

South Cheshire Racers
Ladies' Best Times : All Records

Name	Event	Date	Time
5K			
Senior Women			
Katie Latham	Queens Park 5K (Race 3)	30 Aug 2016	00:19:11
Katie Latham	The Wrenny Park Run5K (Race 2)	29 Oct 2019	00:19:24
Katie Latham	Queens Park Quacker 5K (Race 2)	28 Jul 2015	00:19:29
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
FV35			
Nicola Lowe	Forest Park Ladies 5k	01 Jul 2009	00:19:39
Cheryl Rees	Forest Park Ladies 5k	07 Jul 2010	00:20:06
Cheryl Rees	Hollins Green 5k	05 Jun 2010	00:20:17
Sarah Wilson	Queens Park Quacker (Race 3)	30 Aug 2016	00:20:18
Ruth Pryce	Durham Massey 5K	24 May 2013	00:21:02
FV40			
Cheryl Rees	Christleton 5K	23 May 2014	00:19:43
Louise Gordon	Christleton 5K	23 May 2014	00:20:25
Cheryl Rees	Durham Massey 5K	24 May 2013	00:20:26
Louise Gordon	Lymm 5K	22 Jun 2013	00:21:24
Claire Harrison	Christleton 5K	19 May 2019	00:22:07
FV45			
Susan Poole	Christleton 5K	23 May 2014	00:21:48
Susan Poole	Bowden 5K	04 Jun 2015	00:21:54
Susan Poole	Hollins Green 5K	02 Jun 2012	00:22:10
Susan Poole	Queens Park Quacker 5K (Race 2)	28 Jul 2015	00:22:14
Susan Poole	Bowden 5K	06 Jun 2013	00:22:25
FV50			
Susan Poole	Queens Park 5K (Race 1)	27 Jun 2017	00:22:22
Gill Gibbons	Hollins Green 5K	02 Jun 2012	00:23:12
Gill Gibbons	Longton 5K	12 May 2009	00:23:46
Gill Gibbons	Forest Park Ladies 5k	01 Jul 2009	00:23:56
Jane Burchell	Mid-Cheshire 5K	28 Apr 2017	00:24:23
FV55			
Lesley Cole	Durham Massey 5K	24 May 2013	00:24:55
Cathy Lewin	Lymm 5K	30 Jun 2019	00:25:38
Lesley Cole	Durham Massey Park 5K (race 2)	17 Jun 2011	00:25:57
Lesley Cole	Queens Park Quacker - Race 3	31 Aug 2012	00:26:06
Lesley Cole	Bowden 5K	09 Jun 2011	00:26:11
FV60			
Gill Gibbons	Christleton 5K	17 May 2019	00:23:39
Gill Gibbons	Hollins Green 5K	23 Jun 2019	00:23:55
Jasmin Jones	Mid Cheshire 5K	24 Apr 2019	00:26:35
Patricia Strimgeour	Queens Park 5K (Race 1)	29 May 2018	00:32:21
Lucy Cole	RunFeet Wales 5K	23 Jun 2018	00:35:35
FV65			
Shelagh Swinerton	Bowden 5K	29 May 2014	00:27:39
Shelagh Swinerton	Mid-Cheshire 5K	28 Apr 2016	00:27:44
Shelagh Swinerton	Bowden 5K	04 Jun 2015	00:28:19
4 Miles			
U17 Girls			
Germa Culler	Cheadle 4	13 Jul 2008	00:33:50
Senior Women			
Amanda Kimber	Cheadle 4	10 Jul 2016	00:31:45
Rebecca Barlow	Cheadle 4	17 Jul 2005	00:32:23
Shama Gallagher	Cheadle 4	08 Jul 2018	00:32:33
Katie Latham	Cheadle 4	09 Jul 2017	00:32:39
Rebecca Howlett	Cheadle 4	09 Jul 2017	00:34:27
FV35			
Nicola Lowe	Cheadle 4	12 Jul 2009	00:25:56
Sarah Wilson	Cheadle 4	13 Jul 2014	00:27:15
Jenny Day	Cheadle 4	13 Jul 2014	00:27:47
Jenny Day	Cheadle 4	25 Oct 2014	00:28:15
Ruth Pryce	Cheadle 4	13 Jul 2008	00:29:21
FV40			
Louise Gordon	Cheadle 4	13 Jul 2014	00:29:44
Cathy Atherton	Cheadle 4	09 Jul 2017	00:31:42
Claire Harrison	Cheadle 4	09 Jul 2017	00:32:03
Cathy Atherton	Cheadle 4	12 Jun 2015	00:32:51
Gael Earp	Cheadle 4	13 Jul 2004	00:33:41
FV45			
Sarah Davies	Cheadle 4	09 Jul 2017	00:33:39
Kerry Podmore	Cheadle 4	14 Jul 2019	00:33:54
Denise Finnegan	Cheadle 4	11 Jul 2010	00:36:10
Jane Burchell	Cheadle 4	12 Jul 2015	00:36:33
Sue Davies	Cheadle 4	03 Jul 2012	00:37:48
FV50			
Tracey Brown	Cheadle 4	12 Jul 2015	00:29:54
Gill Gibbons	Cheadle 4	08 Jul 2012	00:31:24
Gill Gibbons	Cheadle 4	12 Jul 2009	00:31:24
Tracey Brown	Cheadle 4	13 Jul 2014	00:32:39
Diane Mason	Cheadle 4	10 Jul 2015	00:33:06
FV55			
Gill Gibbons	Cheadle 4	12 Jul 2015	00:31:48
Susan Poole	Cheadle 4	02 Jun 2012	00:32:24
Shelagh Swinerton	Cheadle 4	15 Jul 2007	00:33:13
5 Miles			
U17 Girls			
Germa Culler	Alsager 5	04 Feb 2007	00:42:08
Germa Culler	Stuffs Knot 5	13 Aug 2008	00:42:19
Germa Culler	Chester Spring 5	08 Apr 2007	00:43:12
Germa Culler	Westbridge 5	01 Jun 2008	00:43:22
Germa Culler	Chester Spring 5	02 Apr 2008	00:46:26
Junior Women			
Germa Culler	Alsager 5	01 Feb 2009	00:40:06
Annie Huntbach	Alsager 5	01 Feb 2015	00:40:25
Germa Culler	Stuffs Knot 5	12 Aug 2009	00:42:25
Germa Culler	Chester Spring 5	08 Apr 2008	00:44:09
Germa Culler	Pie n Peas	05 Aug 2009	00:46:11
Senior Women			
Katie Latham	Alsager 5	05 Feb 2017	00:31:13
Katie Latham	Chester Spring 5	15 Apr 2015	00:31:55
Katie Latham	Alsager 5	07 Feb 2016	00:32:24
Amy Durant	Alsager 5	01 Feb 2015	00:32:26
Rachel Smith	Alsager 5	02 Feb 2009	00:32:30
FV35			
Nicola Lowe	Alsager 5	07 Feb 2010	00:31:26
Nicola Lowe	Alsager 5	06 Feb 2011	00:32:07
Nicola Lowe	JCB 5 mile	15 Jul 2010	00:32:23
Nicola Lowe	Stuffs Knot 5	12 Aug 2009	00:32:33
Sarah Wilson	Alsager 5	01 Feb 2015	00:33:02
FV40			
Cheryl Rees	Alsager 5	02 Feb 2014	00:34:14
Rebecca Marshall	Chester Spring 5	04 Apr 2012	00:34:27
Monique Hollinshead	Alsager 5	06 Feb 2011	00:34:42
Louise Gordon	Chester Spring 5	16 Apr 2014	00:35:14
Louise Gordon	Pie n Peas	31 Jul 2013	00:35:16
FV45			
Ruth Price	Westbridge 5	02 Jun 2019	00:37:10
Susan Poole	Alsager 5	03 Feb 2013	00:37:25
Susan Poole	Alsager 5	02 Feb 2014	00:37:44
Susan Poole	Burtonwood 5	20 Jul 2013	00:38:29
Gill Gibbons	Alsager 5	01 Feb 2009	00:38:36
FV50			
Susan Poole	Alsager 5	04 Feb 2018	00:36:07
Susan Poole	Alsager 5	05 Feb 2017	00:36:09
Susan Poole	Chester Spring 5	12 Apr 2017	00:36:12
Tracey Brown	Westbridge 5	07 Jun 2015	00:36:36
Susan Poole	Westbridge 5	04 Jun 2017	00:36:54
FV55			
Gill Gibbons	Chester Spring 5	16 Apr 2014	00:38:18
Gill Gibbons	Alsager 5	02 Mar 2019	00:38:48
Shelagh Swinerton	Alsager 5	02 Feb 2003	00:39:03
Lesley Cole	Chester Spring 5	04 Apr 2012	00:40:59
Shelagh Swinerton	Westbridge 5	05 Jun 2005	00:41:22
FV60			
Gill Gibbons	Chester Spring 5	10 Apr 2019	00:38:19
Gill Gibbons	Preston 5	11 Aug 2019	00:38:39
Shelagh Swinerton	Alsager 5	03 Feb 2008	00:43:48
Shelagh Swinerton	Chester Spring 5	02 Apr 2008	00:44:08
Shelagh Swinerton	Chester Spring 5	04 Apr 2012	00:44:23
FV65			
Shelagh Swinerton	Chester Spring 5	04 Apr 2013	00:45:30
Shelagh Swinerton	Chester Spring 5	16 Apr 2015	00:46:04
Shelagh Swinerton	Alsager 5	02 Feb 2017	00:46:17
Shelagh Swinerton	Stuffs Knot 5	14 Aug 2013	00:46:24
Shelagh Swinerton	Chester Spring 5	12 Apr 2017	00:46:26
FV70			
Shelagh Swinerton	Westbridge 5	02 Jun 2019	00:45:53
Shelagh Swinerton	Chester Spring 5	10 Apr 2019	00:46:26
Rosemary Cooke	Alsager 5	02 Mar 2019	01:01:56
10K			
U17 Girls			
Germa Culler	Berrylfields 10k	01 Jul 2008	00:53:19
Germa Culler	Stone St Michaels 10k	22 Jun 2008	00:54:40
Germa Culler	Sandbach Super Six	14 Sep 2008	00:55:11
Germa Culler	Clayton 10k	07 May 2008	00:55:28
Germa Culler	Cheadleton 10K	25 Nov 2006	00:56:58
Junior Women			
Germa Culler	Cheadleton Pudding Run 10k	29 Nov 2008	00:54:33
Cambell Downie	Air Products 10K	20 Apr 2014	01:03:49
Senior Women			
Katie Latham	Air Products 10K	27 Mar 2016	00:39:22
Katie Latham	Telford 10K	11 Dec 2016	00:39:45
Rebecca Brand	Clayton 10K	16 May 2012	00:39:56
Katie Latham	Air Products 10K	05 Apr 2015	00:40:27
Katie Latham	Subton 6	20 Sep 2015	00:40:32
FV35			
Nicola Lowe	Muller 10K	09 May 2010	00:39:08
Nicola Lowe	Farnon 10K	07 Mar 2010	00:39:38
Nicola Lowe	Birchwood 10K	23 Aug 2009	00:40:16
Nicola Lowe	Clayton 10K	06 May 2009	00:40:23
Sarah Wilson	Subton 6	20 Sep 2015	00:40:53
FV40			
Rebecca Marshall	Telford 10K	16 Dec 2012	00:41:26
Monique Hollinshead	Air Products 10K	10 Apr 2011	00:41:46
Georgia Bevan	Air Products 10K	05 Apr 2015	00:41:51
Georgia Bevan	Cheshire 10K	18 Apr 2015	00:42:07
Rebecca Marshall	Helena Tipping	04 Dec 2011	00:42:20
FV45			
Susan Poole	Market Drayton 10K	12 May 2013	00:44:40
Susan Poole	Sport in the Park	21 Jun 2015	00:44:45
Susan Poole	Air Products 10K	27 Mar 2016	00:45:40
Susan Poole	Air Products 10K	05 Apr 2015	00:45:54
Susan Poole	Market Drayton 10K	11 May 2014	00:46:13
FV50			
Susan Poole	Air Products 10K	01 Apr 2018	00:45:14
Tracey Brown	Air Products 10K	05 Apr 2015	00:45:14
Susan Poole	Alderyn Ropes 10K	02 Jul 2017	00:45:26
Susan Poole	Stone St Michaels 10K	24 Jun 2018	00:45:29
Susan Poole	Farnon 10K	15 Oct 2017	00:46:00
FV55			
Suzanne Harrison	Wilmslow 10K	24 Nov 2019	00:47:26
Gill Gibbons	Sport in the Park	21 Jun 2015	00:47:46
Gill Gibbons	Stone St Michaels 10K	22 Jun 2014	00:47:56
Gill Gibbons	Birchwood 10K	17 Aug 2014	00:47:59
Gill Gibbons	Market Drayton 10K	11 May 2014	00:48:11
FV60			
Gill Gibbons	Helena Tipping 10K	28 Jul 2019	00:48:53
Gill Gibbons	Alderyn Edge 10K	07 Jul 2019	00:48:55
Gill Gibbons	Farnon 10K	03 Oct 2019	00:49:40
Shelagh Swinerton	Market Drayton 10K	13 May 2012	00:50:12
Shelagh Swinerton	Clayton 10K	16 May 2012	00:55:10
FV65			
Shelagh Swinerton	Birchwood 10K	18 Aug 2013	00:55:22
Shelagh Swinerton	Coleshaw 10K	26 Jun 2016	00:56:15
Shelagh Swinerton	Air Products 10K	11 Apr 2016	00:56:16
Shelagh Swinerton	Air Products 10K	15 Apr 2017	00:56:20
Shelagh Swinerton	Telford 10K	11 Nov 2016	00:56:28
FV70			
Shelagh Swinerton	Telford 10K	07 Jan 2018	00:56:35
Shelagh Swinerton	Stone St Michaels 10K	16 Jun 2019	00:56:45
Shelagh Swinerton	Telford 10K	09 Dec 2018	00:57:46
Shelagh Swinerton	Stone St Michaels 10K	24 Jun 2018	00:57:47
Shelagh Swinerton	Coleshaw 10K	17 Jun 2018	00:59:34
FV75			
Sylvia Smallwood	Air Products 10K 10K	01 Apr 2018	01:04:21
7 Miles			
U17 Girls			
Germa Culler	Newcastle7	30 Mar 2008	01:07:14
Senior Women			
Katie Latham	Langley 7	07 Nov 2015	00:47:56
Liz Buckley	Newcastle 7	07 Apr 2002	00:47:57
Annie Turchin	St Thomas 7	24 Sep 2014	00:48:25
Annie Turchin	St Thomas 7	22 Sep 2013	00:48:28
Jessica Haney	St Thomas 7	16 Sep 2018	00:55:24
FV35			
Sarah Wilson	Langley 7	07 Nov 2015	00:51:26
Cathy Atherton	St Thomas 7	21 Sep 2014	00:51:11
Cathy Atherton	St Thomas 7	22 Sep 2013	00:52:22
Karen Roberts	Newcastle 7	09 Apr 2007	01:04:46
Gael Earp	Newcastle 7	08 Apr 2001	01:05:26
FV40			
Louise Gordon	St Thomas 7	22 Sep 2013	00:52:28
Tina Smith	Newcastle 7	06 Apr 2003	00:56:01
Claire Harrison	Langley 7	07 Nov 2015	00:57:08
Tina Smith	Newcastle 7	04 Apr 2014	00:57:26
Cathy Atherton	St Thomas 7	20 Sep 2015	00:58:11
FV45			
Susan Poole	Langley 7	07 Nov 2015	00:56:34
Kerry Podmore	St Thomas 7	15 Sep 2019	01:03:04
Janet Swimbank	Langley 7	07 Nov 2015	01:06:09
Cindy Morrisette	Newcastle 7	03 Apr 2005	01:07:18
Cindy Morrisette	Newcastle 7	09 Apr 2007	01:07:19
FV50			
Sheila Bickerton	Newcastle 7	03 Apr 2005	00:51:31
Tracey Brown	St Thomas 7	21 Sep 2014	00:53:02
Tracey Brown	St Thomas 7	20 Sep 2015	00:55:01
Shelagh Swinerton	Newcastle 7	08 Apr 2001	00:59:01
Phillipa Tyson	Langley 7	07 Nov 2015	01:01:24