

40 fastest female times over 5K in RRR club championship races (from 2004 up to end of 2016 season)

1	Carole Madden	Ian Casey Memorial Cowm Race 2011	19:23	21	Rebecca Mercer	Ian Casey Memorial Cowm Race 2016	22:58
2	Jennifer Bloor	Littleborough 5K Race Series 2016	19:34	22	Jayne Roberts	Ian Casey Memorial Cowm Race 2014	23:06
3	Becki Robinson	Ian Casey Memorial Cowm Race 2015	19:46	23	Teresa Hollins	Vera Hirst 5K 2007	23:12
4	Kirsty White	Ron Hill 5K 2014	19:56	24	Gill Lowe	Ron Hill 5K 2012	23:39
5	Jane Augsburger	Ian Casey Memorial Cowm Race 2015	20:29	25	Lisa Howarth	Ian Casey Memorial Cowm Race 2016	23:49
6	Debbie Shaw	Vera Hirst 5K 2006	20:38	26	Rose Rowson	Vera Hirst 5K 2010	24:05
7	Debbie Fiddling	Ian Casey Memorial Cowm Race 2011	21:11	27=	Louise Gilchrist	Middleton 5K 2007	24:15
8	Janet Jobey	Ian Casey Memorial Cowm Race 2016	21:12	27=	Susan Heaney	Ian Casey Memorial Cowm Race 2016	24:15
9	Jill Grime	Ron Hill 5K 2010	21:26	29	Angie Hart	Ian Casey Memorial Cowm Race 2013	24:18
10	Tawnia Norman	Littleborough 5K Race Series 2015	21:32	30	Helen Radcliffe	Littleborough 5K Race Series 2016	24:22
11	Shiela Waite	Vera Hirst 5K 2004	21:39	31	Chloe Clegg	Ian Casey Memorial Cowm Race 2016	24:23
12	Natalie Fitzpatrick	Ian Casey Memorial Cowm Race 2016	21:41	32	Diane Allingan	Ron Hill 5K 2014	24:27
13	Valerie Kilburn	Littleborough 5K Race Series 2016	21:43	33	Sarah Tomassi	Ron Hill 5K 2014	24:29
14	Laura Walters	Ian Casey Memorial Cowm Race 2014	21:47	34	Nikki Green	Ian Casey Memorial Cowm Race 2015	24:31
15	Rochelle Evans	Ian Casey Memorial Cowm Race 2014	22:01	35	Louise Saunders	Geoff Doggett 5K 2008	24:40
16	Helen Knight	Littleborough Lions 5K 2005	22:08	36	Jenny Newell	Ian Casey Memorial Cowm Race 2010	24:45
17	Katherine Brierley	Ian Casey Memorial Cowm Race 2015	22:26	37	Clare Darraugh	Ian Casey Memorial Cowm Race 2016	24:50
18	Kirsty Simcox	Littleborough 5K Race Series 2015	22:39	38	Fay Royle	Ian Terry Memorial Cowm Race 2014	25:18
19	Selina McLean	Ian Casey Memorial Cowm Race 2016	22:45	39	Margaret Bluer	Ian Casey Memorial Cowm Race 2016	25:30
20	Karen Mather	Ian Casey Memorial Cowm Race 2014	22:48	40	Rachael Kilburn	Littleborough 5K Race Series 2016	25:45

Summary: 13 out of 40 above times achieved in 2016. 19 out of 40 above times achieved since 2015. 27 out of 40 above times achieved since 2014.

40 fastest female times over 10K in RRR club championship races (from 2004 up to end of 2016 season)

1	Jennifer Bloor	The Southport Mad Dog 10K 2016	39:28	21	Vikki Smith	Rochdale 10K 2016	48:17
2	Becki Robinson	The Southport Mad Dog 10K 2015	39:43	22	Diane Allingan	Rochdale 10K 2016	48:20
3	Carole Madden	Dewsbury 10K 2010	40:17	23=	Katherine Brierley	The Southport Mad Dog 10K 2015	48:22
4	Kirsty White	The Southport Mad Dog 10K 2015	41:04	23=	Kyrinda Hurst-Moore	Middleton Moonraker 10K 2006	48:22
5	Shiela Waite	Dewsbury 10K 2004	42:30	25=	Jayne Roberts	The Southport Mad Dog 10K 2015	48:24
6	Debbie Shaw	Dewsbury 10K 2007	42:39	25=	Selina McLean	The Southport Mad Dog 10K 2016	48:24
7	Jane Augsburger	Mossley 10K 2015	42:46	27	Rebecca Mercer	Milltown Oldham 10K 2016	48:34
8	Debbie Fiddling	The Southport Mad Dog 10K 2012	43:26	28	Helen Radcliffe	Jack & Roy 10K 2016	48:43
9	Tawnia Norman	The Southport Mad Dog 10K 2015	44:00	29	Karen Mather	The Southport Mad Dog 10K 2014	49:06
10	Janet Jobey	Jack & Roy 10K 2016	44:24	30=	Angie Hart	Middleton Moonraker 10K 2013	49:58
11	Natalie Fitzpatrick	The Southport Mad Dog 10K 2015	44:29	30=	Clare Darraugh	The Southport Mad Dog 10K 2015	49:58
12	Rochelle Evans	The Southport Mad Dog 10K 2015	44:49	32	Nikki Green	The Southport Mad Dog 10K 2015	50:10
13	Gill Lowe	The Southport Mad Dog 10K 2015	45:22	33	Luz Muir	Dewsbury 10K 2006	50:13
14	Helen Knight	Trafford 10K 2005	45:25	34	Rose Rowson	The Southport Mad Dog 10K 2015	50:33
15	Valerie Kilburn	Jack & Roy 10K 2016	45:34	35	Julie Greenwood	The Southport Mad Dog 10K 2013	50:44
16	Laura Walters	The Southport Mad Dog 10K 2015	45:46	36	Louise Saunders	Rochdale 10K 2008	50:53
17	Jill Grime	Dewsbury 10K 2011	46:01	37	Vicky Bramley	City of Manchester 10K 2006	50:54
18	Kirsty Simcox	Rochdale 10K 2015	46:48	38	Lisa Howarth	The Southport Mad Dog 10K 2016	50:57
19	Teresa Hollins	Trafford 10K 2005	47:01	39	Sarah Tomassi	Milltown Oldham 10K 2014	51:37
20	Louise Gilchrist	Trafford 10K 2005	47:14	40	Jenny Newell	Rochdale 10K 2011	51:41

Summary: 9 out of 40 above times achieved in 2016. 23 out of 40 above times achieved since 2015. 25 out of 40 above times achieved since 2014.

30 fastest female times over 10M in RRR club championship races (from 2004 up to end of 2016 season)

1	Jennifer Bloor	Swinton 10 2015	1:04:41	16	Tawnia Norman	Derwentwater 10 2015	1:20:04
2	Carole Madden	Sale 10 2010	1:07:36	17	Vikki Smith	Prudent Riverside 10 2016	1:20:17
3	Becki Robinson	Derwentwater 10 2014	1:09:07	18	Kate Instone	Derwentwater 10 2009	1:20:38
4	Kirsty White	Swinton 10 2015	1:09:33	19	Rebecca Mercer	Prudent Riverside 10 2016	1:20:41
5	Debbie Shaw	St.Annes 10 2006	1:10:37	20	Teresa Hollins	Lancaster 10 2005	1:21:00
6	Shiela Waite	St.Annes 10 2004	1:11:10	21	Selina McLean	Swinton 10 2015	1:21:18
7	Sophie Wood	Derwentwater 10 2016	1:11:13	22	Helen Radcliffe	Derwentwater 10 2016	1:22:56
8	Debbie Fiddling	Sale 10 2011	1:12:14	23	Luz Muir	Llandudno 10 2004	1:23:59
9	Janet Jobey	Prudent Riverside 10 2016	1:12:42	24	Margaret Bluer	Swinton 10 2015	1:24:08
10	Rochelle Evans	Derwentwater 10 2013	1:15:07	25	Rose Rowson	Great Warford 10 2013	1:24:50
11	Valerie Kilburn	Prudent Riverside 10 2016	1:15:32	26	Jayne Roberts	Great Warford 10 2013	1:24:58
12	Helen Knight	Great Warford 10 2013	1:15:48	27	Nikki Green	Derwentwater 10 2013	1:25:14
13	Laura Walters	Derwentwater 10 2013	1:16:45	28=	Andrea Simpson	Derwentwater 10 2015	1:26:26
14	Louise Gilchrist	Llandudno 10 2005	1:19:28	28=	Diane Allingan	Derwentwater 10 2013	1:26:26
15	Natalie Fitzpatrick	Swinton 10 2014	1:19:59	30	Kay Fitton	Great Warford 10 2013	1:26:32

Summary: 6 out of 30 above times achieved in 2016. 12 out of 30 above times achieved since 2015. 14 out of 30 above times achieved since 2014.

30 fastest female times over HM in RRR club championship races (from 2004 up to end of 2016 season)

1	Jennifer Bloor	Oulton Park ½ Marathon 2016	1:28:51	16	Helen Knight	Wilmslow ½ Marathon 2014	1:44:34
2	Carole Madden	Chester ½ Marathon 2011	1:30:41	17	Selina McLean	Oulton Park ½ Marathon 2016	1:45:43
3	Becki Robinson	Great North West ½ Marathon 2015	1:30:48	18	Rose Rowson	Chester ½ Marathon 2010	1:47:08
4	Kirsty White	Great North West ½ Marathon 2014	1:33:55	19	Katherine Brierley	Great North West ½ Marathon 2015	1:48:23
5	Debbie Shaw	Chester ½ Marathon 2006	1:34:09	20	Vikki Smith	Rochdale ½ Marathon 2016	1:48:41
6	Shiela Waite	Chester ½ Marathon 2004	1:35:45	21	Kyrinda Hurst-Moore	Oldham ½ Marathon 2006	1:50:10
7	Debbie Fiddling	Chester ½ Marathon 2011	1:36:55	22	Nikki Green	Great North West ½ Marathon 2015	1:50:43
8	Janet Jobey	Rochdale ½ Marathon 2016	1:38:09	23	Jayne Roberts	Great North West ½ Marathon 2015	1:51:50
9	Rochelle Evans	Great North West ½ Marathon 2014	1:39:50	24	Karen Mather	Chester ½ Marathon 2014	1:51:51
10	Valerie Kilburn	Rochdale ½ Marathon 2016	1:41:56	25	Angie Hart	Congleton ½ Marathon 2013	1:53:55
11	Laura Walters	Congleton ½ Marathon 2013	1:41:59	26=	Jenny Newell	Great North West ½ Marathon 2011	1:55:15
12	Teresa Hollins	Swinton ½ Marathon 2005	1:43:33	26=	Kay Fitton	Chester ½ Marathon 2013	1:55:15
13	Kirsty Simcox	Great North West ½ Marathon 2015	1:43:52	28	Louise Saunders	Great North West ½ Marathon 2007	1:55:47
14	Gill Lowe	Congleton ½ Marathon 2012	1:44:16	29	Susan Heaney	Rochdale ½ Marathon 2016	1:55:50
15	Natalie Fitzpatrick	Rochdale ½ Marathon 2016	1:44:17	30	Vicky Bramley	Bridlington ½ Marathon 2006	1:55:55

Summary: 7 out of 30 above times achieved in 2016. 12 out of 30 above times achieved since 2015. 16 out of 30 above times achieved since 2014.

40 highest % performance female over 5K in RRR club championship races (from 2004 up to end of 2016 season)

1	Louise Gilchrist	Middleton 5K 2007	24:15	99.54	21	Helen Knight	Ian Casey Femorial Cowm Race 2014	22:23	69.76
2	Carole Madden	Ian Casey Femorial Cowm Race 2011	19:23	86.49	22	Jill Grime	Ron Hill 5K 2010	21:26	69.55
3	Debbie Shaw	Ian Casey Femorial Cowm Race 2016	21:08	81.32	23	Natalie Fitzpatrick	Ian Casey Femorial Cowm Race 2016	21:41	69.16
4	Debbie Fiddling	Ian Casey Femorial Cowm Race 2015	21:23	79.36	24	Rochelle Evans	Ian Casey Femorial Cowm Race 2014	22:01	69.05
5	June Allingan	Ian Casey Femorial Cowm Race 2015	29:32	77.96	25	Tawnia Norman	Littleborough 5K Race Series 2015	21:32	68.78
6	Kirsty White	Ron Hill 5K 2014	19:56	77.22	26	Gill Lowe	Ron Hill 5K 2012	23:39	68.47
7	Teresa Hollins	Ian Casey Femorial Cowm Race 2014	25:06	76.22	27	Laura Walters	Ian Casey Femorial Cowm Race 2014	21:47	68.10
8	Jennifer Bloor	Littleborough 5K Race Series 2016	19:34	75.64	28	Selina FcLean	Ian Casey Femorial Cowm Race 2016	22:45	67.63
9	Valerie Kilburn	Littleborough 5K Race Series 2016	21:43	75.38	29	Nikki Green	Ian Casey Femorial Cowm Race 2015	24:31	67.53
10	Rose Rowson	Littleborough 5K Race Series 2015	24:43	75.25	30	Sheila Phillips	Ian Casey Femorial Cowm Race 2016	32:09	67.07
11	Becki Robinson	Ian Casey Femorial Cowm Race 2015	19:46	74.94	31	Eileen Ingham	Ron Hill 5K 2010	29:08	66.35
12=	Fay Royle	Ian Casey Femorial Cowm Race 2015	26:01	74.56	32	Kirsty Simcox	Littleborough 5K Race Series 2015	22:39	65.49
12=	Karen Mather	Ian Terry Femorial Cowm Race 2014	23:03	74.56	33	Rebecca Fercer	Ian Casey Femorial Cowm Race 2016	22:58	64.53
14	Diane Allingan	Littleborough 5K Race Series 2016	24:48	74.00	34	Anne Jones	Ron Hill 5K 2011	26:39	64.50
15	Susan Heaney	Ian Casey Femorial Cowm Race 2016	24:15	73.69	35	Jayne Roberts	Ian Casey Femorial Cowm Race 2014	23:06	64.07
16	Janet Jobey	Ian Casey Femorial Cowm Race 2016	21:12	73.63	36	Bernadette Ball	Littleborough 5K Race Series 2016	30:36	63.38
17	Jane Augsburger	Ian Casey Femorial Cowm Race 2015	20:29	72.25	37	Helen Radcliffe	Littleborough 5K Race Series 2016	24:22	63.16
18	Shiela Waite	Vera Hirst 5K 2012	22:34	71.76	38	Angie Hart	Ian Casey Femorial Cowm Race 2013	24:18	62.58
19	Margaret Bluer	Ian Casey Femorial Cowm Race 2016	25:30	70.98	39	Jenny Wood	Geoff Doggett 5K 2008	27:08	62.36
20	Katherine Brierley	Ian Casey Femorial Cowm Race 2015	22:26	70.81	40	Lisa Howarth	Ian Casey Femorial Cowm Race 2016	23:49	62.14

Summary: 14 out of 40 above times achieved in 2016. 24 out of 40 above times achieved since 2015. 31 out of 40 above times achieved since 2014.

40 highest % performance female over 10K in RRR club championship races (from 2004 up to end of 2016 season)

1	Louise Gilchrist	Trafford 10K 2005	0:47:14	101.14	21	Rochelle Evans	The Southport Mad Dog 10K 2015	0:44:49	70.37
2	Carole Madden	Dewsbury 10K 2010	0:40:17	85.02	22	Helen Knight	The Southport Mad Dog 10K 2015	0:46:20	70.24
3	Teresa Hollins	The Southport Mad Dog 10K 2015	0:49:47	81.02	23	Susan Heaney	Milltown Oldham 10K 2016	0:52:28	69.80
4	Debbie Shaw	The Southport Mad Dog 10K 2015	0:43:44	80.56	24	Natalie Fitzpatrick	The Southport Mad Dog 10K 2015	0:44:29	69.09
5	Kirsty White	The Southport Mad Dog 10K 2015	0:41:04	77.90	25	Tawnia Norman	The Southport Mad Dog 10K 2015	0:44:00	69.01
6	Diane Allingan	Rochdale 10K 2016	0:48:20	77.80	26	Nikki Green	The Southport Mad Dog 10K 2015	0:50:10	67.65
7	Debbie Fiddling	Milltown Oldham 10K 2015	0:44:53	77.50	27	Vikki Smith	Rochdale 10K 2016	0:48:17	66.81
8	Jennifer Bloor	The Southport Mad Dog 10K 2016	0:39:28	76.85	28=	Katherine Brierley	The Southport Mad Dog 10K 2015	0:48:22	66.71
9	Becki Robinson	The Southport Mad Dog 10K 2015	0:39:43	76.46	28=	Laura Walters	The Southport Mad Dog 10K 2015	0:45:46	66.71
10	June Allingan	The Southport Mad Dog 10K 2012	0:58:03	76.10	30	Jill Grime	Dewsbury 10K 2011	0:46:01	66.55
11	Gill Lowe	The Southport Mad Dog 10K 2015	0:45:22	75.73	31	Anne Jones	The Southport Mad Dog 10K 2012	0:53:46	65.52
12	Rose Rowson	Mossley 10K 2015	0:50:53	74.92	32	Sheila Phillips	Milltown Oldham 10K 2015	1:07:31	65.44
13	Valerie Kilburn	Jack & Roy 10K 2016	0:45:34	74.49	33	Kyrinda Hurst-Moore *	Middleton Foonraker 10K 2006	0:48:22	65.41
14	Shiela Waite	The Southport Mad Dog 10K 2012	0:45:05	73.61	34	Helen Radcliffe	Jack & Roy 10K 2016	0:48:43	65.18
15	Janet Jobey	Jack & Roy 10K 2016	0:44:24	72.07	35	Selina FcLean	Rochdale 10K 2016	0:48:30	65.02
16	Margaret Bluer	Milltown Oldham 10K 2016	0:51:51	71.56	36	Kirsty Simcox	Rochdale 10K 2015	0:46:48	64.97
17	Jane Augsburger	Mossley 10K 2015	0:42:46	70.92	37	Bernadette Ball	Mossley 10K 2016	1:03:01	64.01
18	Karen Mather	The Southport Mad Dog 10K 2014	0:49:06	70.84	38	Julie Greenwood	The Southport Mad Dog 10K 2013	0:50:44	63.58
19	Eileen Ingham	Middleton Foonraker 10K 2013	0:58:00	70.56	39	Lisa Cummins	Jack & Roy 10K 2016	0:52:21	63.39
20	Fay Royle	Milltown Oldham 10K 2015	0:56:29	70.40	40	Vicky Bramley	Dewsbury 10K 2009	0:51:25	63.06

Summary: 11 out of 40 above times achieved in 2016. 29 out of 40 above times achieved since 2015. 30 out of 40 above times achieved since 2014.

30 highest % performance female over 10M in RRR club championship races (from 2004 up to end of 2016 season)

1	Louise Gilchrist	Llandudno 10 2005	1:19:28	98.51	16	Diane Allingan	Derwentwater 10 2013	1:26:26	69.41
2	Carole Madden	Sale 10 2010	1:07:36	84.05	17	Fay Royle	Derwentwater 10 2015	1:34:05	69.24
3	Debbie Shaw	Derwentwater 10 2015	1:13:29	78.56	18	Helen Knight	Great Warford 10 2013	1:15:48	68.65
4	Jennifer Bloor	Swinton 10 2015	1:04:41	76.84	19	Rochelle Evans	Derwentwater 10 2013	1:15:07	67.97
5	Teresa Hollins	Great Warford 10 2013	1:23:47	75.59	20	Susan Heaney	Swinton 10 2015	1:29:51	66.79
6	Kirsty White	Swinton 10 2015	1:09:33	75.38	21	Rose Rowson	Swinton 10 2014	1:31:32	66.43
7	Debbie Fiddling	Derwentwater 10 2016	1:16:04	74.94	22	Vikki Smith	Prudent Riverside 10 2016	1:20:17	65.84
8	June Allingan	Derwentwater 10 2015	1:44:56	74.92	23	Laura Walters	Derwentwater 10 2013	1:16:45	64.83
9	Margaret Bluer	Swinton 10 2015	1:24:08	73.25	24	Jayne FcQuaid	Derwentwater 10 2012	1:26:37	64.20
10	Valerie Kilburn	Prudent Riverside 10 2016	1:15:32	72.78	25	Selina FcLean	Swinton 10 2015	1:21:18	63.57
11	Janet Jobey	Prudent Riverside 10 2016	1:12:42	72.12	26	Nikki Green	Derwentwater 10 2013	1:25:14	63.16
12	Becki Robinson	Derwentwater 10 2014	1:09:07	71.92	27	Kay Fitton	Great Warford 10 2013	1:26:32	62.85
13	Shiela Waite	St.Annes 10 2004	1:11:10	71.90	28	Helen Radcliffe	Derwentwater 10 2016	1:22:56	62.74
14	Eileen Ingham	Great Warford 10 2013	1:34:07	71.25	29	Bernadette Ball	Derwentwater 10 2016	1:45:27	62.67
15	Sophie Wood	Derwentwater 10 2016	1:11:13	69.79	30	Natalie Fitzpatrick	Swinton 10 2014	1:19:59	62.56

Summary: 7 out of 30 above times achieved in 2016. 15 out of 30 above times achieved since 2015. 17 out of 30 above times achieved since 2014.

30 highest % performance female over HM in RRR club championship races (from 2004 up to end of 2016 season)

1	Carole Madden	Great North West ½ Marathon 2010	1:31:28	82.78	16	Susan Heaney	Rochdale ½ Marathon 2016	1:55:50	68.63
2	Debbie Shaw	Rochdale ½ Marathon 2016	1:38:55	77.32	17	Rochelle Evans	Great North West ½ Marathon 2015	1:40:11	68.34
3	Teresa Hollins	Great North West ½ Marathon 2015	1:56:13	75.34	18	Diane Allingan	Chester ½ Marathon 2014	1:57:05	67.90
4	Jennifer Bloor	Oulton Park ½ Marathon 2016	1:28:51	74.11	19	Fay Royle	Great North West ½ Marathon 2014	2:04:09	67.60
5	Kirsty White	Great North West ½ Marathon 2015	1:33:58	73.93	20	Karen Mather	Chester ½ Marathon 2014	1:51:51	67.53
6	Debbie Fiddling	Mill Town to Foor ½ Marathon 2016	1:42:37	73.60	21	Nikki Green	Great North West ½ Marathon 2015	1:50:43	66.55
7	Eileen Ingham	Wilmslow ½ Marathon 2014	2:00:46	73.58	22	Helen Knight	Wilmslow ½ Marathon 2014	1:44:34	66.44
8	Rose Rowson	Chester ½ Marathon 2010	1:47:08	73.44	23	Katherine Brierley	Great North West ½ Marathon 2015	1:48:23	65.20
9	Becki Robinson	Great North West ½ Marathon 2015	1:30:48	72.60	24	Vikki Smith	Rochdale ½ Marathon 2016	1:48:41	65.02
10	Valerie Kilburn	Rochdale ½ Marathon 2016	1:41:56	72.28	25	Laura Walters	Congleton ½ Marathon 2013	1:41:59	64.64
11	June Allingan	Great North West ½ Marathon 2012	2:12:45	72.25	26	Selina FcLean	Oulton Park ½ Marathon 2016	1:45:43	64.36
12	Shiela Waite	Chester ½ Marathon 2004	1:35:45	71.71	27	Anne Jones	Great North West ½ Marathon 2012	1:59:06	64.22
13	Janet Jobey	Rochdale ½ Marathon 2016	1:38:09	70.78	28	Natalie Fitzpatrick	Rochdale ½ Marathon 2016	1:44:17	63.97
14	Margaret Bluer	Mill Town to Foor ½ Marathon 2015	1:56:29	70.09	29	Kirsty Simcox	Great North West ½ Marathon 2015	1:43:52	63.55
15	Gill Lowe	Congleton ½ Marathon 2012	1:44:16	69.11	30	Kyrinda Hurst-Moore *	Oldham ½ Marathon 2006	1:50:10	62.83

Summary: 9 out of 30 above times achieved in 2016. 17 out of 30 above times achieved since 2015. 22 out of 30 above times achieved since 2014.