

**South Cheshire Harriers**  
**Ladies' Best Times : 2016**

Name	Event	Date	Time
<b>5K</b>			
<b>Senior Women</b>			
Katie Latham	Queens Park 5K (Race 3)	30 Aug 2016	00:19:11
Katie Latham	Queens Park Quacker (Race 1)	28 Jun 2016	00:19:43
Amy Grace	Queens Park 5K (Race 3)	30 Aug 2016	00:19:46
Katie Latham	Queens Park Quacker (Race 2)	26 Jul 2016	00:20:15
Rebecca Howlett	Queens Park Quacker (Race 2)	26 Jul 2016	00:23:01
<b>FV35</b>			
Sarah Wilson	Queens Park 5K (Race 3)	30 Aug 2016	00:20:18
Charlotte Logie	Mid-Cheshire 5K	28 Apr 2016	00:21:32
Rebecca Williams	Queens Park Quacker (Race 1)	28 Jun 2016	00:22:39
Rebecca Williams	Queens Park Quacker (Race 2)	26 Jul 2016	00:23:00
Emma Heath	Queens Park 5K (Race 3)	30 Aug 2016	00:23:04
<b>FV40</b>			
Claire Harrison	Mid-Cheshire 5K	28 Apr 2016	00:22:11
Claire Harrison	Queens Park Quacker (Race 2)	26 Jul 2016	00:22:27
Cathy Atherton	Mid-Cheshire 5K	28 Apr 2016	00:22:51
Claire Harrison	Queens Park Quacker (Race 1)	28 Jun 2016	00:22:59
Wendy Smith	Mid-Cheshire 5K	28 Apr 2016	00:23:13
<b>FV45</b>			
Janet Swinbank	Mid-Cheshire 5K	28 Apr 2016	00:24:37
Jane Burchell	Queens Park 5K (Race 3)	30 Aug 2016	00:25:25
Susan Poole	Hollins Green 5K	19 Jun 2016	00:27:08
Sharon Joyner	Queens Park 5K (Race 3)	30 Aug 2016	00:28:00
Sharon Joyner	Queens Park Quacker (Race 2)	26 Jul 2016	00:28:48
<b>FV50</b>			
Karen Kelsall	Queens Park Quacker (Race 2)	26 Jul 2016	00:28:37
Debbie Clements	Queens Park Quacker (Race 2)	26 Jul 2016	00:28:44
Debbie Clements	Queens Park 5K (Race 3)	30 Aug 2016	00:29:04
Debbie Clements	Queens Park Quacker (Race 1)	28 Jun 2016	00:30:36
Julie Aitken	Queens Park 5K (Race 3)	30 Aug 2016	00:31:15
<b>FV55</b>			
Gill Clark	Queens Park Quacker (Race 2)	26 Jul 2016	00:33:28
Annette McKeith	Queens Park Quacker (Race 2)	26 Jul 2016	00:34:20
Maria Beaumont	Queens Park Quacker (Race 2)	26 Jul 2016	00:34:22
Annette McKeith	Queens Park Quacker (Race 1)	28 Jun 2016	00:34:34
Maria Beaumont	Queens Park 5K (Race 3)	30 Aug 2016	00:35:35
<b>FV60 (+)</b>			
Shelagh Swinnerton	Mid-Cheshire 5K	28 Apr 2016	00:27:44
<b>4 Miles</b>			
<b>Senior Women</b>			
Amanda Kimber	Cheadle 4	10 Jul 2016	00:31:45
<b>FV40</b>			
Sam Brookes	Cheadle 4	10 Jul 2016	00:34:24
Helen Kettle	Cheadle 4	10 Jul 2016	00:41:17
Adele Tabbiner	Cheadle 4	10 Jul 2016	00:50:46
Beverley Wynne	Cheadle 4	10 Jul 2016	00:50:46
<b>FV50</b>			
Diane Mason	Cheadle 4	10 Jul 2016	00:33:06
<b>5 Miles</b>			
<b>Senior Women</b>			
Katie Latham	Alsager 5	07 Feb 2016	00:32:24
Marie Atkinson	Alsager 5	07 Feb 2016	00:37:14
Amanda Kimber	Alsager 5	07 Feb 2016	00:38:01
Amanda Kimber	Westbridge 5	05 Jun 2016	00:38:48
Amanda Kimber	Ipstones 5	10 Sep 2016	00:40:00
<b>FV35</b>			
Melanie Howe	Alsager 5	07 Feb 2016	00:36:46
Andrea Beaton	Alsager 5	07 Feb 2016	00:43:48
Rachel Jones	Staffs Knot 5	27 Jul 2016	00:44:21
Andrea Beaton	Chester Spring 5	13 Apr 2016	00:46:42
Liz Preston	Alsager 5	07 Feb 2016	00:48:31
<b>FV40</b>			
Wendy Smith	Chester Spring 5	13 Apr 2016	00:38:02
Cathy Atherton	Alsager 5	07 Feb 2016	00:38:52
Wendy Smith	Alsager 5	07 Feb 2016	00:40:54
Rebecca Coote	Alsager 5	07 Feb 2016	00:43:23
Helen Kettle	Alsager 5	07 Feb 2016	00:50:32
<b>FV45</b>			
Janet Swinbank	Chester Spring 5	13 Apr 2016	00:43:07
Emma Naden	Alsager 5	07 Feb 2016	00:46:15
Janet Evans	Alsager 5	07 Feb 2016	00:51:56
<b>FV50</b>			
Phillipa Tyson	Alsager 5	07 Feb 2016	00:39:54
Diane Mason	Westbridge 5	05 Jun 2016	00:41:03
Diane Mason	Alsager 5	07 Feb 2016	00:42:48
Diane Mason	Ipstones 5	10 Sep 2016	00:43:30
Janette Jones	Alsager 5	07 Feb 2016	00:47:48
<b>FV55</b>			
Karen Pierpoint	Alsager 5	07 Feb 2016	00:46:02
<b>FV60 (+)</b>			
Lesley Cole	Chester Spring 5	13 Apr 2016	00:45:03
<b>10K</b>			
<b>Senior Women</b>			
Katie Latham	Air Products 10K	27 Mar 2016	00:39:22
Katie Latham	Telford 10K	11 Dec 2016	00:39:45
Deborah Vickers	Birchwood 10K	21 Aug 2016	00:44:59
Deborah Vickers	Colshaw Hall 10K	26 Jun 2016	00:45:43
Amanda Kimber	Air Products 10K	27 Mar 2016	00:47:51
<b>FV35</b>			
Sarah Wilson	Sutton 6	20 Sep 2016	00:40:53
Sarah Wilson	Telford 10K	11 Dec 2016	00:41:20
Sarah Wilson	Air Products 10K	27 Mar 2016	00:42:27
Charlotte Logie	Whitley 10K	24 Apr 2016	00:45:55
Melanie Howe	Whitley 10K	24 Apr 2016	00:46:27
<b>FV40</b>			
Louise Gordon	Newcastle 10K	03 Apr 2016	00:44:48
Ruth Pryce	Telford 10K	11 Dec 2016	00:45:24
Louise Gordon	Air Products 10K	27 Mar 2016	00:45:41
Claire Harrison	Telford 10K	11 Dec 2016	00:46:03
Claire Harrison	Air Products 10K	27 Mar 2016	00:46:31
<b>FV45</b>			
Susan Poole	Air Products 10K	27 Mar 2016	00:45:40
Susan Poole	Birchwood 10K	21 Aug 2016	00:48:05
Janet Swinbank	Whitley 10K	24 Apr 2016	00:52:02
Emma Naden	Air Products 10K	27 Mar 2016	00:57:34
<b>FV50</b>			
Diane Mason	Newcastle 10K	03 Apr 2016	00:50:44
Diane Mason	Stone St Michaels 10K	19 Jun 2016	00:50:58
Diane Mason	Air Products 10K	27 Mar 2016	00:51:47
Diane Mason	Clayton 10K	11 May 2016	00:52:19
Diane Mason	Birchwood 10K	21 Aug 2016	00:53:54
<b>FV60 (+)</b>			
Lesley Cole	Whitley 10K	24 Apr 2016	00:55:34
Shelagh Swinnerton	Colshaw Hall 10K	26 Jun 2016	00:56:15
Lesley Cole	Air Products 10K	27 Mar 2016	00:56:16
Shelagh Swinnerton	Telford 10K	11 Dec 2016	00:56:28
Shelagh Swinnerton	Stone St Michaels 10K	19 Jun 2016	00:56:29
<b>7 Miles</b>			
<b>Senior Women</b>			
Amanda Kimber	St Thomas 7	18 Sep 2016	00:58:01
Cheryl Percival	St Thomas 7	18 Sep 2016	01:11:27
<b>FV40</b>			
Adele Tabbiner	St Thomas 7	18 Sep 2016	01:28:43
Beverley Wynne	St Thomas 7	18 Sep 2016	01:28:43
<b>FV50</b>			
Diane Mason	St Thomas 7	18 Sep 2016	01:02:47
<b>10 Miles</b>			
<b>FV40</b>			
Louise Gordon	Flying Fox 10	06 Nov 2016	01:22:48
Adele Tabbiner	Flying Fox 10	06 Nov 2016	02:04:33
Beverley Wynne	Flying Fox 10	06 Nov 2016	02:04:33
<b>FV60 (+)</b>			
Lesley Cole	Flying Fox 10	06 Nov 2016	01:37:37
<b>Half Marathon</b>			
<b>Senior Women</b>			
Katie Latham	Village Bakeries Half Marathon	14 Feb 2016	01:29:07
Katie Latham	Conwy Half Marathon	20 Nov 2016	01:29:27
Katie Latham	Macclesfield Half Marathon	25 Sep 2016	01:31:29
Amy Grace	Macclesfield Half Marathon	25 Sep 2016	01:36:15
Amy Grace	4 Villages Half Marathon	17 Jan 2016	01:36:18
<b>FV35</b>			
Sarah Wilson	Congleton Half Marathon	02 Oct 2016	01:28:56
Sarah Wilson	Stafford Half Marathon	20 Mar 2016	01:31:17
Sarah Wilson	Macclesfield Half Marathon	25 Sep 2016	01:33:49
Sarah Wilson	Wilmslow Half Marathon	03 Apr 2016	01:34:34
Sarah Wilson	Village Bakeries Half Marathon	14 Feb 2016	01:35:07
<b>FV40</b>			
Louise Gordon	Stafford Half Marathon	20 Mar 2016	01:33:49
Georgia Bevan	Village Bakeries Half Marathon	14 Feb 2016	01:35:31
Georgia Bevan	Stafford Half Marathon	20 Mar 2016	01:36:41
Cheryl Rees	4 Villages Half Marathon	17 Jan 2016	01:39:13
Louise Gordon	Village Bakeries Half Marathon	14 Feb 2016	01:39:42
<b>FV45</b>			
Angela Moulton	Congleton Half Marathon	02 Oct 2016	01:49:36
Wendy Smith	Conwy Half Marathon	20 Nov 2016	01:54:29
Jane Burchell	Conwy Half Marathon	20 Nov 2016	02:00:40
Joanne Darlington	4 Villages Half Marathon	17 Jan 2016	02:02:43
<b>FV50</b>			
Suzanne Harrison	Chester Half Marathon	15 May 2016	01:47:43
Phillipa Tyson	Conwy Half Marathon	20 Nov 2016	01:54:09
Diane Mason	Congleton Half Marathon	02 Oct 2016	01:54:28
Diane Mason	Conwy Half Marathon	20 Nov 2016	01:56:32
Diane Mason	Potters Arf	12 Jun 2016	01:58:31
<b>FV55</b>			
Yvonne McGregor	Conwy Half Marathon	20 Nov 2016	01:47:56
<b>FV60 (+)</b>			
Lesley Cole	Congleton Half Marathon	02 Oct 2016	02:04:50
Shelagh Swinnerton	Congleton Half Marathon	02 Oct 2016	02:06:29
Shelagh Swinnerton	Chester Half Marathon	15 May 2016	02:07:42
<b>20 Miles</b>			
<b>Senior Women</b>			
Katie Latham	Knighton 20	13 Mar 2016	02:32:07
Amanda Kimber	Knighton 20	13 Mar 2016	02:55:45
<b>FV35</b>			
Emma Heath	South Cheshire 20	04 Sep 2016	02:54:41
<b>FV40</b>			
Cheryl Rees	Knighton 20	13 Mar 2016	02:37:56
Claire Harrison	Knighton 20	13 Mar 2016	02:50:27
Claire Harrison	South Cheshire 20	04 Sep 2016	02:53:27
Cathy Atherton	Knighton 20	13 Mar 2016	02:56:22
Sam Brookes	South Cheshire 20	04 Sep 2016	03:08:59
<b>FV45</b>			
Angela Moulton	Knighton 20	13 Mar 2016	03:01:35
<b>FV50</b>			
Diane Mason	Knighton 20	13 Mar 2016	03:03:59
Diane Mason	South Cheshire 20	04 Sep 2016	03:08:55
Judith Whincup	South Cheshire 20	04 Sep 2016	03:36:40
<b>Marathon</b>			
<b>Senior Women</b>			
Katie Latham	London Marathon	24 Apr 2016	03:13:51
Amy Grace	London Marathon	24 Apr 2016	03:14:36
Marie Atkinson	London Marathon	24 Apr 2016	03:42:05
Rebecca Howlett	Venice Marathon	23 Oct 2016	03:57:28
<b>FV35</b>			
Sarah Wilson	London Marathon	24 Apr 2016	03:20:48
Rebecca Williams	London Marathon	24 Apr 2016	03:35:20
<b>FV40</b>			
Louise Gordon	London Marathon	24 Apr 2016	03:23:25
Claire Harrison	Venice Marathon	23 Oct 2016	03:47:03
Cathy Atherton	Greater Manchester Marathon	10 Apr 2016	03:49:57
Claire Harrison	Greater Manchester Marathon	10 Apr 2016	03:50:01
Rebecca Coote	London Marathon	24 Apr 2016	04:28:39
<b>FV45</b>			
Susan Poole	London Marathon	24 Apr 2016	03:51:30
Angela Moulton	Greater Manchester Marathon	10 Apr 2016	03:58:56
Sharon Joyner	London Marathon	24 Apr 2016	05:14:14
<b>FV50</b>			
Tracey Brown	London Marathon	24 Apr 2016	03:33:40
Diane Mason	London Marathon	24 Apr 2016	03:57:55
Suzanne Harrison	Greater Manchester Marathon	10 Apr 2016	03:59:01
Phillipa Tyson	Connemara Marathon	10 Apr 2016	04:11:17
Janette Jones	London Marathon	24 Apr 2016	04:55:04
<b>FV55</b>			
Gill Gibbons	London Marathon	24 Apr 2016	04:03:39