

WCAC Endurance Running 2017
Senior Distance Track Performances

MEN

3000 metres

Ethan Greenland	9:14.8	Cheshire Schools, Warrington	10-Jun
David Dentith	9:38.2	Warrington Open	02-Apr
Jac Goodall	9:39.9	Warrington Open	02-Apr
Sion Roberts	9:49.9	Ches Lge, Ellesmere Port	03-Sep
David Alexander	10:13.3	Ches Lge, Ellesmere Port	03-Sep
Rory Willson	10:17.40	Cheshire Champs, Macclesfield	13-May
Mark Davies	10:19.9	Ches Lge, Ellesmere Port	07-May
Greg Jones	11:01.3	Club Trials	30-Mar
Bob Benson	11:40.8	Ches Lge, Ellesmere Port	03-Sep
Julian Tegg	11:54.8	Club Trials	30-Mar
Andrew Leishman	12:44.0	Ches Lge, Warrington	30-Jul
David Shillington	13:08.5	Ches Lge, Ellesmere Port	03-Sep

5000 metres

Mark Davies	17:36.4	NA Lge, Ellesmere Port	04-Jun
Andrew Carter	17:43.0	NA Lge, York	06-May
Andrew Clague	17:48.1	Wirral	02-Aug
Graham Wells	17:51.71	NA Lge, Sheffield	05-Aug
David Alexander	18:34.53	NA Lge, Sheffield	05-Aug
Phil Woodley	19:28	Wirral	05-Apr
Bob Benson	20:31.2	Wirral	02-Aug

1500 metres Steeplechase

Jac Goodall	5:00.4	UK Dev Lge, Crewe	28-May
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2000 metres Steeplechase

Ethan Greenland	6:56.5	UK Dev Lge, Crewe	28-May
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3000 metres Steeplechase

Andrew Clague	11:18.1	NA Lge, Ellesmere Port	04-Jun
Andrew Carter	12:11.4	NA Lge, York	06-May
Antony Woodall	12:18.32	NA Lge, Sheffield	05-Aug

WOMEN

3000 metres

Katie Clarke	10:23.2	UK Dev Lge, Crewe	28-May
Ellie Robinson	11:48.6	Ches Lge, Salford	02-Jul
Clare Mallon	12:47.1	Ches Lge, Ellesmere Port	03-Sep
Lisa Davies	12:56.0	NA Lge, York	06-May
Angela Tegg	13:39.6	Ches Lge, Warrington	30-Jul
Anne-Marie Tait	14:21.5	Ches Lge, Salford	02-Jul

1500 metres Steeplechase

Katie Clarke	5:38.6	UK Dev Lge, Crewe	28-May
Elizabeth McMahon	6:23.6	Mason Trophy	17-Jun