Marathon	05 Oct 2014	03:29:46
Anife Turchin	Liverpool Marathon	25 May 2014	03:30:34
Sarah Wilson	Blackpool Marathon	06 Apr 2014	03:36:01
Amy Durrant	Chester Marathon	05 Oct 2014	03:37:08
Deborah Vickers	Liverpool Marathon	25 May 2014	03:44:55
FV35			
Jenny Day	Leicester Marathon	26 Oct 2014	03:16:13
Victoria Consterdine-Tilley	Greater Manchester Marathon	06 Apr 2014	03:54:54
Cathy Atherton	Snowdonia Marathon	26 Oct 2014	04:05:59
Cathy Atherton	London Marathon	13 Apr 2014	04:06:09
Michelle Ollier	Blackpool Marathon	06 Apr 2014	04:20:54
FV40			
Cheryl Rees	London Marathon	13 Apr 2014	03:26:33
Louise Gordon	Leicester Marathon	26 Oct 2014	03:34:34
Ruth Pryce	London Marathon	13 Apr 2014	03:38:05
FV45			
Susan Poole	London Marathon	13 Apr 2014	03:55:45
Angela Moulton	Greater Manchester Marathon	06 Apr 2014	04:11:35
Diane Mason	Edinburgh Marathon	25 May 2014	04:13:16
Janet Evans	Flying Fox Marathon	25 May 2014	04:48:35
Judith Whincup	Brathay Marathon	18 May 2014	05:11:33
FV50			
Tracey Brown	Chester Marathon	05 Oct 2014	03:37:06
Tracey Brown	Snowdonia Marathon	26 Oct 2014	03:53:07
Suzanne Harrison	Chester Marathon	05 Oct 2014	04:04:42
Sue Davies	Flying Fox Marathon	25 May 2014	04:25:59