

South Cheshire Harriers
Ladies' Best Times : 2018

Name	Event	Date	Time
5K			
Senior Women			
Sharna Gallagher	Queens Park 5K (Race 1)	29 May 2018	00:23:25
Danielle Kenny	Queens Park 5K (Race 1)	29 May 2018	00:23:32
Danielle Kenny	Hollins Green 5K	24 Jun 2018	00:24:14
Anne Marie Taylor	Queens Park 5K (Race 1)	29 May 2018	00:24:29
Rebecca Howlett	Queens Park 5K (Race 1)	29 May 2018	00:24:46
FV35			
Lana Davidson	Hollins Green 5K	24 Jun 2018	00:23:37
Rachel Jones	Queens Park 5K (Race 1)	29 May 2018	00:24:45
FV40			
Ruth Pryce	Queens Park 5K (Race 1)	29 May 2018	00:22:19
Claire Harrison	Hollins Green 5K	24 Jun 2018	00:23:50
Cathy Atherton	Hollins Green 5K	24 Jun 2018	00:24:12
Claire Kivlin	Queens Park 5K (Race 1)	29 May 2018	00:24:27
Kerry Podmore	Queens Park 5K (Race 1)	29 May 2018	00:25:38
FV45			
Julie Potter	Queens Park 5K (Race 1)	29 May 2018	00:28:53
Nicky Welch	Queens Park 5K (Race 1)	29 May 2018	00:32:14
Lindsey Ankers	Queens Park 5K (Race 1)	29 May 2018	00:37:15
Jennifer Walker	Queens Park 5K (Race 1)	29 May 2018	00:37:55
Claire Taylor	Queens Park 5K (Race 1)	29 May 2018	00:38:35
FV50			
Jane Burchell	Queens Park 5K (Race 1)	29 May 2018	00:25:29
Karen Kelsall	Queens Park 5K (Race 1)	29 May 2018	00:28:48
Tina Denny	Queens Park 5K (Race 1)	29 May 2018	00:32:12
Sue Dutoy	Queens Park 5K (Race 1)	29 May 2018	00:32:24
FV55			
Carol Ormandy	Queens Park 5K (Race 1)	29 May 2018	00:33:54
FV60 (+)			
Pauline Scrimgeour	Queens Park 5K (Race 1)	29 May 2018	00:32:21
Lesley Cole	RunFest Wales 5K	23 Jun 2018	00:33:45
4 Miles			
Senior Women			
Sharna Gallagher	Cheadle 4	08 Jul 2018	00:32:33
Leann Banks	Cheadle 4	08 Jul 2018	00:35:15
Nicola Ticehurst	Cheadle 4	08 Jul 2018	00:38:17
5 Miles			
Amy Grace	Mobberley Round the Runway 5	08 May 2018	00:34:02
Sadie Sumner	Alsager 5	04 Feb 2018	00:36:21
Sharna Gallagher	Alsager 5	04 Feb 2018	00:39:32
Sharna Gallagher	Westbridge 5	03 Jun 2018	00:39:49
Sharna Gallagher	Staffs Knot 5	25 Jul 2018	00:39:59
FV35			
Lana Davidson	Alsager 5	04 Feb 2018	00:37:00
Marie Atkinson	Alsager 5	04 Feb 2018	00:39:59
Claire Kivlin	Chester Spring 5	11 Apr 2018	00:40:13
Rachel Jones	Alsager 5	04 Feb 2018	00:41:04
Claire Kivlin	Alsager 5	04 Feb 2018	00:41:08
FV40			
Ruth Pryce	Alsager 5	04 Feb 2018	00:36:15
Katharine Coton	Alsager 5	04 Feb 2018	00:36:50
Claire Harrison	Alsager 5	04 Feb 2018	00:37:26
Charlotte Logie	Chester Spring 5	11 Apr 2018	00:37:43
Claire Harrison	Mobberley Round the Runway 5	08 May 2018	00:39:39
FV45			
Serena Van Schepdael	Alsager 5	04 Feb 2018	00:49:48
Serena Van Schepdael	Westbridge 5	03 Jun 2018	00:49:54
Nicky Welch	Westbridge 5	03 Jun 2018	00:55:57
Lindsey Ankers	Chester Spring 5	11 Apr 2018	00:59:53
Lindsey Ankers	Alsager 5	04 Feb 2018	01:00:35
FV50			
Susan Poole	Alsager 5	04 Feb 2018	00:36:07
Susan Poole	Westbridge 5	03 Jun 2018	00:37:38
Susan Poole	Staffs Knot 5	25 Jul 2018	00:38:50
Jane Burchell	Alsager 5	04 Feb 2018	00:41:18
Diane Mason	Alsager 5	04 Feb 2018	00:44:18
FV60 (+)			
Shelagh Swinnerton	Westbridge 5	03 Jun 2018	00:47:05
10K			
Senior Women			
Amy Grace	Air Products 10K	01 Apr 2018	00:41:54
Amy Grace	Colshaw Hall 10K	17 Jun 2018	00:45:20
Jessica Haney	Telford 10K	09 Dec 2018	00:45:32
Jessica Haney	Werrington 10K	14 Oct 2018	00:46:24
Jessica Haney	Stone St Michaels 10K	24 Jun 2018	00:47:08
FV35			
Lana Davidson	Helena Tipping 10K	29 Jul 2018	00:45:06
Lana Davidson	Whitley 10K	15 Apr 2018	00:45:52
Sarah Wilson	Whitchurch 10K	08 Apr 2018	00:48:49
Claire Kivlin	Air Products 10K	01 Apr 2018	00:50:20
Rachel Jones	Newcastle 10K	15 Apr 2018	00:51:30
FV40			
Ruth Pryce	Air Products 10K	01 Apr 2018	00:45:43
Claire Harrison	Air Products 10K	01 Apr 2018	00:45:47
Claire Harrison	Telford 10K	09 Dec 2018	00:45:59
Ruth Pryce	Whitchurch 10K	08 Apr 2018	00:46:16
Katharine Coton	Colshaw Hall 10K	17 Jun 2018	00:47:21
FV45			
Joanna Mascarenhas	Whitchurch 10K	08 Apr 2018	00:49:22
Sue Prince	Air Products 10K	01 Apr 2018	00:57:52
Serena Van Schepdael	Air Products 10K	01 Apr 2018	00:58:42
Serena Van Schepdael	Clayton 10K	09 May 2018	01:00:18
Serena Van Schepdael	Helena Tipping 10K	29 Jul 2018	01:01:32
FV50			
Susan Poole	Air Products 10K	01 Apr 2018	00:45:14
Susan Poole	Stone St Michaels 10K	24 Jun 2018	00:45:29
Susan Poole	Werrington 10K	14 Oct 2018	00:46:14
Susan Poole	Newcastle 10K	15 Apr 2018	00:46:25
Susan Poole	Clayton 10K	09 May 2018	00:46:33
FV60 (+)			
Shelagh Swinnerton	Telford 10K	07 Jan 2018	00:56:35
Shelagh Swinnerton	Telford 10K	09 Dec 2018	00:57:46
Shelagh Swinnerton	Stone St Michaels 10K	24 Jun 2018	00:57:47
Shelagh Swinnerton	Helena Tipping 10K	29 Jul 2018	00:58:34
Shelagh Swinnerton	Colshaw Hall 10K	17 Jun 2018	00:58:34
7 Miles			
Senior Women			
Jessica Haney	St Thomas 7	16 Sep 2018	00:55:24
Sharna Gallagher	St Thomas 7	16 Sep 2018	00:57:33
Nicola Ticehurst	St Thomas 7	16 Sep 2018	01:02:03
Leann Banks	St Thomas 7	16 Sep 2018	01:02:53
FV55			
Phillipa Tyson	Langley 7	03 Nov 2018	01:17:36
FV60 (+)			
Shelagh Swinnerton	St Thomas 7	16 Sep 2018	01:08:34
10 Miles			
Senior Women			
Amy Grace	Flying Fox 10	04 Nov 2018	01:16:30
Danielle Kenny	Flying Fox 10	04 Nov 2018	01:23:56
Sharna Gallagher	Flying Fox 10	04 Nov 2018	01:25:57
Nicola Ticehurst	Flying Fox 10	04 Nov 2018	01:36:34
Leann Banks	Flying Fox 10	04 Nov 2018	01:36:35
FV35			
Jenny Gibbs	Rugeley 10 Mile	18 Feb 2018	01:29:58
Jenny Gibbs	Leek 10	19 Aug 2018	01:45:23
FV40			
Emma Heath	Rhyl 10 Mile	24 Feb 2018	01:17:38
Kerry Podmore	Flying Fox 10	04 Nov 2018	01:31:18
Nicola Marshall	Flying Fox 10	04 Nov 2018	01:42:34
FV45			
Louise Gordon	Rhyl 10 Mile	24 Feb 2018	01:15:03
Louise Gordon	Flying Fox 10	04 Nov 2018	01:18:50
FV50			
Susan Poole	Flying Fox 10	04 Nov 2018	01:18:51
Susan Poole	Rugeley 10 Mile	18 Feb 2018	01:20:09
FV55			
Jennifer Edwards	Flying Fox 10	04 Nov 2018	01:29:32
Half Marathon			
Senior Women			
Amy Grace	4 Villages Half Marathon	21 Jan 2018	01:31:53
Sadie Sumner	Village Bakeries Half Marathon	25 Feb 2018	01:40:00
Amy Grace	Conwy Half Marathon	18 Nov 2018	01:40:15
Sadie Sumner	4 Villages Half Marathon	21 Jan 2018	01:42:01
Rebecca Shorrocks	4 Villages Half Marathon	21 Jan 2018	01:44:40
FV35			
Lana Davidson	Conwy Half Marathon	18 Nov 2018	01:43:01
Lana Davidson	Village Bakeries Half Marathon	25 Feb 2018	01:45:20
Claire Kivlin	Village Bakeries Half Marathon	25 Feb 2018	01:55:44
Tracey Wilson	Village Bakeries Half Marathon	25 Feb 2018	02:03:15
Tracey Wilson	Chester Half Marathon	29 Apr 2018	02:03:19
FV40			
Lizzie Slater	Conwy Half Marathon	18 Nov 2018	01:35:11
Claire Harrison	Village Bakeries Half Marathon	25 Feb 2018	01:42:20
Emma Heath	Macclesfield Half Marathon	23 Sep 2018	01:42:31
Katharine Coton	Potters Arf	10 Jun 2018	01:44:59
Claire Harrison	Conwy Half Marathon	18 Nov 2018	01:46:38
FV45			
Louise Gordon	Macclesfield Half Marathon	23 Sep 2018	01:40:38
Wendy Smith	Village Bakeries Half Marathon	25 Feb 2018	02:01:31
Wendy Smith	Chester Half Marathon	29 Apr 2018	02:05:55
Serena Van Schepdael	Congleton Half Marathon	07 Oct 2018	02:14:35
Kim Knowles	4 Villages Half Marathon	21 Jan 2018	02:29:36
FV50			
Susan Poole	Congleton Half Marathon	07 Oct 2018	01:41:37
Suzanne Harrison	Village Bakeries Half Marathon	25 Feb 2018	01:46:39
Diane Mason	Conwy Half Marathon	18 Nov 2018	01:58:47
Jane Burchell	Conwy Half Marathon	18 Nov 2018	02:01:36
FV55			
Suzanne Harrison	Conwy Half Marathon	18 Nov 2018	01:46:50
Suzanne Harrison	Chester Half Marathon	29 Apr 2018	01:48:23
Phillipa Tyson	Conwy Half Marathon	18 Nov 2018	01:51:33
Jennifer Edwards	Conwy Half Marathon	18 Nov 2018	01:56:23
FV60 (+)			
Shelagh Swinnerton	Chester Half Marathon	29 Apr 2018	02:05:34
Shelagh Swinnerton	Congleton Half Marathon	07 Oct 2018	02:06:44
20 Miles			
Senior Women			
Sadie Sumner	Knighton 20	11 Mar 2018	02:44:31
Jessica Haney	Knighton 20	11 Mar 2018	03:12:48
Nicola Ticehurst	Knighton 20	11 Mar 2018	03:24:43
FV35			
Andrea Beaton	Knighton 20	11 Mar 2018	02:59:25
Jenny Gibbs	Knighton 20	11 Mar 2018	03:15:52
FV40			
Claire Harrison	Knighton 20	11 Mar 2018	02:50:56
Charlotte Logie	Knighton 20	11 Mar 2018	02:52:05
Cathy Atherton	Knighton 20	11 Mar 2018	02:53:39
Liz Preston	Knighton 20	11 Mar 2018	03:21:50
FV45			
Joanne Darlington	Knighton 20	11 Mar 2018	03:49:11
Kim Knowles	Knighton 20	11 Mar 2018	03:56:27
FV50			
Angela Moulton	Knighton 20	11 Mar 2018	02:58:40
Jane Burchell	Knighton 20	11 Mar 2018	03:19:53
Marathon			
Senior Women			
Amy Grace	London Marathon	22 Apr 2018	03:29:13
Jessica Haney	Greater Manchester Marathon	08 Apr 2018	03:59:55
Sadie Sumner	Greater Manchester Marathon	08 Apr 2018	04:13:06
FV35			
Lana Davidson	Berlin Marathon	16 Sep 2018	03:33:48
Andrea Beaton	Greater Manchester Marathon	08 Apr 2018	04:14:30
Giovanna Baccelliere	London Marathon	22 Apr 2018	05:12:22
FV40			
Rachel Degg	Greater Manchester Marathon	08 Apr 2018	03:28:11
Cathy Atherton	London Marathon	22 Apr 2018	03:57:22
Claire Harrison	London Marathon	22 Apr 2018	04:07:03
Charlotte Logie	London Marathon	22 Apr 2018	04:14:39
Victoria Consterdine-Tilley	London Marathon	22 Apr 2018	04:32:01
FV45			
Kim Knowles	London Marathon	22 Apr 2018	05:37:27
FV50			
Suzanne Lynn	Greater Manchester Marathon	08 Apr 2018	04:03:05
Angela Moulton	London Marathon	22 Apr 2018	04:33:43
Judith Whincup	London Marathon	22 Apr 2018	05:10:49
Diane Mason	London Marathon	22 Apr 2018	05:13:52
FV55			
Suzanne Harrison	Greater Manchester Marathon	08 Apr 2018	04:10:37