**Last updated 15/12/21**

**Ladies rankings (Thanks to Michelle Vaughan for all the 5km results and finding age categories)**

**5km**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Name | Age Category | Year | Race | Time |
| Sarah Hudak | Senior | 2013 | Stanford | 16:21 |
| Emillia Platt | U17 | 2022 | Birkenhead | 17:16 |
| Emillia Platt | U20 | 2022 | Sale Sizzler | 17:22 |
| Emillia Platt | U20 | 2022 | Sale Sizzler | 17:28 |
| Emillia Platt | U20 | 2022 | Liverpool | 17:36 |
| Emillia Platt | U20 | 2022 | Alexandra Park Run | 17:53 |
| Emillia Platt | U17 | 2022 | Sutton Coldfield | 18:01 |
| Emillia Platt | U20 | 2022 | Ormskirk | 18:08 |
| Emillia Platt | U17 | 2021 | Oldham Park Run | 18:25 |
| Michelle Vaughan | V50 | 2022 | Mid Cheshire | 18:37 |
| Michelle Vaughan | V45 | 2021 | Mid Cheshire | 18:43 |
| Michelle Vaughan | V50 | 2022 | Mid Cheshire | 18:47 |
| Michelle Vaughan | V50 | 2021 | Stretford Park Run | 18:55 |
| Michelle Vaughan | V50 | 2022 | Sale Sizzler | 18:57 |
| Michelle Vaughan | V50 | 2022 | South Manchester Park Run | 18:58 |
| Katie Kay | V40 | 2022 | Alexandra Park Run | 19:09 |
| Michelle Vaughan | V45 | 2021 | Sale Sizzler | 19:11 |
| Hayley Simpson | Senior | 2018 | Sale Water Park Run | 19:12 |
| Michelle Vaughan | V45 | 2021 | Sale Sizzler | 19:15 |
| Michelle Vaughan | V50 | 2022 | Sale Sizzler | 19:15 |
| Katie Kay | V40 | 2022 | South Manchester Park Run | 19:17 |
| Michelle Vaughan | V45 | 2021 | Sale Sizzler | 19:19 |
| Michelle Vaughan | V50 | 2022 | Stretford Park Run | 19:19 |
| Hayley Simpson | U23 | 2017 | Worsley Woods Park Run | 19:23 |
| Michelle Vaughan | V50 | 2022 | Stretford Park Run | 19:27 |
| Michelle Vaughan | V50 | 2021 | Alexandra Park Run | 19:27 |
| Michelle Vaughan | V45 | 2019 | Mid Cheshire | 19:28 |
| Michelle Vaughan | V45 | 2019 | Christleton | 19:36 |
| Hayley Simpson | Senior | 2020 | Heaton Park, Park Run | 19:38 |
| Michelle Vaughan | V45 | 2021 | Mid Cheshire | 19:39 |
| Hayley Simpson | U23 | 2017 | Worsley Woods Park Run | 19:40 |
| Aliesha Smith | U17 | 2022 | Sutton Coldfield | 19:41 |
| Hayley Simpson | U23 | 2017 | South Manchester | 19:45 |
| Katie Kay | V40 | 2022 | Oldham Park Run | 19:45 |
| Hayley Simpson | Senior | 2018 | South Manchester | 19:47 |
| Bethany McManus | Senior | 2018 | Stretford Park Run | 19:47 |
| Megan Lewis | U17 | 2019 | Birkenhead | 19:47 |
| Bethany McManus | Senior | 2018 | Stretford Park Run | 19:48 |
| Michelle Vaughan | V45 | 2017 | Christleton | 19:49 |
| Michelle Vaughan | V45 | 2019 | Sale Sizzler | 19:50 |
| Michelle Vaughan | V45 | 2017 | Sale Sizzler | 19:55 |
| Michelle Vaughan | V50 | 2022 | Tampere | 19:55 |
| Hayley Simpson | U23 | 2017 | Woodhouse Moor Park Run | 19:56 |
| Hayley Simpson | Senior | 2019 | Sale Water Park Run | 19:57 |
| Michelle Vaughan | V45 | 2017 | Sale Sizzler | 19:57 |

**10km**

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| --- | --- | --- | --- | --- |
| Stella Boam | Senior | ? | 1996 | 36:02 |
| Stella Boam | Senior | East Cheshire | 1996 | 36:14 |
| Emilia Platt | U20 | Greater Manchester Run | 2022 | 36:49 |
| Emilia Platt | U17 | Knutsford | 2021 | 37:03 |
| Emilia Platt | U17 | Chester | 2021 | 37:16 |
| Ross Dunnington | V40 | East Cheshire | 1996 | 37:59 |
| Michelle Vaughan | V50 | Salford | 2022 | 38:18 |
| Emilia Platt | U17 | Knutsford | 2020 | 38:25 |
| Jenny Carson | Senior | Blackburn | 2005 | 38:30 |
| Jenny Carson | Senior | Radcliffe | 2004 | 39:01 |
| Michelle Vaughan | V50 | Bristol | 2022 | 39:20 |
| Hayley Simpson | Senior | Cheshire | 202 | 39:40 |
| Michelle Vaughan | V50 | Telford | 2021 | 39:56 |
| Michelle Vaughan | V50 | Wilmslow | 2022 | 39:57 |
| Jenny Carson | Senior | Middleton | 2004 | 40:06 |
| Michelle Vaughan | V50 | Stockport | 2022 | 40:13 |
| Michelle Vaughan | V45 | Madrid | 2017 | 40:13 |
| Aliesha Smith | U17 | Greater Manchester Run | 2022 | 40:17 |
| Hayley Simpson | Senior | Knutsford | 2020 | 40:19 |
| Janet Grint | V40 | Wilmslow | 2017 | 40:28 |
| Hayley Simpson | Senior | Manchester | 2017 | 40:42 |
| Hayley Simpson | Senior | Salford | 2019 | 41:00 |
| Michelle Vaughan | V45 | Kirby Mallory | 2021 | 41:21 |
| Janet Grint | V40 | Cheshire | 2016 | 41:43 |
|  |  |  |  |  |
| Michelle Vaughan | V45 | Chester | 2019 | 41:45 |
| Michelle Vaughan | V40 | Salford | 2016 | 42:05 |
| Megan Lewis | U20 | Knutsford | 2020 | 42:11 |
| Jessica Cope | Senior | Lancaster | 2017 | 42:14 |
| Janet Grint | V35 | Leeds Abbey Dash | 2015 | 42:18 |
| Hayley Simpson | Senior | Leyland | 2018 | 42:24 |
| Hayley Simpson | Senior | Rochdale | 2021 | 42:27 |
| Beth McManus | Senior | Partington | 2017 | 42:27 |
| Hayley Simpson | Senior | Mossley | 2018 | 42:29 |
| Beth McManus | Senior | Sheffield | 2015 | 42:34 |
| Jannine Ridgard | V45 | Salford | 2012 | 42:43 |
| Hayley Simpson | Senior | Manchester | 2016 | 42:53 |
| Janet Grint  | V35 | Leeds Abbey Dash | 2014 | 42:55 |
| Jannine Ridgard | V45 | Manchester | 2012 | 42:55 |
| Janet Grint | V35 | Arley | 2014 | 42:59 |
| Beth McManus | Senior | Sheffield | 2014 | 42:59 |
| Jannine Ridgard | V45 | Manchester | 2012 | 43:24 |
| Janet Grint | V35 | Arley | 2013 | 43:35 |

**Half marathon**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Jenny Carson | Senior | Blackpool | 2005 | 81:26 |
| Stella Boam | Senior | Tour of Tameside | 1992 | 81:38 |
| Michelle Vaughan  | V50 | Edinburgh | 2022 | 83:41 |
| Jenny Carson | Senior | Stafford | 2005 | 83:59 |
| Michaela Bromley | Senior | Wilmslow | ? | 84:11 |
| Michaela Bromley | Senior | Tour Tameside | 1994 | 84:54 |
| Michelle Vaughan | V50 | Wrexham | 2022 | 86:21 |
| Michelle Vaughan | V50 | Wrexham | 2021 | 86:50 |
| Michelle Vaughan | V45 | Windsor | 2021 | 88:23 |
| Kate Kelly | Senior | Wilmslow | 2011 | 88:35 |
| Kate Kelly | Senior | Lea Town | 2014 | 89:37 |
| Hayley Simpson | Senior | Wilmslow | 2019 | 88:44 |
| Jenny Carson | Senior | Oldham | 2003 | 89:47 |
| Michelle Vaughan | V45 | Dorney | 2020 | 91:14 |
| Michelle Vaughan | V45 | Hull | 2019 | 93:12 |
| Hayley Simpson | Senior | Conwy | 2022 | 93:16 |
| Michelle Vaughan | V40 | Edinburgh | 2015 | 93:57 |
| Janet Grint | V40 | Brentwood | 2016 | 93:57 |

**Marathon**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Michelle Vaughan | V50 | Valencia | 2022 | 2:58:23 |
| Jenny Carson | Senior | Holyhead | 2004 | 3:00:47 |
| Jenny Carson | Senior | Stratford U Avon | 2005 | 3:02:01 |
| Michelle Vaughan | V50 | York | 2021 | 3:02:14 |
| Michelle Vaughan | V45 | York | 2019 | 3:10:28 |
| Michelle Vaughan | V45 | Chester | 2018 | 3:11:39 |
| Kate Kelly | Senior | London | 2013 | 3:11:43 |
| Michelle Vaughan | V40 | Frankfurt | 2016 | 3:12:53 |
| Michelle Vaughan | V45 | Manchester | 2018 | 3:15:47 |
| Michelle Vaughan | V40 | Dorney | 2020 | 3:16:24 |
| Michaela Bromley |  | London |  | 3:16…. |
| Michelle Vaughan | V40 | Abingdon | 2015 | 3:19:20 |
| Katie Kay | V40 | London | 2022 | 3:21:45 |