

South Cheshire Harriers

LADIES BEST TIMES 2020

Name	Time	Date	Race
5K			
Senior Ladies			
Katie Latham	00:19:29	14/06/2020	British Masters & SCH under 35 Virtual 5K
Sharna Gallagher	00:24:34	14/06/2020	British Masters & SCH under 35 Virtual 5K
LV-35			
Amy Grace	00:20:33	14/06/2020	British Masters & SCH under 35 Virtual 5K
Marie Atkinson	00:23:41	14/06/2020	British Masters & SCH under 35 Virtual 5K
Suzanne Dale	00:25:00	14/06/2020	British Masters & SCH under 35 Virtual 5K
LV-40			
Lizzie Slater	00:21:47	14/06/2020	British Masters & SCH under 35 Virtual 5K
Charlotte Logie	00:22:57	14/06/2020	British Masters & SCH under 35 Virtual 5K
Claire Kivlin	00:24:42	14/06/2020	British Masters & SCH under 35 Virtual 5K
Cathy Atherton	00:24:13	14/06/2020	British Masters & SCH under 35 Virtual 5K
LV-45			
Claire Harrison	00:22:28	14/06/2020	British Masters & SCH under 35 Virtual 5K
Ruth Pryce	00:23:11	14/06/2020	British Masters & SCH under 35 Virtual 5K
Kerry Podmore	00:26:09	14/06/2020	British Masters & SCH under 35 Virtual 5K
LV-50			
Susan Poole	00:22:53	14/06/2020	British Masters & SCH under 35 Virtual 5K
Micheline Tremblay	00:30:34	14/06/2020	British Masters & SCH under 35 Virtual 5K
LV-55			
Suzanne Harrison	00:23:54	14/06/2020	British Masters & SCH under 35 Virtual 5K
Diane Mason	00:28:28	14/06/2020	British Masters & SCH under 35 Virtual 5K
5 Mile			
Senior Ladies			
Danielle Kenny	00:37:15	02/02/2020	Alsager 5 (NSRRA)
Lindsay Morris	00:38:25	02/02/2020	Alsager 5 (NSRRA)
Sadie Prince	00:39:54	02/02/2020	Alsager 5 (NSRRA)
Sharna Gallagher	00:40:43	02/02/2020	Alsager 5 (NSRRA)
Elinor Steele	00:41:22	02/02/2020	Alsager 5 (NSRRA)
LV-35			
Lana Davidson	00:36:45	02/02/2020	Alsager 5 (NSRRA)
Suzanne Dale	00:37:39	02/02/2020	Alsager 5 (NSRRA)
Jayne Cartwright	00:44:31	02/02/2020	Alsager 5 (NSRRA)
Sarah Bate	00:46:04	02/02/2020	Alsager 5 (NSRRA)
Amy Carwright	00:50:29	02/02/2020	Alsager 5 (NSRRA)
LV-40			
Claire Harrison	00:36:52	02/02/2020	Alsager 5 (NSRRA)
Katharine Coton	00:38:58	02/02/2020	Alsager 5 (NSRRA)
Cathy Atherton	00:39:10	02/02/2020	Alsager 5 (NSRRA)
Claire Kivlin	00:39:27	02/02/2020	Alsager 5 (NSRRA)
Claire Kivlin	00:39:56	09/09/2020	Westbridge 5 : Vitual Race

LV-45

Kerry Podmore	00:40:42	02/02/2020	Alsager 5 (NSRRA)
Joanne Share	00:41:49	02/02/2020	Alsager 5 (NSRRA)
Kerry Podmore	00:42:52	09/09/2020	Westbridge 5 : Vitual Race
Zoe Ahearne	00:50:29	02/02/2020	Alsager 5 (NSRRA)
Emma Salt	00:51:16	02/02/2020	Alsager 5 (NSRRA)

LV-50

Suzanne Lynn	00:38:47	02/02/2020	Alsager 5 (NSRRA)
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LV-55

Helen Nightingale	00:47:22	02/02/2020	Alsager 5 (NSRRA)
Dawn Whalley	00:50:58	02/02/2020	Alsager 5 (NSRRA)

LV-55

Diane Mason	00:48:36	02/02/2020	Alsager 5 (NSRRA)
Micheline Tremblay	00:53:20	02/02/2020	Alsager 5 (NSRRA)

LV-60

Gill Gibbons	00:39:06	02/02/2020	Alsager 5 (NSRRA)
Angela Twiss	00:59:12	02/02/2020	Alsager 5 (NSRRA)

10K**Senior Ladies**

Amy Grace	00:40:07	12/01/2020	Kidsgrove 10K
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LV-35

Michelle Shaw	00:52:52	18/10/2020	Cheshire 10K Arley Hall
Catherine Farrington	00:55:26	12/01/2020	Kidsgrove 10K

LV-40

Claire Kivlin	00:49:09	30/08/2020	South Cheshire 10K Virtual Race
Claire Kivlin	00:49:18	18/11/2020	Knutsford 10K Virtual Race : 31/12/20
Lucy Becket	00:50:04	01/03/2020	Trafford 10K
Lucy Becket	00:51:10	12/01/2020	Kidsgrove 10K
Kat Arnold	00:56:07	02/12/2020	Cheddleton Xmas Pudding Race 10K : Virtual

LV-45

Claire Harrison	00:46:12	18/10/2020	Cheshire 10K Arley Hall
Claire Harrison	00:46:27	27/09/2020	Farndon 10K
Kerry Podmore	00:52:57	08/11/2020	Stone 10K : Virtual race
Kerry Podmore	00:53:09	27/09/2020	Farndon 10K
Kerry Podmore	00:53:51	30/08/2020	South Cheshire 10K Virtual Race

LV-50

Susan Poole	00:48:16	01/03/2020	Trafford 10K
Joanne Darlington	01:03:57	02/12/2020	Cheddleton Xmas Pudding Race 10K : Virtual

LV-55

Helen Nightingale	01:00:48	29/11/2020	Wilmslow 10K : Virtual Race : 31/12/20
Sue Davies	01:05:05	14/06/2020	St Thomas Virtual 10K
Micheline Tremblay	01:10:21	02/12/2020	Cheddleton Xmas Pudding Race 10K : Virtual
Micheline Tremblay	01:12:15	08/11/2020	Stone 10K : Virtual race
Micheline Tremblay	01:13:56	23/08/2020	Birchwood 10K : Virtual Race

LV-60

Lesley Cole	01:06:05	01/03/2020	Trafford 10K
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15K

Senior Ladies

Chrissy Barrow	01:53:53	21/11/2020	Meerbrook 15K :Virtual Race
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LV-40

Natalie Bailey	01:35:57	21/11/2020	Meerbrook 15K :Virtual Race
Kat Arnold	01:37:36	21/11/2020	Meerbrook 15K :Virtual Race
Claire Kivlin	01:19:10	21/11/2020	Meerbrook 15K :Virtual Race

LV-45

Kerry Podmore	01:24:35	21/11/2020	Meerbrook 15K :Virtual Race
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LV-50

Juliet Carter	01:56:42	21/11/2020	Meerbrook 15K :Virtual Race
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LV-55

Micheline Tremblay	01:55:32	21/11/2020	Meerbrook 15K :Virtual Race
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10 Mile

Senior Ladies

Chrissy Barrow	01:58:00	01/11/2020	Flying Fox 10 : Virtual race
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VL-35

Lizzie Slater	01:23:36	22/02/2020	Rhyl 10 Miles
Lucy Becket	01:26:10	22/02/2020	Rhyl 10 Miles
Joanna Wright	01:44:08	22/02/2020	Rhyl 10 Miles

VL-45

Kerry Podmore	01:32:26	01/11/2020	Flying Fox 10 : Virtual race
Sharon Grattan	01:41:12	22/02/2020	Rhyl 10 Miles

LV-50

Helen Nightingale	01:41:10	22/02/2020	Rhyl 10 Miles
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VL-55

Micheline Tremblay	02:03:39	01/11/2020	Flying Fox 10 : Virtual race
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Half Marathon**LV-45**

Kerry Podmore 01:59:37 20/09/2020 Cheshire Half Marathon : Capesthorpe Hall

LV-70

Shelagh Swinnerton 02:10:37 20/09/2020 Cheshire Half Marathon : Capesthorpe Hall

20 Miles**VL-35**

Lana Davidson 02:49:34 08/03/2020 Knighton 20 (NSRRA)

VL-40

Claire Kivlin 03:03:24 08/03/2020 Knighton 20 (NSRRA)

VL-45

Joanne Share 03:09:52 08/03/2020 Knighton 20 (NSRRA)

Marathon**VL-35**

Katie Latham 04:06:05 04/10/2020 London Marathon Virtual Race

Amy Grace 04:10:55 04/10/2020 London Marathon Virtual Race

Lana Davidson 04:37:41 04/10/2020 London Marathon Virtual Race

Chrissy Barrow 06:07:46 04/10/2020 London Marathon Virtual Race

VL-40

Claire Kivlin 03:57:15 25/10/2020 Manchester Marathon Virtual Race

VL-45

Kerry Podmore 04:55:19 04/10/2020 London Marathon Virtual Race

VL-50

Susan Poole 04:10:23 04/10/2020 London Marathon Virtual Race

Juliet Carter 05:55:39 04/10/2020 London Marathon Virtual Race

VL-55

Micheline Tremblay 06:33:52 04/10/2020 London Marathon Virtual Race

