

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

<b>Name</b>	<b>Time</b>	<b>Event</b>	<b>Date</b>
<b>5K</b>			
Katie Latham	00:19:11	Queens Park 5K (Race 3)	30-Aug-16
Katie Latham	00:19:24	The Wammy 5K	19-Oct-19
Katie Latham	00:19:29	Queens Park 5K (Race 2)	28-Jul-15
Katie Latham	00:19:29	British Master	14-Jun-20
Nicola Lowe	00:19:39	Forest Park Ladies 5k	01-Jul-09
<b>4 Miles</b>			
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
Louise Gordon	00:28:44	Cheadle 4	13-Jul-14
<b>5 Miles</b>			
Katie Latham	00:31:13	Alsager 5	05-Feb-17
Nicola Lowe	00:31:26	Alsager 5	07-Feb-10
Katie Latham	00:31:55	Chester Spring 5	15-Apr-15
Nicola Lowe	00:32:07	Alsager 5	06-Feb-11
Nicola Lowe	00:32:23	JCB 5 mile	15-Jul-10
<b>10K</b>			
Nicola Lowe	00:39:08	Muller 10k	09-May-10
Katie Latham	00:39:22	Air Products 10K	27-Mar-16
Nicola Lowe	00:39:38	Farndon 10k	07-Mar-10
Katie Latham	00:39:45	Telford 10K	11-Dec-16
Rebecca Brand	00:39:56	Clayton 10K	16-May-12
<b>7 Miles</b>			
Katie Latham	00:47:56	Langley 7	07-Nov-15
Liz Buckley	00:47:57	Newcastle 7	07-Apr-02
Sarah Wilson	00:51:26	Langley 7	07-Nov-15
Anife Turchin	00:51:29	St Thomas 7	21-Sep-14
Sheila Bickerton	00:51:31	Newcastle 7	03-Apr-05

## **15K**

Laire Kivlin	01:19:29	Meerbrook 15K	21-Nov-20
Rachel Parker	01:20:48	Meerbrook 15K	19-Jun-19
Catherine Farrington	01:22:49	Meerbrook 15K	19-Jun-19
Sian Fern	01:26:52	Meerbrook 15K	19-Jun-19
Kerry Podmore	01:31:05	Meerbrook 15K	19-Jun-19

## **10 Miles**

Nicola Lowe	01:06:53	Great Warford 10	16-Aug-09
Diane Mitson	01:07:21	Llandudno 10	22-May-11
Rachel Smith	01:09:04	Trentham 10 Miler	27-Jul-03
Sheila Bickerton	01:09:50	Llandudno 10	13-Nov-05
Katie Latham	01:10:11	Trentham 10	17-Jul-11

## **Half Marathon**

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
Katie Latham	01:29:07	Village Bakeries Half Marathon	14-Feb-16
Nicola Lowe	01:29:09	Stafford Half Marathon	20-Mar-11

## **20 Miles**

Diane Mitson	02:16:04	Stafford 20	13-Mar-11
Nicola Lowe	02:23:23	Stafford 20	13-Mar-11
Sarah Wilson	02:27:17	South Cheshire 20	07-Sep-14
Katie Latham	02:32:07	Knighton 20	13-Mar-16
Sarah Wilson	02:32:11	Stafford 20	09-Mar-14

## **Marathon**

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
Katie Latham	03:13:51	London Marathon	24-Apr-16
Amy Grace	03:14:36	London Marathon	24-Apr-16

## **Age Category**

Senior Women  
Senior Women  
Senior Women  
Senior Women  
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