

West Cheshire AC

ROAD RACE RANKINGS 2009

Men 5km

Andrew Starkey	M45	16:57	Capenhurst	26-Aug
Jeff Kettle	MS	17:11	Capenhurst	26-Aug
Daniel Harris	MS	17:25	Christleton	08-May
Andrew Clague	M40	17:28	Bowdon	04-Jun
Gary Withers	M50	18:07	Dunham Massey - 1	22-May
Julian Clarke	M35	18:46	Christleton	08-May
Alan Bevan	M40	19:16	Christleton	08-May
Max Woods	M40	19:22	Capenhurst	26-Aug
Andrew Hetherington	MS	20:34	Christleton	08-May
Neil McIntyre	M45	20:58	Christleton	08-May
Dave Hough	M60	21:45	Capenhurst	26-Aug
Alan Morris	M50	21:54	Falesia, POR	20-Mar
Brian Hastings	M60	22:07	Falesia, POR	20-Mar
Michael Gandy	M35	22:52	Park Hall, Oswestry	10-Jun
Brian Beattie	M65	23:35	Christleton	08-May
Tony Thackray	M60	25:06	Bowdon	04-Jun

Women 5km

Ruth Hetherington	FS	20:02	Rhyl	27-May
Eleanor Robinson	F35	21:41	Christleton	08-May
Sacha Kendall-Woods	F35	23:55	Capenhurst	26-Aug
Kath Bennett	F50	26:58	Birchwood	01-Jul
Kathleen Osborne	F60	28:11	Birchwood	01-Jul
Mary Radford	F60	29:28	Park Hall, Oswestry	10-Jun

Men 5 mile

Alec Beaney	MJ	28:26	Chester Spring	08-Apr
Andrew Starkey	M45	28:48	Gobowen	31-Jul
Daniel Harris	SM	28:50	Chester Spring	08-Apr
Andrew Clague	M40	30:06	Chester Spring	08-Apr
Gary Withers	M50	30:10	Sefton Pk, L'pool	22-Jul
Jeff Kettle	MS	30:29	Chester Spring	08-Apr
Russell Kirk	M45	30:30	Chester Spring	08-Apr
Max Woods	M40	32:01	Chester Spring	08-Apr
Alan Bevan	M40	32:23	Chester Spring	08-Apr
Neil Atkinson	M45	32:27	Birkenhead Park	03-Jun
Julian Clarke	M35	33:15	Chester Spring	08-Apr
Mark Gould	MS	35:01	Chester Spring	08-Apr
Chris Cain	M40	35:19	Birkenhead Park	03-Jun
Nick Ogilvie	M45	35:34	Chester Spring	08-Apr
Brian Hastings	M60	35:41	Gobowen	31-Jul
Alan Littler	MJ	35:50	Chester Spring	08-Apr
Clive Sykes	M45	37:14	Chester Spring	08-Apr
Michael Gandy	M35	37:47	Gobowen	31-Jul
Mark Povey	M40	37:55	Alsager	01-Feb
Steve Russell-Ingram	M50	38:06	Chester Spring	08-Apr
Andrew Thompson	M45	39:04	Chester Spring	08-Apr
Brian Beattie	M65	42:05	Abergele	01-Nov
Tony Thackray	M60	44:39	Burtonwood	18-Jul
Peter Povey	M70	48:07	Runcorn Bridge	12-Apr

Women 5 mile

Laura Bestow	FS	32:46	Chester Spring	08-Apr
Eleanor Robinson	F35	37:33	Chester Spring	08-Apr
Sacha Kendall-Woods	F35	40:31	Chester Spring	08-Apr
Mary Radford	F60	46:26	Chester Spring	08-Apr
Heather Reynolds	FS	54:21	Alsager	01-Feb
Janet Sampson	F45	56:27	Chester Spring	08-Apr

Men 10 km

Alec Beaney	MJ	34:34	Gt Manchester Run	17-May
David Alexander	M40	34:50	Caernarfon (BL)	04-Jan
Jeff Kettle	MS	35:28	Colwyn Bay (TP)	24-Jan
Andrew Clague	M40	35:51	Guilden Sutton	20-Sep
Gary Withers	M50	37:27	Capenhurst	07-Jun
Dave Tiernan	M40	37:37	Caernarfon (BL)	04-Jan
Andrew Starkey	M45	38:11	Bolton	26-Apr
Chris Goodwin	MJ	39:08	Guilden Sutton	20-Sep
Max Woods	M40	39:47	Capenhurst	07-Jun
Alan Bevan	M40	40:36	Farndon	01-Mar
Chris Rhodes	M50	41:18	Caernarfon (BL)	04-Jan
Paul Price	M50	41:32	Caernarfon (BL)	04-Jan
Richard Batterham	M55	43:24	Caernarfon (BL)	04-Jan
Mark Gould	MS	43:31	Gt Manchester Run	17-May
Neil McIntyre	M45	44:36	Whitley	19-Apr
Dave Hough	M60	44:59	Wrexham (HT)	06-Dec
Brian Hastings	M60	45:48	Caernarfon (BL)	04-Jan
Mark Povey	M40	45:56	Liverpool	04-Oct
Neil Stanley	M40	46:36	Crewe (AP)	12-Apr
Nick Ogilvie	M45	46:47	Farndon	01-Mar
Brian Beattie	M65	47:20	Capenhurst	07-Jun
Michael Gandy	M35	48:19	Packwood	17-Jul
Tony Thackray	M60	52:59	Warrington RR	18-Jun
Peter Povey	M70	01:03:42	Mersey Tunnel	31-May

Women 10km

Ruth Hetherington	FS	44:21	Gt Manchester Run	17-May
Rhiannon Llewellyn	FS	45:22	Preston (Chernobyl)	25-Jan
Sacha Kendall-Woods	F35	49:25	Whitley	19-Apr
Jane Pickering	F40	49:36	Liverpool	04-Oct
Becky Dew	FS	52:13	Sheffield	06-Sep
Amanda Scott	FS	58:10	Milton Keynes	15-Nov
Mary Radford	F60	58:52	Farndon	01-Mar
Heather Reynolds	FS	01:03:15	Farndon	01-Mar

Men 10 mile

Andrew Starkey	M45	59:43	Great Warford	16-Aug
Paul Price	M50	01:08:16	Wrexham	25-Apr
Tony Thackray	M60	01:32:04	Great Warford	16-Aug

Women 10 mile

Rhiannon Llewellyn	FS	01:12:21	Sale	02-Aug
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Men Half-marathon

David Alexander	M40	01:17:40	Birmingham	11-Oct
Andrew Clague	M40	01:20:30	Chester	17-May
Andrew Starkey	M45	01:20:49	R Hood, Nott'ham	13-Sep
Max Woods	M40	01:27:55	Chester	17-May
Alan Bevan	M40	01:28:04	Wrexham	15-Feb
Bob Benson	M55	01:28:52	Wrexham	15-Feb
Chris Rhodes	M50	01:31:57	4 Villages, Helsby	18-Jan
Wayne Brassington	MS	01:32:43	Wilmslow	29-Mar
Julian Clarke	M35	01:32:48	Lake Vyrnwy	13-Sep
Mike Perchard	M55	01:34:36	Wilmslow	29-Mar
Richard Batherham	M55	01:35:09	4 Villages, Helsby	18-Jan
Chris Cain	M40	01:35:17	Chester	17-May
Darryl Pickering	M40	01:35:46	Chester	17-May
Clive Donovan	M45	01:37:31	4 Villages, Helsby	18-Jan
Nick Ogilvie	M45	01:38:55	Chester	17-May
Mark Gould	MS	01:39:01	Great North Run	20-Sep
Tony Kennedy	M50	01:39:10	Wrexham	15-Feb
Neil McIntyre	M45	01:39:18	Chester	17-May
Brian Beattie	M65	01:41:30	Wrexham	15-Feb
Clive Sykes	M45	01:42:13	Chester	17-May
Peter Weir	MS	01:45:15	Chester	17-May
Michael Gandy	M35	01:45:47	Chester	17-May
Mark Povey	M40	01:45:58	4 Villages, Helsby	18-Jan
Andrew Thompson	M45	01:55:07	Chester	17-May
Tony Thackray	M60	01:59:22	Congleton	11-Oct
Tony Hill	M55	02:16:01	Chester	17-May

Women Half-marathon

Rhiannon Llewellyn	FS	01:35:49	Wrexham	15-Feb
Rebecca Williams	FS	01:37:27	Conwy	08-Nov
Ruth Hetherington	FS	01:40:08	Gt Langdale	20-Sep
Jane Pickering	F45	01:45:13	Chester	17-May
Susan Southern	F40	01:47:21	Warrington	04-Oct
Sacha Kendall-Woods	F35	01:50:57	Chester	17-May
Julie Wood	FS	01:59:39	Warrington	04-Oct
Eve Howarth	FS	02:00:06	Edinburgh	05-Apr
Becky Dew	FS	02:06:47	Chester	17-May
Kathleen Osborne	F60	02:06:57	Chester	17-May
Catherine Ogilvie	F45	02:10:32	Chester	17-May
Jayne Noble	F40	02:12:38	Chester	17-May
Heather Reynolds	FS	02:21:24	Liverpool	29-Mar

Men Marathon

Chris Rhodes	M50	03:14:02	London	26-Apr
Bob Benson	M55	03:24:22	London	26-Apr
Wayne Brassington	MS	03:29:04	London	26-Apr
Tony Kennedy	M50	03:34:05	London	26-Apr
Christopher Cain	M40	03:38:28	London	26-Apr
Brian Beattie	M65	03:46:44	London	26-Apr
Neil McIntyre	M45	03:52:29	Paris	05-Apr
Peter Weir	MS	04:52:02	London	26-Apr
Neil Swanton	M35	04:59:08	London	26-Apr

Women Marathon

Ruth Hetherington	FS	03:39:41	Chicago, USA	11-Oct
Heather Reynolds	FS	05:46:02	London	26-Apr