

WCAC Age Group Records - One Mile and above

Men	Overall	U11	U13	U15	U17	U20	Senior	V35	V40	V45	V50	V55	V60	V65	V70	V75
1 mile (track)	05:14.90	05:56.00	05:40.90	05:38.10	05:34.20	(No performance)	(No performance)	(No performance)	06:11.20	05:14.90	06:11.80	(No performance)	(No performance)	(No performance)	(No performance)	(No performance)
	David Alexander 06/05/14	Charlie McMullan 03/05/16	Harvey Tegg 06/05/14	Sion Roberts 03/05/16	Christy Mageean 03/05/16				Chris Smith 06/05/14	David Alexander 06/05/14	Neil Atkinson 06/05/14					
	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary				WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary					
5k	15:28	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	16:32	16:38	16:39	15:28	15:51	15:59	17:01	18:44	19:11	21:20	23:23	(No performance)
	Paul Spencer 12/05/00 Christleton 5k				Cameron Weaver 19/08/15 Capenhurst 5k	Peter Benyon 12/08/98 WCAC Upton 5k	Robin Sedman-Smith 19/06/03 Park Hall 5k	Paul Spencer 12/05/00 Christleton 5k	Alan Morris 12/05/00 Christleton 5k	Rob Tudor 24/08/11 Capenhurst 5k	John Fidler 27/08/99 WCAC Upton 5k	John McGill 13/05/05 Christleton 5k	Joe Foy 28/04/16 Mid-Cheshire 5k	Dave Hough 23/05/14 Christleton 5k	Dave Bish 21/08/13 Capenhurst 5k	
5 miles	26:02	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	27:54	27:39	26:08	26:02	26:24	26:13	27:49	31:25	32:27	35:33	41:00	54:55
	Andy Starkey 20/12/98 Hale 5				Cameron Weaver 15/04/15 Chester Spring 5	Peter Benyon 07/04/98 Chester Spring 5	Robin Sedman-Smith 08/06/03 Buckley Charity 5	Andy Starkey 20/12/98 Hale 5	Alan Morris 06/04/99 Chester Spring 5	John Fidler 03/06/98 Birkenhead Park 5	John Fidler 08/11/98 Abergele 5	Bob Benson 14/12/08 Borders League, Mold (Ind. Estate finish)	Bob Benson 11/10/15 Borders League, Capenhurst	Dave Hough 20/04/14 Run the Bridge	Dave Bish 17/04/16 Borders League, Mold	Peter Povey 24/04/11 Run the Bridge
10k	32:43	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	34:46	34:34	33:45	32:43	33:32	33:24	33:58	38:44	39:18	45:00	49:04	1:07:46
	Andy Starkey 25/10/98 Chester Zoo 10k				Cameron Weaver 12/04/15 Borders League, Caernarfon	Alec Beaney 20/09/08 and 17/05/09 Sutton Six 10k and Great Manchester 10k	Darragh Staunton 28/11/04 Borders League, Caernarfon	Andy Starkey 25/10/98 Chester Zoo 10k	Graham MacNeil 26/06/04 Northern Veterans AC Monthly Run, Lymm	John Fidler 20/09/98 Sutton Six 10k	John Fidler 25/10/98 Chester Zoo 10k	Bob Freeman 20/09/16 Cheshire 10k	Joe Foy 30/03/14 Cheshire 10k	Dave Hough 25/09/16 Helena Tipping 10k	Dave Bish 09/10/16 Loch Ness 10k	Peter Povey 09/06/13 Mersey Tunnel 10k
10 miles	0:54:30	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	(No performance)	0:57:33	0:54:30	0:55:18	0:55:30	0:58:54	1:03:01	1:09:46	1:17:50	1:23:35	(No performance)
	Andy Starkey 11/04/99 Rivacre Runners and Joggers 10						James Docherty 29/11/11 Preston 10	Andy Starkey 11/04/99 Rivacre Runners and Joggers 10	Gary Withers 02/08/98 Sale 10	John Fidler 19/04/98 Rivacre Runners and Joggers 10	John Fidler 01/04/01 Rivacre Runners and Joggers 10	Jack Thomas 01/11/98 Llandudno 10	Brian Beattie 13/10/15 Llandudno 10	Brian Beattie 01/08/10 Sale 10	Dave Bish 09/10/16 Plusnet Yorkshire 10	
Half-marathon	1:12:13	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	1:22:05	1:14:15	1:12:13	1:15:24	1:15:56	1:13:10	1:24:41	1:26:02	1:35:48	1:50:59	(No performance)
	Kenny Begley 20/05/01 Chester Half-marathon					Adam Parr 22/01/12 Four Villages Half-marathon	Robin Sedman-Smith 18/05/03 Chester Half-marathon	Kenny Begley 20/05/01 Chester Half-marathon	Graham MacNeil 23/01/05 Four Villages Half-marathon	Paul Frodsham 18/05/03 Chester Half-marathon	John Fidler 27/09/98 Four Villages Half-marathon	Jack Thomas 08/03/15 Lake Vyrnwy Half-marathon	Joe Foy 15/02/15 Paris Half-marathon	Richard Batterham 15/05/16 Village Bakery Half-marathon	Dave Bish 15/05/16 Chester Half-marathon	
Marathon	2:39:48	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	3:37:52	2:51:36	2:44:24	2:39:48	2:52:01	2:53:41	3:04:21	3:25:47	3:23:22	4:19:08	(No performance)
	Kenny Begley 18/04/04 London Marathon					Michael Lyness 06/11/11 New York City Marathon	Iain Wedge 18/04/04 London Marathon	Kenny Begley 22/04/01 London Marathon	Kenny Begley 18/04/04 London Marathon	Bob Benson 18/04/99 London Marathon	Richard Batterham 14/04/02 London Marathon	Jack Thomas 26/04/98 London Marathon	Brian Beattie 17/04/05 London Marathon	Richard Batterham 26/04/15 London Marathon	Brian Beattie 05/10/14 Chester Marathon	

Women	Overall	U11	U13	U15	U17	U20	Senior	V35	V40	V45	V50	V55	V60	V65	V70	V75
1 mile (track)	05:39.10	06:17.90	05:58.20	06:12.50	05:57.00	05:39.10	(No performance)	06:13.60	06:12.80	07:10.10	06:51.40	(No performance)	(No performance)	(No performance)	(No performance)	(No performance)
	Katie Clarke 03/05/16	Carys Roberts 03/05/16	Lucia Pyne 03/05/16	Issy Clarke 06/05/14	Issy Clarke 03/05/16	Katie Clarke 03/05/16		Heather McLintock 06/05/14	Ellie Robinson 06/05/14	Jane Pickering 06/05/14	Su Baird 06/05/14					
	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary		WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary					
5k	17:50	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	19:34	22:00	17:50	19:56	20:29	21:41	23:25	22:41	22:47	24:01	(No performance)	(No performance)
	Joanne Bailey 24/08/01 WCAC Upton 5k				Kate Titlow 20/08/2008 Capenhurst 5k	Joanne Blundell 28/08/98 WCAC Upton 5k	Joanne Bailey 24/08/01 WCAC Upton 5k	Anest Müller 21/05/16 Prestatyn (Frith) 5k	Louise Diggle 07/07/99 Forest Park Women's 5k	Lisa Davies 20/05/16 Christleton 5k	Pamela Ackroyd 25/08/16 Mid-Cheshire 5k	Pamela Ackroyd 19/03/17 Run Wigan Festival 5k	Rosemary Rogers 19/06/14 Dunham Massey 5k (Race 2)	Rosemary Rogers 13/06/15 Hollins Green 5k		
5 miles	30:51	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	33:35	30:56	30:51	32:59	34:44	33:46	38:38	37:46	37:51	38:30	(No performance)	(No performance)
	Julie Fletcher 06/04/99 Chester Spring 5				Isy Clarke 06/11/16 Borders League, Spring 5 course	Katie Clarke 06/11/16 Borders League, Spring 5 course	Julie Fletcher 06/04/99 Chester Spring 5	Anest Müller 06/11/16 Chester Spring 5	Heather McLintock 06/11/16 Borders League, Spring 5 course	Jan Moffett 06/02/00 Alsager 5	Pamela Ackroyd 06/11/16 Borders League, Spring 5 course	Frances Mudway 30/07/2005 Dolgellau 5	Rosemary Rogers 20/10/14 Run the Bridge	Rosemary Rogers 05/04/15 Hale 5		
10k	37:57	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	41:57	40:53	37:57	40:48	41:44	43:27	50:26	47:35	47:02	48:15	(No performance)	(No performance)
	Joanne Bailey 28/10/01 Chester Zoo 10k				Isy Clarke 09/10/16 Borders League, Caernarfon	Katie Clarke 09/10/16 Borders League, Caernarfon	Joanne Bailey 28/10/01 Chester Zoo 10k	Anest Müller 11/09/16 Cardiff 10k	Louise Diggle 25/04/99 Whitley 10k	Jan Moffett 20/08/00 Birchwood 10k	Pamela Ackroyd 09/10/16 Sutton Six 10k	Frances Mudway 25/09/05 Cheshire 10k	Rosemary Rogers 30/03/14 Cheshire 10k	Rosemary Rogers 19/01/15 Port Sunlight 10k		
10 miles	1:02:38	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	(No performance)	1:02:38	1:10:44	1:08:47	1:08:54	(No performance)	1:21:53	1:20:15	1:23:03	(No performance)	(No performance)
	Julie Fletcher 01/11/98 Llandudno 10						Julie Fletcher 01/11/98 Llandudno 10	Janet Taylor 11/04/99 Llandudno 10	Louise Diggle 11/04/99 Rivacre Runners and Joggers 10	Louise Diggle 11/11/01 Llandudno 10		Frances Mudway 18/11/07 Wrexham 10	Rosemary Rogers 26/04/14 Wrexham 10	Rosemary Rogers 25/04/15 Wrexham 10		
Half-marathon	1:23:17	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	1:51:37	1:23:17	1:33:37	1:31:11	1:32:06	1:55:56	2:01:46	1:44:38	1:46:23	(No performance)	(No performance)
	Julie Fletcher 24/01/99 Four Villages Half-marathon					Megan McEveley 12/10/14 Wirral Half-marathon	Julie Fletcher 24/01/99 Four Villages Half-marathon	Nardia Allidis 23/03/14 Liverpool Half-marathon	Louise Diggle 19/09/99 Lake Vyrnwy Half-marathon	Jan Moffett 20/01/02 Four Villages Half-marathon	Mary Radford 08/08/99 Liverpool Half-marathon	Mary Radford 15/09/02 Lake Vyrnwy Half-marathon	Rosemary Rogers 19/01/14 Four Villages Half-marathon	Rosemary Rogers 17/05/2015 Chester Half-marathon		
Marathon	3:14:12	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	Age group too low for record to be kept	(No performance)	3:19:46	3:21:42	3:14:12	3:59:36	4:32:22	(No performance)	4:23:02	4:07:53	(No performance)	(No performance)
	Louise Diggle 26/04/98 London Marathon						Rebecca Williams 31/05/10 Chester Marathon	Nardia Allidis 25/05/14 Liverpool Rock 'n' Roll Marathon	Louise Diggle 26/04/98 London Marathon	Jane Pickering 22/04/12 London Marathon	Mary Radford 26/04/98 London Marathon	(No performance)	Kathleen Osbourne 09/10/11 Chester Marathon	Rosemary Rogers 04/10/15 Chester Marathon		