

WCAC Age Group Records - One MI

Men	Overall	U11	U13	U15	U17	U20	Senior	V35	V40	V45	V50	V55	V60	V65	V70	V75
1 mile (track)	04:39.00 Rob Tudor 22/06/2011 Wirral AC Endurance Races	05:56.00 Charlie McMullan 03/05/2016 WCAC 4-minute Mile Anniversary	05:40.90 Harvey Tegg 06/05/2014 WCAC 4-minute Mile	05:20.20 Edward Woodhead 03/04/2017 Wirral AC Open Medal	05:34.20 Christy Mageean 03/05/2016 WCAC 4-minute Mile Anniversary	(No performance)	04:39.00 Rob Tudor 22/06/2011 Wirral AC Endurance Races	(No performance)	06:11.20 Chris Smith 06/05/2014 WCAC 4-minute Mile Anniversary	05:14.90 David Alexander 06/05/2014 WCAC 4-minute Mile Anniversary	06:11.80 Neil Atkinson 06/05/2014 WCAC 4-minute Mile Anniversary	(No performance)	(No performance)	(No performance)	(No performance)	(No performance)
5k	15:28 Paul Spencer 12/05/2000 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 19/05/2017 Christleton 5k	16:38 Peter Benyon 28/08/1998 WCAC Upton 5k	16:39 Robin Sedman-Smith 19/06/2003 Park Hall 5k	15:28 Paul Spencer 12/05/2000 Christleton 5k	15:51 Alan Morris 12/05/2000 Christleton 5k	15:59 Rob Tudor 24/08/2011 Capenhurst 5k	17:01 John Fidler 27/08/1999 WCAC Upton 5k	18:44 John McGill 13/05/2005 Christleton 5k	19:11 Joe Foy 28/04/2016 Mid-Cheshire 5k	21:20 Dave Hough 23/05/2014 Christleton 5k	23:23 Dave Bish 21/08/2013 Capenhurst 5k	(No performance)
5 miles	26:02 Andy Starkey 20/12/1998 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 15/04/2015 Chester Spring 5	27:19 Ethan Greenland 12/04/2017 Hale 5	26:08 Robin Sedman-Smith 08/06/2003 Buckley Charity 5	26:02 Andy Starkey 20/12/1998 Hale 5	26:24 Alan Morris 06/04/1999 Hale 5	26:13 John Fidler 03/06/1998 Birkenhead Park 5	27:49 John Fidler 08/11/1998 Abergele 5	31:25 Bob Benson 14/12/2008 Borders League, Mold (Ind. Estate finish)	32:27 Bob Freeman 20/04/2014 Borders League, Capenhurst	35:33 Dave Hough 20/04/2014 Run the Bridge	41:00 Dave Bish 17/04/2016 Borders League, Mold	54:55 Peter Povey 04/24/11 Run the Bridge
10k	32:43 Andy Starkey 25/10/1998 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 12/04/2015 Borders League, Caernarfon	34:34 Alec Beaney 20-09-08 and 17-05-09 Sutton Six 10k and Great Manchester 10k	33:45 Darragh Staunton 28/11/2004 Borders League, Caernarfon	32:43 Andy Starkey 25/10/1998 Chester Zoo 10k	33:32 Graham MacNeil 28/06/2004 Northern Veterans AC Monthly Run, Lymm	33:24 John Fidler 25/10/1998 Sutton Six 10k	33:58 John Fidler 25/10/1998 Chester Zoo 10k	38:44 Bob Freeman 29/09/2013 Cheshire 10k	39:18 Joe Foy 10/04/2016 Cheshire 10k	45:00 Dave Hough 30/03/2014 Helena Tipping 10k	49:04 Dave Bish 25/09/2016 Loch Ness 10k	1:07:46 Peter Povey 06/09/13 Mersey Tunnel 10k
10 miles	0:54:30 Andy Starkey 11/04/1999 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 29/11/2011 Preston 10	0:54:30 Andy Starkey 11/04/1999 Rivacre Runners and Joggers 10	0:54:30 Andy Starkey 11/04/1999 Sale 10	0:55:30 Gary Withers 02/08/1998 Sale 10	0:58:54 John Fidler 19/04/2001 Rivacre Runners and Joggers 10	0:58:54 John Fidler 01/04/2001 Rivacre Runners and Joggers 10	1:03:01 Jack Thomas 01/11/1998 Llandudno 10	1:09:46 Brian Beattie 13/11/2005 Llandudno 10	1:23:35 Brian Beattie 01/08/2010 Sale 10	1:17:50 Dave Bish 09/10/2016 Plusnet Yorkshire 10	(No performance)
Half-marathon	1:12:13 Kenny Begley 20/05/2001 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	Age group too low for record to be kept	1:22:05 Adam Parr 22/04/2012 Four Villages Half-marathon	1:14:15 Robin Sedman-Smith 18/05/2003 Chester Half-marathon	1:12:13 Kenny Begley 20/05/2001 Chester Half-marathon	1:15:24 Graham MacNeil 23/01/2005 Four Villages Half-marathon	1:15:56 Paul Frodsham 18/05/2003 Chester Half-marathon	1:13:10 John Fidler 14/01/1999 Four Villages Half-marathon	1:24:41 Jack Thomas 27/09/1998 Lake Yrnywy Half-marathon	1:26:02 Joe Foy 08/03/2015 Paris Half-marathon	1:35:48 Richard Batterham 15/02/2015 Village Bakery Half-marathon	1:50:59 Dave Bish 15/05/2016 Chester Half-marathon	(No performance)
Marathon	2:39:48 Kenny Begley 18/04/2004 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	Age group too low for record to be kept	3:37:52 Michael Lyness 06/11/2011 New York City Marathon	2:51:36 Iain Wedge 18/04/2004 London Marathon	2:44:24 Kenny Begley 22/04/2001 London Marathon	2:39:48 Kenny Begley 18/04/2004 London Marathon	2:52:01 Bob Benson 14/04/1999 London Marathon	2:53:41 Richard Batterham 14/04/2002 London Marathon	3:04:21 Jack Thomas 26/04/1998 London Marathon	3:25:47 Brian Beattie 17/04/2005 London Marathon	3:23:22 Richard Batterham 26/04/2015 London Marathon	4:19:08 Brian Beattie 05/10/2014 Chester Marathon	(No performance)

Women	Overall	U11	U13	U15	U17	U20	Senior	V35	V40	V45	V50	V55	V60	V65	V70	V75
1 mile (track)	05:39.10 Katie Clarke 03/05/2016 WCAC 4-minute Mile Anniversary	06:17.90 Carys Roberts 03/05/2016 WCAC 4-minute Mile Anniversary	05:58.20 Lucia Pyne 03/05/2016 WCAC 4-minute Mile Anniversary	05:44.88 Imogen Pugh 15/04/2018 Desidee Open Meeting	05:57.00 Issy Clarke 03/05/2016 WCAC 4-minute Mile Anniversary	05:39.10 Katie Clarke 03/05/2016 WCAC 4-minute Mile Anniversary	(No performance)	06:13.60 Heather McClintock 06/05/2014 WCAC 4-minute Mile Anniversary	06:12.80 Ellie Robinson 06/05/2014 WCAC 4-minute Mile Anniversary	07:10.10 Jane Pickering 06/05/2014 WCAC 4-minute Mile Anniversary	06:51.40 Su Baird 06/05/2014 WCAC 4-minute Mile Anniversary	(No performance)	(No performance)	(No performance)	(No performance)	(No performance)
5k	17:50 Joanne Bailey 24/08/2001 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 28/04/2017 Mid-Cheshire 5k	18:19.00 Katie Clarke 24/08/2001 Mid-Cheshire 5k	17:50.00 Joanne Bailey 24/08/2001 WCAC Upton 5k	19:56.00 Anest Müller 21/05/2016 Prestatyn (Frith) 5k	20:29.00 Louise Diggle 07/07/1999 Forest Park Women's 5k	20:15.00 Ellie Robinson 19/05/2017 Christleton 5k	23:25.00 Pamela Ackroyd 25/08/2016 Mid-Cheshire 5k	22:41.00 Pamela Ackroyd 19/06/2014 Run Wigan Festival 5k	22:47.00 Rosemary Rogers 13/06/2015 Dunham Massey 5k (Race 2)	24:01.00 Rosemary Rogers 05/04/2015 Hollins Green 5k	(No performance)	(No performance)
5 miles	30:42 Katie Clarke 12/04/2017 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	32:20 Issy Clarke 11/04/2018 Chester Spring 5	30:42 Katie Clarke 12/04/2017 Chester Spring 5	30:51 Julie Fletcher 06/04/1999 Chester Spring 5	32:59 Anest Müller 06/11/2016 Borders League, Spring 5 course	34:44 Heather McClintock 06/11/2016 Borders League, Spring 5 course	33:46 Jan Moffett 06/02/2000 Alsager 5	38:38 Pamela Ackroyd 06/11/2016 Borders League, Spring 5 course	37:46 Frances Mudway 30/07/2005 Dolgellau 5	37:51 Rosemary Rogers 20/10/2014 Run the Bridge	38:30 Rosemary Rogers 05/04/2015 Hale 5	(No performance)	(No performance)
10k	37:57 Joanne Bailey 28/10/2001 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 09/10/2016 Borders League, Caernarfon	40:53 Katie Clarke 09/10/2016 Borders League, Caernarfon	37:57 Joanne Bailey 28/10/2001 Chester Zoo 10k	40:48 Anest Müller 11/09/2016 Cardiff 10k	41:44 Louise Diggle 25/04/1999 Whitley 10k	43:07 Ellie Robinson 11/09/2016 Mersey Tunnel 10k	50:26 Pamela Ackroyd 09/10/2016 Borders League, Caernarfon	47:35 Frances Mudway 25/09/2005 Sutton Six 10k	47:02 Rosemary Rogers 30/03/2014 Cheshire 10k	48:15 Rosemary Rogers 01/03/2015 Port Sunlight 10k	1:14:32 Mary Radford 04/11/2017 Cheshire 10k	(No performance)
10 miles	1:02:38 Julie Fletcher 01/11/1998 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	Age group too low for record to be kept	(No performance)	1:02:38 Julie Fletcher 01/11/1998 Llandudno 10	1:10:44 Janet Taylor 01/11/1998 Llandudno 10	1:08:47 Louise Diggle 11/04/1999 Rivacre Runners and Joggers 10	1:08:54 Louise Diggle 11/11/2001 Llandudno 10	(No performance)	1:21:53 Frances Mudway 18/11/2007 Preston 10	1:20:15 Rosemary Rogers 26/04/2014 Wrexham 10	1:23:03 Rosemary Rogers 25/04/2015 Wrexham 10	(No performance)	(No performance)
Half-marathon	1:23:17 Julie Fletcher 24/01/1999 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	Age group too low for record to be kept	1:51:37 Megan McEvley 10/12/2014 Wirral Half-marathon	1:23:17 Julie Fletcher 24/01/1999 Four Villages Half-marathon	1:33:37 Nardia Aldis 23/03/2014 Liverpool Half-marathon	1:31:11 Louise Diggle 15/09/1999 Lake Yrnywy Half-marathon	1:32:06 Jan Moffett 20/01/2002 Four Villages Half-marathon	1:55:56 Mary Radford 08/08/1999 Liverpool Half-marathon	2:01:46 Mary Radford 15/09/2002 Lake Yrnywy Half-marathon	1:44:38 Rosemary Rogers 19/01/2014 Four Villages Half-marathon	1:46:23 Rosemary Rogers 17/05/2015 Chester Half-marathon	(No performance)	(No performance)
Marathon	3:12:46 Keely Smith 08/10/2017 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	Age group too low for record to be kept	(No performance)	3:12:46 Keely Smith 08/10/2017 Chester Marathon	3:21:42 Nardia Aldis 25/05/2014 Liverpool Rock 'n' Roll Marathon	3:14:12 Louise Diggle 22/04/2018 London Marathon	3:55:47 Angla Tegg 22/04/2018 London Marathon	4:32:22 Mary Radford 26/04/1998 London Marathon	(No performance)	4:23:02 Kathleen Osbourne 09/10/2011 Chester Marathon	4:07:53 Rosemary Rogers 04/10/2015 Chester Marathon	(No performance)	(No performance)