

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	15:59	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				Ethan Greenland 19/05/17	Peter Benyon 28/08/98	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 Bish 24/04/11
	Christleton 5k				Christleton 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 20/09/98	Bob Freeman 25/10/98	Joe Foy 25/10/98	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	1:24:02	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 Pyme 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	18:59	18:19	17:50	19:56	20:29	20:15	23:25	22:41	22:47	24:01	(No performance)	(No performance)
	Joanne Bailey 24/08/01				Issy Clarke 28/04/2017	Katie Clarke 28/04/2017	Joanne Bailey 24/08/01	Anest Müller 21/05/16	Louise Diggle 07/07/99	Ellie Robinson 19/05/17	Pamela Ackroyd 25/08/16	Pamela Ackroyd 19/03/17	Rosemary Rogers 19/06/14	Rosemary Rogers 13/06/15		
	WCAC Upton 5k				Mid-Cheshire 5k	Mid-Cheshire 5k	WCAC Upton 5k	Prestatyn (Frith) 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)	3:15:00	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							Keely Smith 29/05/17	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							Liverpool Rock 'n' Roll Marathon	Liverpool Rock 'n' Roll Marathon	London Marathon	London Marathon	London Marathon	Chester Marathon	Chester Marathon		