

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 | 05:20.20 | 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 | Edward Woodhead 09/04/17 | 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 | Wirral AC Open Medal Meeting | 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 | 16:39 | 15:28 | 15:51 | 15:59 | 17:01 | 18:44 | 19:11 | 21:20 | 23:23 | (No performance) | |
| | Paul Spencer 12/05/00 | | | | Cameron Weaver 19/08/15 | Peter Benyon 12/08/98 | Robin Sedman-Smith 19/06/03 | Paul Spencer 12/05/00 | Alan Morris 12/05/00 | Rob Tudor 24/08/11 | John Fidler 27/08/99 | John McGill 13/05/05 | Joe Foy 28/04/16 | Dave Hough 23/05/14 | Dave Bish 21/08/13 | Dave Fidler 24/04/11 |
| | Christleton 5k | | | | Capenhurst 5k | WCAC Upton 5k | Park Hall 5k | Christleton 5k | Christleton 5k | Capenhurst 5k | WCAC Upton 5k | Christleton 5k | Mid-Cheshire 5k | Christleton 5k | 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 | 27:19 | 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 | | | | Cameron Weaver 15/04/15 | Ethan Greenland 12/04/17 | Robin Sedman-Smith 08/06/03 | Andy Starkey 20/12/98 | Alan Morris 06/04/99 | John Fidler 03/06/98 | John Fidler 08/11/98 | Bob Benson 14/12/08 | Bob Benson 11/10/15 | Bob Benson 20/04/14 | Dave Hough 17/04/16 | Peter Povey 24/04/11 |
| | Hale 5 | | | | Chester Spring 5 | Chester Spring 5 | Buckley Charity 5 | Hale 5 | Chester Spring 5 | Birkenhead Park 5 | Abergele 5 | Borders League, Mold (Ind. Estate finish) | Borders League, Capenhurst | Run the Bridge | Borders League, Mold | 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 | | | | Cameron Weaver 12/04/15 | Alec Beaney 20/09/08 and 17/05/09 | Darragh Staunton 28/11/04 | Andy Starkey 25/10/98 | Graham MacNeil 25/10/98 | John Fidler 20/09/98 | John Fidler 25/10/98 | Bob Freeman 20/09/98 | Joe Foy 20/09/16 | Dave Hough 30/03/14 | Dave Bish 25/09/16 | Peter Povey 09/06/13 |
| | Chester Zoo 10k | | | | Borders League, Caernarfon | Sutton Six 10k and Great Manchester 10k | Borders League, Caernarfon | Chester Zoo 10k | Northern Veterans AC Monthly Run, Lymm | Sutton Six 10k | Chester Zoo 10k | Cheshire 10k | Cheshire 10k | Helena Tipping 10k | Loch Ness 10k | 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 | | | | | | James Docherty 29/11/11 | Andy Starkey 11/04/99 | Gary Withers 02/08/98 | John Fidler 19/04/98 | John Fidler 01/04/01 | Jack Thomas 01/11/98 | Brian Beattie 13/10/15 | Brian Beattie 01/08/10 | Dave Bish 09/10/16 | |
| | Rivacre Runners and Joggers 10 | | | | | | Preston 10 | Rivacre Runners and Joggers 10 | Sale 10 | Rivacre Runners and Joggers 10 | Rivacre Runners and Joggers 10 | Llandudno 10 | Llandudno 10 | Sale 10 | 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 | 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 | 1:35:48 | 1:50:59 | (No performance) |
| | Kenny Begley 20/05/01 | | | | | | Adam Parr 22/01/12 | Robin Sedman-Smith 18/05/03 | Kenny Begley 20/05/01 | Graham MacNeil 23/01/05 | Paul Frodsham 18/05/03 | John Fidler 27/09/98 | Jack Thomas 08/03/15 | Joe Foy 15/02/15 | Richard Batterham 15/05/16 | Dave Bish 15/05/16 |
| | Chester Half-marathon | | | | | | Four Villages Half-marathon | Chester Half-marathon | Chester Half-marathon | Four Villages Half-marathon | Chester Half-marathon | Four Villages Half-marathon | Lake Vyrnwy Half-marathon | Paris Half-marathon | Village Bakery Half-marathon | 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 | 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 |
| | Kenny Begley 18/04/04 | | | | | | Michael Lyness 06/11/11 | Iain Wedge 18/04/04 | Kenny Begley 22/04/01 | Kenny Begley 18/04/04 | Bob Benson 18/04/99 | Richard Batterham 14/04/02 | Jack Thomas 26/04/98 | Brian Beattie 17/04/05 | Richard Batterham 26/04/15 | Brian Beattie 05/10/14 |
| | London Marathon | | | | | | New York City Marathon | London Marathon | London Marathon | London Marathon | London Marathon | London Marathon | London Marathon | London Marathon | London Marathon | 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 | | | | Kate Titlow 20/08/2008 | Joanne Blundell 28/08/98 | Joanne Bailey 24/08/01 | Anest Müller 21/05/16 | Louise Diggle 07/07/99 | Lisa Davies 20/05/16 | Pamela Ackroyd 25/08/16 | Pamela Ackroyd 19/03/17 | Rosemary Rogers 19/06/14 | Rosemary Rogers 13/06/15 | | |
| | WCAC Upton 5k | | | | Capenhurst 5k | WCAC Upton 5k | WCAC Upton 5k | Prestatyn (Ffrith) 5k | Forest Park Women's 5k | Christleton 5k | Mid-Cheshire 5k | Run Wigan Festival 5k | Dunham Massey 5k (Race 2) | Hollins Green 5k | | |
| 5 miles | 30:42 | 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 | 32:59 | 30:42 | 30:51 | 32:59 | 34:44 | 33:46 | 38:38 | 37:46 | 37:51 | 38:30 | (No performance) | (No performance) |
| | Katie Clarke 12/04/17 | | | | Issy Clarke 12/04/17 | Katie Clarke 12/04/17 | Julie Fletcher 06/04/99 | Anest Müller 06/11/16 | Heather McLintock 06/11/16 | Jan Moffett 06/02/00 | Pamela Ackroyd 06/11/16 | Frances Mudway 30/07/2005 | Rosemary Rogers 20/10/14 | Rosemary Rogers 05/04/15 | | |
| | Chester Spring 5 | | | | Chester Spring 5 | Chester Spring 5 | Chester Spring 5 | Borders League, Spring 5 course | Borders League, Spring 5 course | Alsager 5 | Borders League, Spring 5 course | Dolgellau 5 | Run the Bridge | 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 | | | | Issy Clarke 09/10/16 | Katie Clarke 09/10/16 | Joanne Bailey 28/10/01 | Anest Müller 11/09/16 | Louise Diggle 25/04/99 | Jan Moffett 20/08/00 | Pamela Ackroyd 09/10/16 | Frances Mudway 25/09/05 | Rosemary Rogers 30/03/14 | Rosemary Rogers 19/01/14 | Rosemary Rogers 01/03/15 | |
| | Chester Zoo 10k | | | | Borders League, Caernarfon | Borders League, Caernarfon | Chester Zoo 10k | Cardiff 10k | Whitley 10k | Birchwood 10k | Sutton Six 10k | Cheshire 10k | 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 | | | | | | Julie Fletcher 01/11/98 | Janet Taylor 11/04/99 | Louise Diggle 11/11/01 | Louise Diggle 11/11/01 | | Frances Mudway 18/11/07 | Rosemary Rogers 26/04/14 | Rosemary Rogers 25/04/15 | | |
| | Llandudno 10 | | | | | | Llandudno 10 | Llandudno 10 | Rivacre Runners and Joggers 10 | Llandudno 10 | | Preston 10 | Wrexham 10 | 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 | 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) |
| | Julie Fletcher 24/01/99 | | | | | | Megan McEveley 12/10/14 | Julie Fletcher 24/01/99 | Nardia Allidis 23/03/14 | Louise Diggle 19/09/99 | Jan Moffett 20/01/02 | Mary Radford 08/08/99 | Mary Radford 15/09/02 | Rosemary Rogers 19/01/14 | Rosemary Rogers 17/05/2015 | |
| | Four Villages Half-marathon | | | | | | Wirral Half-marathon | Four Villages Half-marathon | Liverpool Half-marathon | Lake Vyrnwy Half-marathon | Four Villages Half-marathon | Liverpool Half-marathon | Lake Vyrnwy Half-marathon | Four Villages Half-marathon | 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 | 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 | 4:23:02 | 4:07:53 | (No performance) | (No performance) |
| | Louise Diggle 26/04/98 | | | | | | | Rebecca Williams 31/05/10 | Nardia Allidis 25/05/14 | Louise Diggle 26/04/98 | Jane Pickering 22/04/12 | Mary Radford 26/04/98 | (No performance) | Kathleen Osbourne 09/10/11 | Rosemary Rogers 04/10/15 | |
| | London Marathon | | | | | | Chester Marathon | Liverpool Rock 'n' Roll Marathon | London Marathon | London Marathon | London Marathon | London Marathon | Chester Marathon | Chester Marathon | | |