

WCAC Age Group Records - One Mi

Men	Overall	U11	U13	U15	U17	U20	Senior	V35	V40	V45	V50	V55	V60	V65	V70	V75
<b>1 mile (track)</b>	05:07.40 Daniel Mitchell 27-06-17 Buckley Runners Strava Mile	05:56.00 Charlie McMullan 03-05-16 WCAC 4-minute Mile Anniversary	05:40.90 Harvey Tagg 06-05-14 WCAC 4-minute Mile Anniversary	05:20.20 Edward Woodhead 09-04-17 Wirral AC Open Medal Meeting	05:34.20 Christy Mageean 02-05-16 WCAC 4-minute Mile Anniversary	(No performance)	05:07.40 Daniel Mitchell 27-06-17 Buckley Runners Strava Mile	(No performance)	06:11.20 Chris Smith 27-06-17 WCAC 4-minute Mile Anniversary	05:14.90 David Alexander 06-05-14 WCAC 4-minute Mile Anniversary	06:11.80 Neil Atkinson 06-05-14 WCAC 4-minute Mile Anniversary	(No performance)	(No performance)	(No performance)	(No performance)	(No performance)
<b>5k</b>	15:28 Paul Spencer 12-05-00 Christleton 5k	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 Ethan Greenland 19-05-17 Christleton 5k	16:38 Peter Benyon 28-08-98 WCAC Upton 5k	16:39 Robin Sedman-Smith 19-06-03 Park Hall 5k	15:28 Paul Spencer 12-05-00 Christleton 5k	15:51 Alan Morris 24-08-11 Capenhurst 5k	15:59 Rob Tudor 27-08-99 WCAC Upton 5k	17:01 John Fidler 13-05-05 Christleton 5k	18:44 John McGill 28-04-16 Mid-Cheshire 5k	19:11 Joe Foy 23-05-14 Christleton 5k	21:20 Dave Hough 21-08-13 Capenhurst 5k	23:23 Dave Bish	(No performance)
<b>5 miles</b>	26:02 Andy Starkey 20-12-98 Hale 5	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 Cameron Weaver 15-04-15 Chester Spring 5	27:19 Ethan Greenland 12-04-17 Chester Spring 5	26:08 Robin Sedman-Smith 08-06-03 Buckley Charity 5	26:02 Andy Starkey 20-12-98 Hale 5	26:24 Alan Morris 06-04-99 Chester Spring 5	26:13 John Fidler 08-06-98 Birkenhead Park 5	27:49 John Fidler 18-11-98 Abergele 5	31:25 Bob Benson 14-12-08 Borders League, Mold (Ind. Estate finish)	32:27 Bob Freeman 11-10-15 Borders League, Capenhurst	35:33 Dave Hough 20-04-14 Run the Bridge	41:00 Dave Bish 17-04-16 Borders League, Mold	54:55 Peter Povey 04-24-11 Run the Bridge
<b>10k</b>	32:43 Andy Starkey 25-10-98 Chester Zoo 10k	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 Cameron Weaver 12-04-15 Borders League, Caernarfon	34:34 Alec Beany 20-09-08 and 17-05-09 Sutton 5k 10k and Great Manchester 10k	33:45 Darragh Staunton 28-11-04 Borders League, Caernarfon	32:43 Andy Starkey 25-10-98 Chester Zoo 10k	33:32 Graham MacNeill 26-06-04 Northern Veterans AC Monthly Run, Lymm	33:24 John Fidler 20-09-98 Sutton Six 10k	33:58 John Fidler 25-10-98 Chester Zoo 10k	38:44 Bob Freeman 29-09-13 Cheshire 10k	39:18 Joe Foy 10-04-16 Cheshire 10k	45:00 Dave Hough 30-03-14 Helena Tipping 10k	49:04 Dave Bish 25-09-16 Loch Ness 10k	1:07:46 Peter Povey 06-09-13 Mersey Tunnel 10k
<b>10 miles</b>	0:54:30 Andy Starkey 11-04-99 Rivacre Runners and Joggers 10	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 James Docherty 19-11-11 Preston 10	0:54:30 Andy Starkey 11-04-99 Rivacre Runners and Joggers 10	0:55:18 Gary Withers 02-08-98 Sale 10	0:55:30 John Fidler 19-04-98 Rivacre Runners and Joggers 10	0:58:54 Jack Thomas 01-11-98 Llandudno 10	1:03:01 Brian Beattie 13-11-05 Sale 10	1:09:46 Brian Beattie 01-08-10 Llandudno 10	1:17:50 Joe Foy 08-03-15 Paris Half-marathon	1:37:50 Richard Batterham 15-02-15 Village Bakery Half-marathon	1:50:59 Dave Bish 15-05-16 Chester Half-marathon	(No performance)
<b>Half-marathon</b>	1:12:13 Kenny Begley 20-05-01 Chester Half-marathon	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 Adam Parr 22-01-12 Four Villages Half-marathon	1:14:15 Robin Sedman-Smith 18-05-03 Chester Half-marathon	1:12:13 Kenny Begley 20-05-01 Chester Half-marathon	1:15:24 Graham MacNeill 23-01-05 Four Villages Half-marathon	1:15:56 Paul Frodsham 18-05-03 Chester Half-marathon	1:13:10 John Fidler 14-01-99 Four Villages Half-marathon	1:24:41 Jack Thomas 27-09-98 Lake Vyrnwy Half-marathon	1:26:02 Joe Foy 08-03-15 Paris Half-marathon	1:35:48 Richard Batterham 15-02-15 Village Bakery Half-marathon	1:50:59 Dave Bish 15-05-16 Chester Half-marathon	(No performance)	
<b>Marathon</b>	2:39:48 Kenny Begley 18-04-04 London Marathon	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 Michael Lyness 18-04-11 New York City Marathon	2:51:36 Iain Wedge 18-04-04 London Marathon	2:44:24 Kenny Begley 22-04-01 London Marathon	2:39:48 Kenny Begley 18-04-04 London Marathon	2:51:36 Bob Benson 18-04-99 London Marathon	2:53:41 Richard Batterham 14-04-02 London Marathon	3:04:21 Jack Thomas 26-04-98 London Marathon	3:25:47 Brian Beattie 17-04-05 London Marathon	3:23:22 Richard Batterham 26-04-15 London Marathon	4:19:08 Brian Beattie 05-10-14 Chester Marathon	(No performance)	

Women	Overall	U11	U13	U15	U17	U20	Senior	V35	V40	V45	V50	V55	V60	V65	V70	V75
<b>1 mile (track)</b>	05:39.10 Katie Clarke 03-05-16 WCAC 4-minute Mile Anniversary	06:17.90 Carys Roberts 03-05-16 WCAC 4-minute Mile Anniversary	05:58.20 Lucia Pyne 03-05-16 WCAC 4-minute Mile Anniversary	06:12.50 Issy Clarke 06-05-14 WCAC 4-minute Mile Anniversary	05:57.00 Issy Clarke 03-05-16 WCAC 4-minute Mile Anniversary	05:39.10 Katie Clarke 03-05-16 WCAC 4-minute Mile Anniversary	(No performance)	06:13.60 Heather McLintock 06-05-14 WCAC 4-minute Mile Anniversary	06:12.80 Ellie Robinson 06-05-14 WCAC 4-minute Mile Anniversary	07:10.10 Jane Pickering 06-05-14 WCAC 4-minute Mile Anniversary	06:51.40 Su Baird 06-05-14 WCAC 4-minute Mile Anniversary	(No performance)	(No performance)	(No performance)	(No performance)	(No performance)
<b>5k</b>	17:50 Joanne Bailey 24-08-01 WCAC Upton 5k	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	18:59.00 Issy Clarke 28-04-17 Mid-Cheshire 5k	18:19.00 Katie Clarke 24-08-01 Mid-Cheshire 5k	17:50.00 Joanne Bailey 24-08-01 WCAC Upton 5k	19:56.00 Anest Müller 21-05-16 Prestatyn (Ffrith) 5k	20:29.00 Louise Diggle 07-07-99 Forest Park Women's 5k	20:15.00 Ellie Robinson 19-05-17 Christleton 5k	23:25.00 Pamela Ackroyd 25-08-16 Mid-Cheshire 5k	22:41.00 Pamela Ackroyd 19-03-17 Run Wigan Festival 5k	22:47.00 Rosemary Rogers 19-06-14 Dunham Massey 5k (Race 2)	24:01.00 Rosemary Rogers 13-06-15 Hollins Green 5k	(No performance)	(No performance)
<b>5 miles</b>	30:42 Katie Clarke 12-04-17 Chester Spring 5	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 Issy Clarke 12-04-17 Chester Spring 5	30:42 Katie Clarke 12-04-17 Chester Spring 5	30:51 Julie Fletcher 06-04-99 Chester Spring 5	32:59 Anest Müller 06-11-16 Borders League, Spring 5 course	34:44 Heather McLintock 06-11-16 Borders League, Spring 5 course	33:46 Jan Moffett 06-02-00 Alsager 5	38:38 Pamela Ackroyd 06-11-16 Borders League, Spring 5 course	37:46 Frances Mudway 30-07-05 Dolgellau 5	37:51 Rosemary Rogers 20-10-14 Run the Bridge	38:30 Rosemary Rogers 05-04-15 Hale 5	(No performance)	(No performance)
<b>10k</b>	37:57 Joanne Bailey 28-10-01 Chester Zoo 10k	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 Issy Clarke 09-10-16 Borders League, Caernarfon	40:53 Katie Clarke 09-10-16 Borders League, Caernarfon	37:57 Joanne Bailey 28-10-01 Chester Zoo 10k	40:48 Anest Müller 11-09-16 Cardiff 10k	41:44 Louise Diggle 25-04-99 Whitley 10k	43:27 Jan Moffett 20-08-00 Birchwood 10k	50:26 Pamela Ackroyd 09-10-16 Borders League, Caernarfon	47:35 Frances Mudway 25-09-05 Sutton Six 10k	47:02 Rosemary Rogers 30-03-14 Cheshire 10k	48:15 Rosemary Rogers 01-03-15 Port Sunlight 10k	(No performance)	(No performance)
<b>10 miles</b>	1:02:38 Julie Fletcher 01-11-98 Llandudno 10	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 Julie Fletcher 01-11-98 Llandudno 10	1:10:44 Janet Taylor 01-11-98 Llandudno 10	1:10:47 Louise Diggle 11-04-99 Rivacre Runners and Joggers 10	1:08:54 Louise Diggle 11-11-01 Llandudno 10	(No performance)	1:21:53 Frances Mudway 18-11-07 Preston 10	1:20:15 Rosemary Rogers 26-04-14 Wrexham 10	1:23:03 Rosemary Rogers 25-04-15 Wrexham 10	(No performance)	(No performance)	
<b>Half-marathon</b>	1:23:17 Julie Fletcher 24-01-99 Four Villages Half-marathon	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 Megan McEvelly 10-12-14 Wirral Half-marathon	1:23:17 Julie Fletcher 24-01-99 Four Villages Half-marathon	1:31:11 Nardia Aldis 23-03-14 Liverpool Half-marathon	1:31:11 Louise Diggle 19-09-99 Lake Vyrnwy Half-marathon	1:31:11 Louise Diggle 19-09-99 Lake Vyrnwy Half-marathon	1:32:06 Jan Moffett 20-01-02 Four Villages Half-marathon	1:55:56 Mary Radford 08-08-99 Liverpool Half-marathon	2:01:46 Mary Radford 15-09-02 Lake Vyrnwy Half-marathon	1:44:38 Rosemary Rogers 19-01-14 Four Villages Half-marathon	1:46:23 Rosemary Rogers 17-05-15 Chester Half-marathon	(No performance)	(No performance)
<b>Marathon</b>	3:12:46 Keely Smith 08-10-17 Chester Marathon	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)	3:12:46 Keely Smith 08-10-17 Chester Marathon	3:21:42 Nardia Aldis 25-05-14 Liverpool Rock 'n' Roll Marathon	3:12:46 Louise Diggle 25-04-98 London Marathon	3:12:46 Louise Diggle 25-04-98 London Marathon	3:59:36 Jane Pickering 22-04-12 London Marathon	4:32:22 Mary Radford 26-04-98 London Marathon	(No performance)	4:23:02 Kathleen Osbourne 09-10-11 Chester Marathon	4:07:53 Rosemary Rogers 04-10-15 Chester Marathon	(No performance)	(No performance)