

South Cheshire Harriers
Ladies' Best Times : All Records

Name	Time	Event	Date
5K			
Senior Women			
Katie Latham	00:19:11	Queens Park 5K (Race 3)	30-Aug-16
Katie Latham	00:19:24	The Wammy Park Run5K (Race 2)	29-Oct-19
Katie Latham	00:19:29	Queens Park Quacker 5K (Race 2)	28-Jul-15
Katie Latham	00:19:29	British Masters 5K	14-Jun-20
Katie Latham	00:19:43	Queens Park Quacker (Race 1)	28-Jun-16
FV35			
Nicola Lowe	00:19:39	Forest Park Ladies 5k	01-Jul-09
Cheryl Rees	00:20:06	Forest Park Ladies 5k	07-Jul-10
Cheryl Rees	00:20:17	Hollins Green 5k	05-Jun-10
Sarah Wilson	00:20:18	Queens Park 5K (Race 3)	30-Aug-16
Amy Grace	00:20:33	Britis Masters 5K	14-Jun-20
FV40			
Cheryl Rees	00:19:43	Christleton 5K	23-May-14
Louise Gordon	00:20:25	Christleton 5K	23-May-14
Cheryl Rees	00:20:25	Dunham Massey 5K	24-May-13
Louise Gordon	00:21:24	Lymm 5K	22-Jun-13
Lizzie Slater	00:21:47	British Masters 5K	14-Jun-20
FV45			
Susan Poole	00:21:48	Christleton 5K	23-May-14
Susan Poole	00:21:54	Bowden 5K	04-Jun-15
Susan Poole	00:22:10	Hollins Green 5K	02-Jun-12
Susan Poole	00:22:14	Queens Park Quacker 5K (Race 2)	28-Jul-15
Susan Poole	00:22:25	Bowden 5K	06-Jun-13
FV50			
Susan Poole	00:22:22	Queens Park 5K (Race 1)	27-Jun-17
Susan Poole	00:22:53	British Masters 5k	14-Jun-20
Gill Gibbons	00:23:12	Hollins Green 5K	02-Jun-12
Gill Gibbons	00:23:46	Longton 5k	12-May-09
Gill Gibbons	00:23:54	Forest Park Ladies 5k	01-Jul-09
FV55			
Suzanne Harrison	00:23:54	British Masters 5K	14-Jun-20
Lesley Cole	00:24:55	Dunham Massey 5K	24-May-13
Cathy Lewin	00:25:38	Lymm 5K	30-Jun-19
Lesley Cole	00:25:57	Dunham Massey Park 5K (race 2)	17-Jun-11

Lesley Cole	00:26:06	Queen's Park Quacker - Race 3	31-Aug-12
Lesley Cole	00:26:11	Bowden 5K	09-Jun-11

FV60

Gill Gibbons	00:23:39	Christleton 5K	17-May-19
Gill Gibbons	00:23:55	Hollins Green 5K	23-Jun-19
Jasmin Jones	00:26:35	Mid Cheshire 5K	24-Apr-19
Pauline Scrimgeour	00:32:21	Queens Park 5K (Race 1)	29-May-18
Lesley Cole	00:33:45	RunFest Wales 5K	23-Jun-18

FV65

Shelagh Swinnerton	00:27:39	Bowden 5K	29-May-14
Shelagh Swinnerton	00:27:44	Mid-Cheshire 5K	28-Apr-16
Shelagh Swinnerton	00:28:19	Bowden 5K	04-Jun-15

4 Miles

U17 Girls

Gemma Cutler	00:33:50	Cheadle 4	13-Jul-08
--------------	----------	-----------	-----------

Senior Women

Amanda Kimber	00:31:45	Cheadle 4	10-Jul-16
Rebecca Barlow	00:32:23	Cheadle 4	17-Jul-05
Sharna Gallagher	00:32:33	Cheadle 4	08-Jul-18
Sadie Sumner	00:33:06	Cheadle 4	09-Jul-17
Rebecca Howlett	00:34:27	Cheadle 4	09-Jul-17

FV35

Nicola Lowe	00:25:56	Cheadle 4	12-Jul-09
Sarah Wilson	00:27:15	Cheadle 4	13-Jul-14
Jenny Day	00:27:47	Cheadle 4	13-Jul-14
Sarah Wilson	00:27:48	Cheadle 4	12-Jul-15
Ruth Pryce	00:29:21	Cheadle 4	13-Jul-08

FV40

Louise Gordon	00:28:44	Cheadle 4	13-Jul-14
Cathy Atherton	00:31:42	Cheadle 4	09-Jul-17
Claire Harrison	00:32:03	Cheadle 4	09-Jul-17
Cathy Atherton	00:32:51	Cheadle 4	12-Jul-15
Gael Earp	00:33:13	Cheadle 4	11-Jul-04

FV45

Sam Brookes	00:33:39	Cheadle 4	09-Jul-17
Kerry Podmore	00:33:54	Cheadle 4	14-Jul-19
Denise Finnegin	00:36:10	Cheadle 4	11-Jul-10
Jane Burchell	00:36:33	Cheadle 4	12-Jul-15
Sue Davies	00:37:18	Cheadle 4	08-Jul-12

FV50

Tracey Brown	00:29:54	Cheadle 4	12-Jul-15
Gill Gibbons	00:31:14	Cheadle 4	08-Jul-12
Gill Gibbons	00:31:24	Cheadle 4	12-Jul-09
Tracey Brown	00:32:39	Cheadle 4	13-Jul-14
Diane Mason	00:33:06	Cheadle 4	10-Jul-16

FV55

Gill Gibbons	00:31:48	Cheadle 4	12-Jul-15
Lesley Cole	00:34:14	Cheadle 4	10-Jul-11
Shelagh Swinnerton	00:35:13	Cheadle 4	15-Jul-07

5 Miles**U17 Girls**

Gemma Cutler	00:42:08	Alsager 5	04-Feb-07
Gemma Cutler	00:42:19	Staffs Knot 5	13-Aug-08
Gemma Cutler	00:43:12	Chester Spring 5	04-Apr-07
Gemma Cutler	00:44:22	Westbridge 5	01-Jun-08
Gemma Cutler	00:46:26	Chester Spring 5	02-Apr-08

Junior Women

Gemma Cutler	00:40:06	Alsager 5	01-Feb-09
Annie Huntbach	00:40:25	Alsager 5	01-Feb-15
Gemma Cutler	00:42:25	Staffs Knot 5	12-Aug-09
Gemma Cutler	00:45:58	Chester Spring 5	08-Apr-09
Gemma Cutler	00:46:11	Pie n Peas	05-Aug-09

Senior Women

Katie Latham	00:31:13	Alsager 5	05-Feb-17
Katie Latham	00:31:55	Chester Spring 5	15-Apr-15
Katie Latham	00:32:24	Alsager 5	07-Feb-16
Amy Durrant	00:32:26	Alsager 5	01-Feb-15
Rachel Smith	00:32:32	Alsager 5	02-Feb-03

FV35

Nicola Lowe	00:31:26	Alsager 5	07-Feb-10
Nicola Lowe	00:32:07	Alsager 5	06-Feb-11
Nicola Lowe	00:32:23	JCB 5 mile	15-Jul-10
Nicola Lowe	00:32:33	Staffs Knot 5	12-Aug-09
Sarah Wilson	00:33:02	Alsager 5	01-Feb-15

FV40

Cheryl Rees	00:34:14	Alsager 5	02-Feb-14
Rebecca Marshall	00:34:27	Chester Spring 5	04-Apr-12
Monique Hollinshead	00:34:42	Alsager 5	06-Feb-11

Louise Gordon	00:35:14	Chester Spring 5	16-Apr-14
Louise Gordon	00:35:16	Pie n Peas	31-Jul-13

FV45

Ruth Price	00:37:10	Westbridge 5	02-Jun-19
Susan Poole	00:37:11	Alsager 5	03-Feb-13
Susan Poole	00:37:44	Alsager 5	02-Feb-14
Susan Poole	00:38:29	Burtonwood 5	20-Jul-13
Gill Gibbons	00:38:36	Alsager 5	01-Feb-09

FV50

Susan Poole	00:36:07	Alsager 5	04-Feb-18
Susan Poole	00:36:09	Alsager 5	05-Feb-17
Susan Poole	00:36:36	Chester Spring 5	12-Apr-17
Tracey Brown	00:36:36	Westbridge 5	07-Jun-15
Susan Poole	00:36:54	Westbridge 5	04-Jun-17

FV55

Gill Gibbons	00:38:18	Chester Spring 5	16-Apr-14
Gill Gibbons	00:38:48	Alsager 5	02-Mar-19
Shelagh Swinnerton	00:40:26	Alsager 5	02-Feb-03
Lesley Cole	00:40:59	Chester Spring 5	04-Apr-12
Shelagh Swinnerton	00:41:22	Westbridge 5	05-Jun-05

FV60

Gill Gibbons	00:38:19	Chester Spring 5	10-Apr-19
Gill Gibbons	00:38:39	Preston 5	11-Aug-19
Gill Gibbons	00:39:06	Alsager 5	02-Feb-20
Shelagh Swinnerton	00:43:48	Alsager 5	03-Feb-08
Shelagh Swinnerton	00:44:04	Chester Spring 5	02-Apr-08

FV65

Shelagh Swinnerton	00:45:30	Chester Spring 5	04-Apr-13
Shelagh Swinnerton	00:46:04	Chester Spring 5	16-Apr-15
Shelagh Swinnerton	00:46:17	Alsager 5	02-Feb-17
Shelagh Swinnerton	00:46:24	Staffs Knot 5	14-Aug-13
Shelagh Swinnerton	00:46:26	Chester Spring 5	12-Apr-17

FV70

Shelagh Swinnerton	00:45:53	Westbridge 5	02-Jun-19
Shelagh Swinnerton	00:46:26	Chester Spring 5	10-Apr-19
Rosemary Cooke	01:01:56	Alsager 5	02-Mar-19

10K

U17 Girls

Gemma Cutler	00:53:19	Berryhillfields 10k	01-Jul-08
Gemma Cutler	00:54:40	Stone St Michaels 10k	22-Jun-08
Gemma Cutler	00:55:11	Sandbach Super Six	14-Sep-08

Gemma Cutler	00:56:49	Clayton 10k	07-May-08
Gemma Cutler	00:56:58	Cheddleton 10K	25-Nov-06

Junior Women

Gemma Cutler	00:54:33	Cheddleton Pudding Run 10k	29-Nov-08
Cambell Downie	01:03:49	Air Products 10K	20-Apr-14

Senior Women

Katie Latham	00:39:22	Air Products 10K	27-Mar-16
Katie Latham	00:39:45	Telford 10K	11-Dec-16
Rebecca Brand	00:39:56	Clayton 10K	16-May-12
Amy Grace	00:40:07	Kidgrove 10K	12-Jan-20
Katie Latham	00:40:27	Air Products 10K	05-Apr-15

FV35

Nicola Lowe	00:39:08	Muller 10k	09-May-10
Nicola Lowe	00:39:38	Farndon 10k	07-Mar-10
Nicola Lowe	00:40:16	Birchwood 10k	23-Aug-09
Nicola Lowe	00:40:23	Clayton 10k	06-May-09
Sarah Wilson	00:40:53	Sutton 6	20-Sep-16

FV40

Rebecca Marshall	00:41:26	Telford 10K	16-Dec-12
Monique Hollinshead	00:41:46	Air Products 10K	10-Apr-11
Georgia Bevan	00:41:51	Air Products 10K	05-Apr-15
Georgia Bevan	00:42:07	Cheshire 10K	18-Apr-15
Rebecca Marshall	00:42:20	Helena Tipping	04-Dec-11

FV45

Susan Poole	00:44:40	Market Drayton 10K	12-May-13
Susan Poole	00:44:45	Sport in the Port	21-Jun-15
Susan Poole	00:45:40	Air Products 10K	27-Mar-16
Susan Poole	00:45:54	Air Products 10K	05-Apr-15
Claire Harrison	00:46:12	Arley Hall 10K	18-Oct-20

FV50

Susan Poole	00:45:14	Air Products 10K	01-Apr-18
Tracey Brown	00:45:14	Air Products 10K	05-Apr-15
Susan Poole	00:45:26	Alderley Bypass 10K	02-Jul-17
Susan Poole	00:45:29	Stone St Michaels 10K	24-Jun-18
Susan Poole	00:46:00	Farndon 10K	15-Oct-17

FV55

Suzanne Harrison	00:47:26	Wilmslow 10K	24-Nov-19
Gill Gibbons	00:47:46	Sport in the Port	21-Jun-15
Gill Gibbons	00:47:55	Stone St Michaels 10K	22-Jun-14
Gill Gibbons	00:47:59	Birchwood 10K	17-Aug-14

Gill Gibbons	00:48:11	Market Drayton 10K	11-May-14
--------------	----------	--------------------	-----------

FV60

Gill Gibbons	00:48:53	Helena Tipping 10K	28-Jul-19
Gill Gibbons	00:48:55	Alderley Edge 10K	07-Jul-19
Gill Gibbons	00:49:40	Fardon 10K	03-Oct-19
Shelagh Swinnerton	00:54:24	Market Drayton 10K	13-May-12
Shelagh Swinnerton	00:55:10	Clayton 10K	16-May-12

FV65

Shelagh Swinnerton	00:55:22	Birchwood 10K	18-Aug-13
Shelagh Swinnerton	00:56:15	Coleshaw 10K	26-Jun-16
Shelagh Swinnerton	00:56:16	Air Products 10K	11-Apr-16
Shelagh Swinnerton	00:56:25	Air Products 10K	16-Apr-17
Shelagh Swinnerton	00:56:28	Telford 10K	11-Nov-16

FV70

Shelagh Swinnerton	00:56:35	Telford 10K	07-Jan-18
Shelagh Swinnerton	00:56:45	Stone St Michaels 10K	16-Jun-19
Shelagh Swinnerton	00:57:46	Telford 10K	09-Dec-18
Shelagh Swinnerton	00:57:47	Stone St Michaels 10K	24-Jun-18
Shelagh Swinnerton	00:58:34	Coleshaw10K	17-Jun-18

FV75

Sylvia Smallwood	01:04:21	Air Products 10K 10K	01-Apr-18
------------------	----------	----------------------	-----------

7 Miles

U17 Girls

Gemma Cutler	01:07:14	Newcastle7	30-Mar-08
--------------	----------	------------	-----------

Senior Women

Katie Latham	00:47:56	Langley 7	07-Nov-15
Liz Buckley	00:47:57	Newcastle 7	07-Apr-02
Anife Turchin	00:51:29	St Thomas 7	21-Sep-14
Anife Turchin	00:51:58	St Thomas 7	22-Sep-13
Jessica Haney	00:55:24	St Thomas 7	16-Sep-18

FV35

Sarah Wilson	00:51:26	Langley 7	07-Nov-15
Cathy Atherton	00:57:11	St Thomas 7	21-Sep-14
Cathy Atherton	00:58:22	St Thomas 7	22-Sep-13
Karen Roberts	01:04:46	Newcastle 7	09-Apr-07
Gael Earp	01:05:26	Newcastle 7	08-Apr-01

FV40

Louise Gordon	00:52:28	St Thomas 7	22-Sep-13
Tina Smith	00:56:01	Newcastle 7	06-Apr-03

Claire Harrison	00:57:08	Langley 7	07-Nov-15
Tina Smith	00:57:32	Newcastle 7	04-Apr-04
Cathy Atherton	00:58:11	St Thomas 7	20-Sep-15

FV45

Susan Poole	00:56:34	Langley 7	07-Nov-15
Kerry Podmore	01:03:04	St Thomas 7	15-Sep-19
Janet Swinbank	01:06:09	Langley 7	07-Nov-15
Cindy Morrissette	01:07:18	Newcastle 7	03-Apr-05
Cindy Morrissette	01:07:19	Newcastle 7	09-Apr-07

FV50

Sheila Bickerton	00:51:31	Newcastle 7	03-Apr-05
Tracey Brown	00:53:02	St Thomas 7	21-Sep-14
Tracey Brown	00:55:01	St Thomas 7	20-Sep-15
Shelagh Swinnerton	00:59:01	Newcastle 7	08-Apr-01
Phillipa Tyson	01:01:24	Langley 7	07-Nov-15

FV55

Shelagh Swinnerton	01:01:07	Newcastle 7	09-Apr-07
Lesley Cole	01:03:08	St Thomas 7	16-Sep-12
Lesley Cole	01:04:33	St Thomas 7	22-Sep-13
Lesley Cole	01:05:32	Newcastle 7	10-Apr-11
Maggie Freeman	01:05:50	Newcastle7	19-Apr-09

FV60

Shelagh Swinnerton	01:03:19	Newcastle7	30-Mar-08
Sylvia Smallwood	01:04:44	Newcastle 7	03-Apr-05

FV70

Shelagh Swinnerton	01:08:34	St Thomas 7	16-Sep-18
--------------------	----------	-------------	-----------

15K

Senior Women

Sian Fern	01:26:52	Meerbrook 15K	23-Jun-19
Chrissy Barrow	01:53:53	Meerbrook 15K	21-Nov-20

FV35

Catherine Farrington	01:22:49	Meerbrook 15K	23-Jun-19
----------------------	----------	---------------	-----------

FV40

Claire Kivlin	01:19:10	Meerbrook 15K	21-Nov-20
Natalie Bailey	01:35:57	Meerbrook 15K	21-Nov-20

Janet Evans	01:37:25	Meerbrook 15K	07-Aug-11
Kat Arnold	01:37:36	Meerbrook 15K	21-Nov-20

FV45

Rachel Parker	01:20:48	Meerbrook 15K	23-Jun-19
Kerry Podmore	01:24:35	Meerbrook 15K	21-Nov-20
Kerry Podmore	01:31:05	Meerbrook 15K	23-Jun-19
Sue Davies	01:39:56	Meerbrook 15K	07-Aug-11

FV50

Juliet Carter	01:56:42	Meerbrook 15K	21/11/2020
---------------	----------	---------------	------------

FV55

Jennifer Edwards	01:31:48	Meerbrook 15K	23-Jun-19
Micheline Tremblay	01:55:32	Meerbrook 15K	23-Nov-20

10 Miles

Senior Women

Rachel Smith	01:09:04	Trentham 10 Miler	27-Jul-03
Katie Latham	01:10:11	Trentham 10	17-Jul-11
Catherine Brennan	01:10:19	Trentham 10	25-Jul-04
Deborah Chesworth	01:14:46	Great Warford 10	29-Jul-12
Anife Turchin	01:15:00	Trentham 10	21-Jul-13

FV35

Nicola Lowe	01:06:53	Great Warford 10	16-Aug-09
Diane Mitson	01:07:21	Llandudno 10	22-May-11
Sarah Wilson	01:11:04	Great Warford 10	27-Jul-14
Sarah Wilson	01:11:38	Flying Fox 10	02-Nov-14
Nicola Lowe	01:12:55	flying fox 10	02-Nov-08

FV40

Rebecca Marshall	01:11:43	Flying Fox 10	04-Nov-12
Louise Gordon	01:13:59	Flying Fox 10	03-Nov-13
Louise Gordon	01:15:30	Flying Fox 10	01-Nov-15
Louise Gordon	01:17:25	Great Warford 10	11-Aug-13
Louise Gordon	01:17:34	Flying Fox 10	02-Nov-14

FV45

Louise Gordon	01:15:03	Rhyl 10 Mile	24-Feb-18
Sheila Bickerton	01:16:10	Llandudno 10	10-Nov-02
Louise Gordon	01:18:50	Flying Fox 10	04-Nov-18
Susan Poole	01:18:52	Great Warford 10	29-Jul-12
Susan Poole	01:19:59	Police Sport UK 10 Mile	26-Sep-12

FV50

Sheila Bickerton	01:09:50	Llandudno 10	13-Nov-05
Susan Poole	01:18:51	Flying Fox 10	04-Nov-18
Susan Poole	01:20:09	Rugeley 10 Mile	18-Feb-18
Sue Davies	01:31:14	Great Warford 10	27-Jul-14
Pamela Hough	01:31:28	Llandudno 10	10-Nov-02

FV55

Lesley Cole	01:25:15	Flying Fox 10	06-Nov-11
Lesley Cole	01:27:03	Trentham 10	17-Jul-11
Lesley Cole	01:28:56	Flying Fox 10	04-Nov-12
Jennifer Edwards	01:29:32	Flying Fox 10	04-Nov-18
Shelagh Swinnerton	01:29:50	Trentham 10	24-Jul-05

FV60

Sylvia Smallwood	01:31:36	Llandudno 10	13-Nov-05
Lesley Cole	01:37:37	Flying Fox 10	06-Nov-16
Lesley Cole	01:43:03	Rhyl 10	23-Feb-19

FV65

Shelagh Swinnerton	01:38:22	Flying Fox 10	03-Nov-13
--------------------	----------	---------------	-----------

Half Marathon**Junior Women**

Annie Huntbach	02:13:30	Chester Half Marathon	17-May-15
Gemma Cutler	02:13:44	Stafford half marathon	15-Mar-09

Senior Women

Katie Latham	01:29:07	Village Bakeries Half Marathon	14-Feb-16
Katie Latham	01:29:27	Conwy Half Marathon	20-Nov-16
Katie Latham	01:29:37	Congleton Half Marathon	04-Oct-15
Rachel Smith	01:30:23	Stafford Half Marathon	24-Mar-02
Katie Latham	01:30:50	4 Villages Half Marathon	23-Jan-11

FV35

Nicola Lowe	01:26:18	Chester Half Marathon	16-May-10
Nicola Lowe	01:27:26	4 Villages Half Marathon	23-Jan-11
Sarah Wilson	01:28:56	Congleton Half Marathon	02-Oct-16
Nicola Lowe	01:29:25	Potters Arf	13-Jun-10
Nicola Lowe	01:30:57	4 Villages Half Marathon	17-Jan-10

FV40

Nicola Lowe	01:29:09	Stafford Half Marathon	20-Mar-11
-------------	----------	------------------------	-----------

Monique Hollinshead	01:31:45	Village Bakeries Half Marathon	27-Feb-11
Louise Gordon	01:33:49	Stafford Half Marathon	20-Mar-16
Georgia Bevan	01:33:50	Chester Half Marathon	17-May-15
Lizzie Slater	01:35:11	Conwy Half Marathon	18-Nov-18

FV45

Susan Poole	01:40:33	Chester Half Marathon	17-May-15
Louise Gordon	01:40:38	Macclesfield Half Marathon	23-Sep-18
Susan Poole	01:42:29	Wilmslow Half Marathon	22-Mar-15
Susan Poole	01:43:37	Congleton Half Marathon	04-Oct-15
Susan Poole	01:43:41	Chester Half Marathon	13-May-12

FV50

Sheila Bickerton	01:32:49	Village Bakeries Half Marathon	19-Feb-06
Sheila Bickerton	01:35:34	Uttoxeter Half Marathon	22-May-05
Sheila Bickerton	01:37:16	Village Bakeries Half Marathon	18-Feb-07
Susan Poole	01:39:30	Village Bakeries Half Marathon	19-Feb-17
Susan Poole	01:41:37	Congleton Half Marathon	07-Oct-18

FV55

Suzanne Harrison	01:46:50	Conwy Half Marathon	18-Nov-18
Suzanne Harrison	01:47:13	Chester Half Marathon	19-May-19
Yvonne McGregor	01:47:56	Conwy Half Marathon	20-Nov-16
Suzanne Harrison	01:48:23	Chester Half Marathon	29-Apr-18
Yvonne McGregor	01:49:13	Uttoxeter Half Marathon	30-Apr-17

FV60

Shelagh Swinnerton	01:56:34	Village Bakeries Half Marathon	17-Feb-08
Lesley Cole	02:04:50	Congleton Half Marathon	02-Oct-16

FV65

Shelagh Swinnerton	02:03:44	Congleton Half Marathon	05-Oct-14
Shelagh Swinnerton	02:04:39	4 Villages Half Marathon	19-Jan-14
Shelagh Swinnerton	02:05:23	Chester Half Marathon	21-May-17
Shelagh Swinnerton	02:05:28	Chester Half Marathon	17-May-15
Shelagh Swinnerton	02:05:48	Congleton Half Marathon	06-Oct-13

FV70

Shelagh Swinnerton	02:05:34	Chester Half Marathon	29-Apr-18
Shelagh Swinnerton	02:05:35	Chester Half Marathon	19-May-19
Shelagh Swinnerton	02:10:37	Cheshire Half Marathon	20-Sep-20

20 Miles

Senior Women

Katie Latham	02:32:07	Knighton 20	13-Mar-16
Sarah Wilson	02:32:11	Stafford 20	09-Mar-14

Kate Nicholas	02:35:38	Wrexham Marathon Festival 20	12-Mar-17
Anife Turchin	02:35:59	South Cheshire 20	07-Sep-14
Anife Turchin	02:39:15	South Cheshire 20	15-Sep-13

FV35

Diane Mitson	02:16:04	Stafford 20	13-Mar-11
Sarah Wilson	02:27:17	South Cheshire 20	07-Sep-14
Michelle Ollier	02:45:19	Stafford 20	08-Mar-15
Charlotte Logie	02:47:20	Knighton 20	12-Mar-17
Lana Davidson	02:49:34	Knighton 20	08-Mar-20

FV40

Nicola Lowe	02:23:23	Stafford 20	13-Mar-11
Monique Hollinshead	02:32:13	Stafford 20	13-Mar-11
Cheryl Rees	02:37:15	Stafford 20	10-Mar-13
Cheryl Rees	02:37:26	Stafford 20	09-Mar-14
Cheryl Rees	02:37:56	Knighton 20	13-Mar-16

FV45

Monique Hollinshead	02:45:18	South Cheshire 20	06-Sep-15
Angela Moulton	02:58:40	Knighton 20	11-Mar-18
Monique Hollinshead	02:58:48	Stafford 20	09-Mar-14
Angela Moulton	03:01:35	Knighton 20	13-Mar-16
Angela Moulton	03:08:22	Stafford 20	08-Mar-15

FV50

Tracey Brown	02:39:57	Stafford 20	08-Mar-15
Tracey Brown	02:43:54	South Cheshire 20	07-Sep-14
Angela Moulton	02:58:40	Knighton 20	11-Mar-18
Angela Moulton	03:02:18	Knighton 20	12-Mar-17
Diane Mason	03:03:16	Knighton 20	12-Mar-17

FV55

Shelagh Swinnerton	02:57:11	Stafford 20	13-Mar-05
Lesley Cole	03:06:41	Stafford 20	11-Mar-12
Shelagh Swinnerton	03:12:03	South Cheshire 20	21-May-06

Marathon

Senior Women

Katie Latham	03:13:51	London Marathon	24-Apr-16
Amy Grace	03:14:36	London Marathon	24-Apr-16
Katie Latham	03:15:31	London Marathon	26-Apr-15
Katie Latham	03:15:50	London Marathon	17-Apr-11
Kate Nicholas	03:21:52	London Marathon	23-Apr-17

FV35

Diane Mitson	03:08:07	London Marathon	22-Apr-12
Diane Mitson	03:11:30	London Marathon	17-Apr-11
Diane Mitson	03:11:47	Chester Marathon	09-Oct-11
Jenny Day	03:16:13	Leicester Marathon	26-Oct-14
Sarah Wilson	03:20:48	London Marathon	24-Apr-16

FV40

Monique Hollinshead	03:20:21	London Marathon	17-Apr-11
Nicola Lowe	03:22:57	Shakespeare Marathon	08-May-11
Louise Gordon	03:23:25	London Marathon	24-Apr-16
Cheryl Rees	03:26:33	London Marathon	13-Apr-14
Louise Gordon	03:26:42	Greater Manchester Marathon	19-Apr-15

FV45

Susan Poole	03:38:10	London Marathon	26-Apr-15
Susan Poole	03:44:01	London Marathon	21-Apr-13
Susan Poole	03:51:30	London Marathon	24-Apr-16
Susan Poole	03:52:20	Jersey Marathon	07-Oct-12
Susan Poole	03:55:45	London Marathon	13-Apr-14

FV50

Tracey Brown	03:33:40	London Marathon	24-Apr-16
Tracey Brown	03:37:06	Chester Marathon	05-Oct-14
Susan Poole	03:48:09	London Marathon	23-Apr-17
Phillipa Tyson	03:51:16	Connemarathon	23-Apr-17
Tracey Brown	03:53:07	Snowdonia Marathon	26-Oct-14

FV55

Gill Gibbons	03:48:47	Greater Manchester Marathon	19-Apr-15
Suzanne Harrison	04:01:10	Greater Manchester Marathon	07-Apr-19
Gill Gibbons	04:03:39	London Marathon	24-Apr-16
Gill Gibbons	04:04:51	London Marathon	23-Apr-17
Suzanne Harrison	04:10:37	Greater Manchester Marathon	08-Apr-18

FV60

Gill Gibbons	04:00:58	London Marathon	28-Apr-19
Shelagh Swinnerton	04:48:28	London Marathon **	13-Apr-08
Sylvia Smallwood	04:59:33	London Marathon	23-Apr-06