West Cheshire AC - Road Running Performances 2017

5K Male							**H'cap Code**	**No of races**	**Best Time in 2016**
Ethan	GREENLAND	MU20	15:59	c	Christleton	19-May	4.5	2	
Ethan	ACKROYD	MU20	16:42	c	Mid-Cheshire - 2	24-Aug	6.8	1	
Robert	LITTLE	M40	16:53	c	Christleton	19-May	7.4	1	17:15
Andrew	CARTER	M45	17:10	c	Christleton	19-May	8.4	3	17:38
Mark	DAVIES	M40	17:14	c	Christleton	19-May	8.6	3	17:15
David	ALEXANDER	M45	17:34	c	Christleton	19-May	9.6	2	16:59
Graham	WELLS	M40	17:42	c	Capenhurst	16-Aug	10.0	1	17:45
Andrew	CLAGUE	M45	17:59	c	Christleton	19-May	10.9	1	18:19
Juan	ARAGON	M	18:02	c	Mid-Cheshire - 2	24-Aug	11.0	1	
Ian	GLOYNE-PHILLIPS	M45	18:12	c	Christleton	19-May	11.5	1	17:56
Chris	PALMER	M30	18:19	c	Capenhurst	16-Aug	11.9	1	
Neil	HERSHAW	M50	18:25	c	Christleton	19-May	12.2	1	18:40
Rory	WILLSON	MU20	18:28		NA Champs, Blackpool	25-Mar	12.3	2	
Luke	ELLIS	M30	18:38	c	Mid-Cheshire - 2	24-Aug	12.8	3	19:22
Richard	HAYES	M45	18:42	c	Christleton	19-May	13.0	3	
Andrew	STARKEY	M55	19:12		Halewood	01-Apr	14.5	1	18:07
Andrew	DAWE	M50	19:13	c	Mid-Cheshire - 2	24-Aug	14.5	2	
Christopher	WHITE	M25	20:04	c	Mid-Cheshire - 1	28-Apr	16.9	1	
Robert	BENSON	M60	20:13	c	Mid-Cheshire - 2	24-Aug	17.3	1	
Henry	ROBINSON	MU15	20:45		Llandudno Easter	15-Apr	18.7	1	
Jon	MOORHOUSE	M50	22:33	c	Mid-Cheshire - 2	24-Aug	23.2	1	
Charlie	CLARKE	MU20	24:03	c	Mid-Cheshire - 2	24-Aug	26.7	1	
Brian	BEATTIE	M70	26:30	c	Capenhurst	16-Aug	32.0	1	26:01
Dave	BRIERLEY	M55	33:54	c	Capenhurst	16-Aug	45.5	2	
5 Mile Male									
Ethan	GREENLAND	MU20	27:18	c	Chester Spring	12-Apr	7.2	2	28:32
David	DENTITH	MU20	28:46		Capenhurst (BL)	01-Oct	10.1	1	30:19
Rob	LITTLE	M40	29:18	c	Alsager	05-Feb	11.1	1	28:49
Alex	STANIFORTH	M20	29:27	c	Chester Spring	12-Apr	11.4	1	32:02
Andrew	CLAGUE	M45	29:29	c	Chester Spring	12-Apr	11.4	2	29:56
Jac	GOODALL	MU20	29:38		Capenhurst (BL)	01-Oct	11.7	1	30:54
Andrew	CARTER	M45	29:41	c	Chester Spring	12-Apr	11.8	1	30:58
Mark	DAVIES	M40	29:44	c	Chester Spring	12-Apr	11.9	2	29:23
Sion	ROBERTS	MU20	30:23		Capenhurst (BL)	01-Oct	13.1	2	
Graham	WELLS	M40	30:26		Capenhurst (BL)	01-Oct	13.2	1	29:55
Richard	HAYES	M45	30:38	c	Chester Spring	12-Apr	13.5	2	30:09
Chris	PALMER	M30	30:46	c	Chester Spring	12-Apr	13.8	1	31:47
Neil	HERSHAW	M50	30:54		Capenhurst (BL)	01-Oct	14.0	1	
Luke	ELLIS	M30	31:31		Capenhurst (BL)	01-Oct	15.1	1	
Mike	HENESY	M30	31:43		Capenhurst (BL)	01-Oct	15.4	1	
Tristian	McFARLANE	MU20	31:48	c	Chester Spring	12-Apr	15.6	1	34:08
Trevor	HOLMES	M40	32:14	c	Chester Spring	12-Apr	16.3	1	
John	PARLEVLIET	M40	32:23		Capenhurst (BL)	01-Oct	16.6	1	29:52
Tony	WOODALL	M45	32:27		Capenhurst (BL)	01-Oct	16.7	1	32:43
Stuart	THOMAS	M40	33:33		Capenhurst (BL)	01-Oct	18.5	1	
Ben	McKEAN	M30	33:52	c	Chester Spring	12-Apr	19.0	1	
Steve	HILLIER	M35	33:57		Capenhurst (BL)	01-Oct	19.1	1	
Joe	FOY	M60	34:03		Capenhurst (BL)	01-Oct	19.3	1	33:02
Rory	WILLSON	MU20	34:04	c	Chester Spring	12-Apr	19.3	2	35:28
Julian	TEGG	M45	34:29	c	Chester Spring	12-Apr	20.0	2	36:07
Jason	SLOAN	MU20	34:34		Capenhurst (BL)	01-Oct	20.1	1	
Bob	BENSON	M60	35:26		Capenhurst (BL)	01-Oct	21.5	1	33:36
Patrick	TAIT	MU20	35:32		Capenhurst (BL)	01-Oct	21.6	1	
Robert	FREEMAN	M60	35:53		Capenhurst (BL)	01-Oct	22.2	1	32:00
Sydney	HODGES	M45	36:57		Capenhurst (BL)	01-Oct	23.8	1	34:22
Ian	ACKROYD	M55	37:09	c	Chester Spring	12-Apr	24.1	1	
Stephen	BALL	M40	37:12		Capenhurst (BL)	01-Oct	24.1	1	
Andrew	LEISHMAN	M25	37:30		Capenhurst (BL)	01-Oct	24.6	1	
Dave	TIERNAN	M55	37:47		Capenhurst (BL)	01-Oct	25.0	1	32:00
Brian	BEATTIE	M70	43:14		Capenhurst (BL)	01-Oct	32.3	1	42:56

10K Male

Ethan	GREENLAND	MU20	35:38	c	Guilden Sutton	17-Sep	9.6	1	36:36
Dan	MITCHELL	M20	35:56	c	Cardiff	03-Sep	10.0	1	
Robert	LITTLE	M40	35:56	c	Guilden Sutton	17-Sep	10.0	4	35:41
Andrew	CARTER	M45	36:36	c	Alderley Edge Bypass	02-Jul	11.0	2	37:53
Alex	STANIFORTH	M20	36:52	c	Salford (Good Friday)	14-Apr	11.4	3	
Andrew	CLAGUE	M45	37:13	c	Guilden Sutton	17-Sep	12.0	1	37:21
Mark	DAVIES	M40	37:27	c	Crewe (AP)	16-Apr	12.3	2	36:31
David	ALEXANDER	M45	37:34		Vale of Clwyd	26-Mar	12.5	2	37:04
Luke	ELLIS	M30	38:27	c	Wilmlsow Festive	26-Nov	13.7	3	40:35
Chris	PALMER	M30	39:08	c	Ellesmere	27-Aug	14.7	1	
Andrew	STARKEY	M55	39:40	c	Cheshire, Arley Hall	26-Mar	15.4	1	
Tom	CABLE	M20	39:42	c	Run Tatton (Nov)	11-Nov	15.5	1	
Steve	HILLIER	M35	40:31	c	Guilden Sutton	17-Sep	16.6	3	
Andrew	DAWE	M50	40:48	c	Helena Tipping, Wrexham	30-Jul	17.0	1	39:49
Antony	WOODALL	M45	40:52	c	Farndon	15-Oct	17.1	2	
Gerard	ELLIOTT	M30	41:51	c	Wilmlsow Festive	26-Nov	18.4	1	
Stuart	THOMAS	M40	41:55	c	Farndon	15-Oct	18.4	1	
Ben	McKEAN	M30	42:22	c	Liverpool Spring	07-May	19.0	2	
Robert	FREEMAN	M60	43:01	c	Penny Lane	25-Jun	19.9	2	39:44
Iain	BULLOCK	M45	46:43	c	Great Manchester Run	28-May	24.4	1	
Stephen	BALL	M40	46:56	c	Guilden Sutton	17-Sep	24.6	1	
Ian	ACKROYD	M55	47:07	c	Wigan	03-Sep	24.8	2	48:48
Patrick	TAIT	MU20	47:29	c	Guilden Sutton	17-Sep	25.2	1	42:07
Mark	POVEY	M45	50:19	c	Penny Lane	25-Jun	28.4	2	51:32
Richard	BATtERHAM	M65	50:28	c	Guilden Sutton	17-Sep	28.6	1	47:27
David	BISH	M70	52:58		Benicassion, ESP	14-Jan	31.2	1	49:04
Brian	BEATTIE	M70	54:35	c	Helena Tipping, Wrexham	30-Jul	32.8	1	

10 mile Male

David	ALEXANDER	M45	1:00:17		North Wales, Wrexham	29-Apr	11.3	1	
Mark	DAVIES	M40	1:06:03		North Wales, Wrexham	29-Apr	16.2	1	1:02:17
Andrew	CARTER	M45	1:08:30	c	Stockport	03-Dec	18.2	1	
Ian	ACKROYD	M55	1:18:30		North Wales, Wrexham	29-Apr	25.7	1	

Half-marathon Male

Robert	LITTLE	M40	1:18:03	c	Wrexham (VB)	19-Feb	9.7	4	1:20:29
Ian	GLOYNE-PHILLIPS	M45	1:21:49	c	4 Villages, Helsby	15-Jan	12.3	1	1:23:06
Dan	MITCHELL	M20	1:21:50	c	Cardiff	01-Oct	12.3	2	1:25:21
Andrew	CLAGUE	M45	1:22:44	c	Chester	21-May	12.9	2	1:24:31
Alex	STANIFORTH	M20	1:23:31	c	Wilmslow	19-Mar	13.4	3	1:27:46
Andrew	CARTER	M45	1:24:03	c	Chester	21-May	13.8	4	1:23:43
Chris	PALMER	M30	1:24:35	c	Lake Vyrnwy	10-Sep	14.1	5	
Graham	WELLS	M40	1:26:28	c	Chester	21-May	15.3	1	1:24:26
Richard	HAYES	M45	1:27:02	c	4 Villages, Helsby	15-Jan	15.7	1	
Trevor	HOLMES	M40	1:27:29	c	Wrexham Festival	12-Mar	16.0	3	
Antony	WOODALL	F45	1:27:59	c	Conwy	19-Nov	16.3	1	1:28:59
Joe	FOY	M60	1:28:21	c	Wrexham (VB)	19-Feb	16.5	3	1:26:48
Luke	ELLIS	M30	1:28:22	c	Wrexham (VB)	19-Feb	16.5	3	
Tom	CABLE	M20	1:28:28	c	Run Fest Wales, Rhyl	24-Jun	16.6	1	
Andy	DAWE	M50	1:29:00	c	EHM, Warrington	17-Sep	16.9	2	1:25:56
Mark A	DAVIES	M40	1:29:12	c	Wrexham (VB)	19-Feb	17.0	1	1:30:33
Wullie	McGARRELL	M50	1:29:57	c	Oswestry	30-Apr	17.5	3	1:28:16
Stuart	THOMAS	M40	1:30:16	c	Conwy	19-Nov	17.7	1	
Neil	WEBSTER	M45	1:30:21	c	4 Villages, Helsby	15-Jan	17.7	1	1:59:51
Phil	WOODLEY	M30	1:31:25		Lancaster Riverside	20-Aug	18.4	1	1:31:35
Robert	FREEMAN	M60	1:33:12	c	Wrexham (VB)	19-Feb	19.4	3	1:28:07
Ben	McKEAN	M30	1:33:24	c	Chester	21-May	19.5	1	1:35:43
Stephen	HILLIER	M35	1:34:03	c	Liverpool	02-Apr	19.9	3	1:34:26
Stephen	CUNNINGHAM	M45	1:34:07	c	Chester	21-May	19.9	1	1:30:53
Robert	BOGGILD	M45	1:35:08	c	Oswestry	30-Apr	20.5	3	
David	IRVING	M30	1:36:13	c	Chester	21-May	21.2	1	
Julian	TEGG	M45	1:37:56	c	Tour of Wirral	10-Sep	22.1	2	1:33:47
Neil	CARTER	M55	1:40:58	c	Wrexham (VB)	19-Feb	23.8	3	1:35:18
Ian	ACKROYD	M55	1:43:54	c	Lake Vyrnwy	10-Sep	25.3	4	

Iain	BULLOCK	M45	1:43:57	c	Chester	21-May	25.4	1	
Richard	HUNT	M45	1:45:09	c	4 Villages, Helsby	15-Jan	26.0	2	1:50:04
Tony	KENNEDY	M55	1:45:54	c	Wrexham (VB)	19-Feb	26.4	2	1:49:11
Stephen	BALL	M35	1:47:50	c	Chester	21-May	27.4	1	
Andrew	LEISHMAN	M25	1:48:40	c	Manchester	15-Oct	27.8	1	
Peter	SMITH	M55	1:49:19	c	Wrexham (VB)	19-Feb	28.1	1	1:49:51
Darren	SHILLINGTON	M45	1:51:14	c	Tour of Wirral	10-Sep	29.1	1	
Mark	POVEY	M45	1:52:49	c	Chester	21-May	29.8	3	1:54:13
Brian	BEATTIE	M70	1:56:03	c	Wrexham (VB)	19-Feb	31.4	3	1:54:49
Thomas	CASTLE	M35	1:56:46	c	Chester	21-May	31.7	1	
David	BISH	M70	2:01:01	c	Chester	21-May	33.7	1	1:50:59
Mark J	DAVIES	M45	2:17:19		Great North Run	10-Sep	40.6	1	2:00:58

20 mile Male

Chris	PALMER	M25	2:19:46	c	Wrexham Festival	12-Mar	16.5	1	
Andrew	CARTER	M45	2:20:03	c	Wrexham Festival	12-Mar	16.6	1	
Luke	ELLIS	M30	2:35:37	c	Wrexham Festival	12-Mar	22.4	1	

Marathon Male

Tom	BOOTH	M20	3:05:27	c	Chester	08-Oct	15.5	1	
Andrew	CARTER	M45	3:06:22		London	23-Apr	15.8	1	03:11:59
Chris	PALMER	M30	3:08:34	c	Chester	08-Oct	16.4	1	
Dan	MITCHELL	M20	3:09:51		Halifax	02-Jul	16.8	1	
Wullie	McGARRELL	M50	3:12:43	c	Chester	08-Oct	17.6	3	03:59:48
Ian	GLOYNE-PHILLIPS	M45	3:14:20		London	23-Apr	18.1	1	
Trevor	HOLMES	M40	3:16:58	c	Manchester	02-Apr	18.8	2	
Tom	CABLE	M20	3:18:52	c	Chester	08-Oct	19.3	1	
Andrew	DAWE	M50	3:27:24	c	Chester	08-Oct	21.6	2	03:46:25
Luke	ELLIS	M30	3:29:12		London	23-Apr	22.1	1	
Robert	BOGGILD	M45	3:35:07	c	Chester	08-Oct	23.6	1	
Phil	WOODLEY	M30	3:36:44	c	Chester	08-Oct	24.0	1	
Richard	HUNT	M45	3:59:05		Liverpool 'Rock-n-Roll'	28-May	29.4	2	
David	BISH	M70	4:55:13		London	23-Apr	40.9	1	04:23:45