

Performances compiled from race results beginning 1st April 1998 when West Cheshire AC was formed.

- By First Claim Members for road running

Early 5k and 10 mile results in 1998 & 1999 yet to be seen! Which ones? Link on page: <http://www.westcheshireac.co.uk/races/road/>

The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Road Running, the 31st August prior to the commencement of the Competition Year [1st September each year to the following 31st August.].

##	Club Best at Distance	Find	Times and Date in Red at:	Source
Age	Over Best Time Holder	Date	Host	
Distance	Band an age Men	Gun Time	Chip Time	Event
5 Km	.			
5 Km	u13	Rory Willson	0:22:20	Sport in the Port
5 Km	u13	Henry Robinson	0:20:48	Wirral Seaside
5 Km	u13	Henry Robinson	0:20:34	Wirral Seaside
5 Km	u15	Jason McGonigle	0:18:18	WCAC (Upton)
5 Km	u15	Alex Haswell	0:17:25	Capenhurst
5 Km	u15	u15 James Ellis	0:17:12	Christleton
5 Km	u17	Louis Humphreys	0:17:09	Christleton
5 Km	u17	Cameron Weaver	0:16:33	Capenhurst
5 Km	u17	u20 Ethan Greenland	0:15:59	Christleton
5 Km	u20	Peter Benyon	0:16:38	WCAC (Upton)
5 Km	SM	Chris Mayer	0:16:43	Southport TC races
5 Km	SM	David Alexander	0:16:06	WCAC (Upton)
5 Km	SM	Robin Sedman-Smith	0:15:56	Christleton
5 Km	SM	Robin Sedman-Smith	0:15:39	Park Hall
5 Km	M35	Paul Spencer	0:15:46	WCAC (Upton)
##	M35	SM Paul Spencer	0:15:28	Christleton
5 km	M40	Alan Morris	0:16:11	WCAC (Upton)
5 km	M40	o40 Alan Morris	0:15:51	Christleton
5 km	M45	Howard Winzar	0:18:40	WCAC (Upton)
5 km	M45	Bob Benson	0:17:24	Christleton
5 km	M45	Paul Frodsham	0:16:25	Christleton
5 km	M45	Robert Tudor	0:16:10	Christleton
5 km	M45	Robert Tudor	0:16:04	Christleton
5 km	M45	o45 Robert Tudor	0:15:59	Capenhurst
5 km	M50	Dave Hough	0:18:33	Christleton
5 km	M50	o50 John Fidler	0:17:01	WCAC (Upton)
5 km	M55	Brian Beattie	0:19:54	WCAC (Upton)
5 km	M55	Jack Thomas	0:19:11	Christleton
5 km	M55	John McGill	0:19:03	Capenhurst
5 km	M55	o55 John McGill	0:18:44	Christleton
5 km	M60	Sam R Fletcher	0:19:44	WCAC (Upton)
5 km	M60	o60 Joe Foy	0:19:15	Mid Cheshire
5 km	M65	Mike Lamb	0:26:45	Park Hall
5 km	M65	Mike Lamb	0:26:22	Chariots of Fire
5 km	M65	Brian Beattie	0:23:35	Christleton
5 km	M65	Brian Beattie	0:23:16	Capenhurst
5 km	M65	Brian Beattie	0:23:14	Christleton
5 Km	M65	o65 Dave Hough	0:21:32	Christleton**
5 km	M70	o70 David Bish	0:23:23	Capenhurst
5 Miles	.			
5 Miles	u17	Neil Roberts	0:38:43	BL Mold (Alun Finish)
5 Miles	u17	Alec Beaney	0:32:33	Spring 5
5 Miles	u17	Alec Beaney	0:28:39	Spring 5
5 Miles	u17	Louis Humphreys	0:28:08	BL Mold (Alun Finish)
5 Miles	u17	Cameron Weaver	0:27:57	Spring 5
5 Miles	u17	u17 Si�n Roberts	0:27:24	BL Spring 5
5 Miles	u20	Peter Benyon	0:27:39	Spring 5
5 Miles	u20	u20 Ethan Greenland	0:27:19	Spring 5
5 Miles	SM	Mike Stroud	0:27:13	Spring 5
5 Miles	SM	Robin Sedman-Smith	0:26:48	Spring 5
5 Miles	SM	Robin Sedman-Smith	0:26:08	Buckley Charity
5 Miles	M35	Gary Withers	0:26:42	Spring 5
##	M35	SM Andy Starkey	0:26:02	Hale
5 Miles	M40	Bob Benson	0:27:14	Spring 5
5 Miles	M40	Alan Morris	0:26:24	Spring 5
5 Miles	M45	John Fidler	0:26:20	Spring 5
5 Miles	M45	o40 John Fidler	0:26:13	Birkenhead Park
5 Miles	M50	o50 John Fidler	0:27:49	Abergele 5
5 Miles	M55	Mike Lamb	0:35:42	Spring 5
5 Miles	M55	Jack Thomas	0:31:34	Spring 5
5 Miles	M55	o55 Bob Benson	0:31:25	BL Mold (Bus. Pk. Finish)
5 Miles	M60	Peter Povey	0:41:13	Hale
5 Miles	M60	Sam R Fletcher	0:35:17	Hale
5 Miles	M60	Brian Beattie	0:34:19	Hale
5 Miles	M60	o60 Robert Freeman	0:32:27	BL Capenhurst
5 Miles	M65	Peter Povey	0:47:15	Hale
5 Miles	M65	Brian Beattie	0:42:05	Abergele 5
5 Miles	M65	Brian Beattie	0:39:37	Abergele 5
5 Miles	M65	o65 Dave Hough	0:35:38	Run the Bridge
5 Miles	M70	Peter Povey	0:46:19	Run the Bridge
5 Miles	M70	David Bish	0:43:02	Burtonwood
5 Miles	M70	Brian Beattie	0:43:23	Spring 5
5 Miles	M70	o70 David Bish	0:41:00	BL Mold (Bus. Pk. Finish)
5 Miles	M75	o75 Peter Povey	0:54:55	Run the Bridge

*ARM Alan Morris *BWB Brian Beattie *MJL Mike Lamb
 *JLD John Driscoll *DC Dave Crawford *GH Graham Howell (LivH)

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The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Road Running, the 31st August prior to the commencement of the Competition Year [1st September each year to the following 31st August.].

##	Club Best at Distance	Find	Times and Date in Red at:	Source				
Age	Over Best Time Holder	Date	Host					
Distance	Band an age Men	Gun Time	Chip Time	Event				
10 Km								
10 Km	u17	James Roberts	0:37:06	~ Telford Christmas	19/12/2004	Telford AC	www.ukresults.net/index.html	
10 Km	u17	Chris Goodwin	0:36:08	~ Farnon	07/03/2010	Wrexham AAC	www.wrexhamroadrunners.org.uk/	
10 Km	u17	Cameron Weaver	0:34:46	~ Caernarfon BL	12/04/2015	Eryri H	http://www.bordersleague.org.uk/	
10 Km	u20	u20 Alec Beaney	0:34:34	~ Sutton 6	20/09/2008	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/	
10 Km	u20	u20 Alec Beaney	~	0:34:34 Gt Manchester Run	17/05/2009	Great Run	www.greatrun.org/Results/FullSearch.aspx	
10 Km	SM	Mark Orford	0:43:20	~ Air Products	12/04/1998	South Cheshire H	www.southcheshireharriers.org.uk/	
10 Km	SM	Mark Orford	0:40:59	~ Croxeth Park	24/04/1998	LPS?	http://www.woldsvets.co.uk/OLDRESULTS-TEST.htm	
10 Km	SM	Mike Stroud	0:36:22	~ Flintshire (Mold)	06/09/1998	Flintshire Council	*MJL result sheet	
10 Km	SM	Andrew Clague	0:34:46	~ Sutton 6	20/09/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/	
10 Km	SM	Mark J Davies	0:34:34	~ Zoo, Chester	25/10/1998	Capenhurst RC	*MJL result sheet	
10 Km	SM	Robin Sedman-Smith	0:34:12	~ Zoo, Chester	13/10/2002	Capenhurst RC	*MJL result sheet	
10 Km	SM	Robin Sedman-Smith	0:33:53	~ Caernarfon BL	02/02/2003	Eryri H	*MJL result sheet	
10 Km	SM	Darragh Staunton	0:33:45	~ Caernarfon BL	28/11/2004	Eryri H	*MJL result sheet	
10 Km	M35	Andy Starkey	0:35:37	~ Croxeth Park	24/04/1998	LPS?	http://www.woldsvets.co.uk/OLDRESULTS-TEST.htm	
10 Km	M35	Graham Jenkins	0:35:25	~ Birchwood	23/08/1998	Spectrum Striders	www.spectrumstriders.org.uk/main.htm	
10 Km	M35	Paul Spencer	0:33:14	~ Sutton 6	20/09/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/	
##	M35	SM Andy Starkey	0:32:43	~ Zoo, Chester	25/10/1998	Capenhurst RC	*MJL result sheet	
10 Km	M40	Dave Crawford	0:38:31	~ Air Products	12/04/1998	South Cheshire H	www.southcheshireharriers.org.uk/	
10 Km	M40	Dave Crawford	0:36:58	~ Crewe 10k	03/05/1998	Crewe & Nantwich AC	http://www.ukresults.net/1998/crewe10k.html	
10 Km	M40	Gary Withers	0:34:23	~ Sutton 6	20/09/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/	
10 Km	M40	Graham MacNeil	0:33:32	~ NVAC monthly run	26/06/2004	Lymm	NVAC Newsletter June 04	
10 Km	M45	John Fidler	0:33:51	~ Air Products	12/04/1998	South Cheshire H	www.southcheshireharriers.org.uk/	
10 Km	M45	John Fidler	0:33:34	~ Eddie Faure Memorial	21/06/1998	Prestatyn RC	www.race-results.co.uk/results/	
10 Km	M45	o40 John Fidler	0:33:24	~ Sutton 6	20/09/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/	
10 Km	M50	o50 John Fidler	0:33:58	~ Zoo, Chester	25/10/1998	Capenhurst RC	*MJL result sheet	
10 Km	M55	Mike Lamb	0:46:41	~ Flintshire (Mold)	06/09/1998	Flintshire Council	*MJL result sheet	
10 Km	M55	Jack Thomas	0:39:50	~ Sutton 6	20/09/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/	
10 Km	M55	John McGill	0:39:35	~ Caernarfon BL	28/11/2004	Eryri H	*MJL result sheet	
10 Km	M55	Robert Freeman	0:39:01	0:38:58	Mersey Tunnel	09/06/2013	BTR Liverpool Ltd	http://www.tdl.ltd.uk/
10 Km	M55	o55 Robert Freeman	0:38:52	0:38:44	Arley Hall, Cheshire**	29/09/2013	Greenwood Ltd	http://www.cheshire10k.com/results/
10 Km	M60	Sam R Fletcher	0:42:08	~ Birchwood	23/08/1998	Spectrum Striders	www.spectrumstriders.org.uk/main.htm	
10 Km	M60	Sam R Fletcher	0:41:59	~ Flintshire (Mold)	06/09/1998	Flintshire Council	*MJL result sheet	
10 Km	M60	Robert Freeman	0:40:42	0:40:38	Birchwood	23/08/2015	Spectrum Striders	www.spectrumstriders.org.uk/main.htm
10 Km	M60	Robert Freeman	0:40:37	0:40:34	Sutton 6	20/09/2015	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	M60	o60 Joe Foy	0:39:24	0:39:18	Arley Hall, Cheshire**	10/04/2016	Cheshire Run Ltd	http://www.cheshire10k.com/
10 Km	M65	Peter Povey	1:03:50	~ Birchwood	21/08/2005	Spectrum Striders	www.spectrumstriders.org.uk/main.htm	
10 Km	M65	Brian Beattie	0:47:17	~ Capenhurst	06/06/2010	Capenhurst RC	http://www.capenhurstrc.co.uk/results.html	
10 Km	M65	o65 Dave Hough	0:45:00	~ Helena Tipping	30/03/2014	Wrexham AAC	http://www.ukresults.net/2014/tipping.html	
10 Km	M70	Peter Povey	0:56:48	~ Liverpool	08/10/2006	Run Liverpool	HS Sports?	
10 Km	M70	David Bish	0:51:09	0:50:36	Ellesmere	25/08/2013	Oswestry Olympians	http://www.oswestryolympians.com/
10 Km	M70	o70 David Bish	0:49:36	0:49:04	Baxters River Ness	25/09/2016	Loch Ness Marathon	http://www.lochnessmarathon.com/pages/results/
10 Km	M75	Peter Povey	1:14:13	1:12:19	Mersey Tunnel	12/06/2011	Run Liverpool	http://www.tdl.ltd.uk/
10 Km	M75	Peter Povey	1:13:19	1:12:45	Birchwood	01/08/2011	Spectrum Striders	www.spectrumstriders.org.uk/main.htm
10 Km	M75	o75 Peter Povey	1:10:20	1:07:46	Mersey Tunnel	09/06/2013	BTR Liverpool Ltd	http://www.tdl.ltd.uk/
10 Miles								
10 Miles	u20							
10 Miles	SM	Andrew Clague	0:57:57	~ Flint Lifeboat '10'	04/10/1998	Flint Runners	*DC result sheet	
10 Miles	SM	James Docherty	0:57:33	~ Preston	29/11/2011	Preston Harriers	www.ukroadraces.info/	
##	M35	SM Andy Starkey	0:54:30	~ Rivacre	11/04/1999	RRJ (now EPRC)	*ARM provisional best performances 24/07/00	
10 Miles	M40	o40 Gary Withers	0:55:18	~ Sale	02/08/1998	Sale H Man	*ARM provisional best performances 24/07/00	
10 Miles	M45	o45 John Fidler	0:55:30	~ Rivacre	19/04/1998	RRJ (now EPRC)	*ARM provisional best performances 24/07/00	
10 Miles	M50	Brian Beattie	1:07:37	~ Penny Lane Striders	21/06/1998	Penny lane Striders	http://www.woldsvets.co.uk/OLDRESULTS-TEST.htm	
10 Miles	M50	Brian Beattie	1:06:54	~ Llandudno	01/11/1998	North Wales RRC	www.race-results.co.uk/results/	
10 Miles	M50	o50 John Fidler	0:58:54	~ Rivacre	01/04/2001	RRJ (now EPRC)	*JLD result sheet	
10 Miles	M55	Jack Thomas	1:06:12	~ Flint Lifeboat '10'	04/10/1998	Flint Runners	*DC result sheet	
10 Miles	M55	o55 Jack Thomas	1:03:01	~ Llandudno	01/11/1998	North Wales RRC	www.race-results.co.uk/results/	
10 Miles	M60	Brian Beattie	1:11:56	~ Llandudno	21/11/2004	North Wales RRC	www.race-results.co.uk/results/	
10 Miles	M60	Brian Beattie	1:10:47	~ Sale	07/08/2005	Sale H Man	www.ukresults.net/index.html	
10 Miles	M60	o60 Brian Beattie	1:09:46	~ Llandudno	13/11/2005	North Wales RRC	www.race-results.co.uk/results/	
10 Miles	M65	o65 Brian Beattie	1:17:50	~ Sale	01/08/2010	Sale H Man	www.race-results.co.uk/results/	
10 Miles	M70	o70 David Bish	1:24:31	1:23:35	Plusnet Yorkshire	09/10/2016	Run For All	http://www.runbritainrankings.com/
10 Miles	M75	o75 David Bish	1:35:01	1:32:57	Asda Found Yorkshire	14/10/2018	Run For All	https://www.runbritainrankings.com/results/resultslookup.aspx

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##	Club Best at Distance	Find	Times and Date in Red at:	Source				
Age	Over Best Time Holder	Date	Host					
Distance	Band an age Men	Gun Time	Chip Time	Event				
1/2 Mar	u20	Adam Parr	1:22:06	1:22:05	Four Villages	22/01/2012	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
1/2 Mar	SM	Gary Dean	1:21:20	~	Chester	24/05/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	SM	Mark J Davies	1:20:13	~	Four Villages	24/01/1999	Helsby RC	*MJL result sheet
1/2 Mar	SM	Chris Mayer	1:18:18	~	Wilmslow	23/03/1999	Wilmslow RC	www.wilmslowhalfmarathon.org.uk/results-and-photos/
1/2 Mar	SM	Ian Brown	1:16:40	~	Chester	21/05/2000	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	SM	Andrew Clague	1:15:54	~	Chester	26/05/2002	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	SM	Robin Sedman-Smith	1:14:15	~	Chester	18/05/2003	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M35	Ian Wade	1:30:41	~	Chester	24/05/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M35	Paul Spencer	1:25:28	~	Four Villages	24/01/1999	Helsby RC	*MJL result sheet
1/2 Mar	M35	Kenny Begley	1:16:20	~	Chester	23/05/1999	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M35	Kenny Begley	1:15:27	~	Chester	21/05/2000	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
##	M35 SM	Kenny Begley	1:12:13	~	Chester	20/05/2001	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M40	Chris Rhodes	1:27:42	~	Chester	24/05/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M40	Graham Earlam	1:23:27	~	Village Bakery	21/02/1999	Wrexham AAC	*MJL result sheet
1/2 Mar	M40	Graham Earlam	1:19:43	~	Four Villages	23/01/2000	Helsby RC	*MJL result sheet
1/2 Mar	M40	Graham Earlam	1:17:48	~	Wilmslow**	26/03/2000	Wilmslow RC	http://www.joelee.co.uk/resindex.html
1/2 Mar	M40	Andy Starkey	1:16:19	~	Four Villages	20/01/2002	Helsby RC	*MJL result sheet
1/2 Mar	M40	Graham MacNeil	1:15:27	1:15:24	Four Villages	23/01/2005	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
1/2 Mar	M45	Bob Benson	1:24:40	~	Vyrnwy	27/09/1998	Oswestry Olympians	*BWB result sheet
1/2 Mar	M45	Richard Batterham	1:23:02	~	Four Villages	24/01/1999	Helsby RC	*MJL result sheet
1/2 Mar	M45	Bob Benson	1:21:34	~	Wilmslow	28/03/1999	Wilmslow RC	www.wilmslowhalfmarathon.org.uk/results-and-photos/
1/2 Mar	M45	Paul Frodsham	1:15:56	~	Chester	18/05/2003	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M50	Brian Beattie	1:27:56	~	Chester	24/05/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M50	John Fidler	1:13:10	~	Four Villages	24/01/1999	Helsby RC	*MJL result sheet
1/2 Mar	M55	Jack Thomas	1:24:41	~	Vyrnwy	27/09/1998	Oswestry Olympians	*BWB result sheet
1/2 Mar	M60	Mike Lamb	1:47:10	~	Four Villages	20/01/2002	Helsby RC	*MJL result sheet
1/2 Mar	M60	Brian Beattie	1:33:13	~	Four Villages	18/01/2004	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
1/2 Mar	M60	Brian Beattie	1:31:58	~	Village Bakery	22/02/2004	Wrexham AAC	www.wrexhamroadrunners.org.uk/
1/2 Mar	M60	Joe Foy	1:26:28	1:26:22	Village Bakery	15/02/2015	Cute Fruit Events	http://www.niftyentries.com/Results
1/2 Mar	M60	Joe Foy	~	1:26:02	Semi Marathon de Paris	08/03/2015	Amaury Sport Organisation	http://www.semideparis.com/fr/resultats.html
1/2 Mar	M65	Brian Beattie	1:41:30	~	Village Bakery	15/02/2009	Wrexham AAC	http://www.ukresults.net/2009/bakeryhalf.html
1/2 Mar	M65	Dave Hough	1:41:38	1:41:26	Vyrnwy	14/09/2014	Lake Vyrnwy Half Marathon	https://www.sportssystem.co.uk/ss/results
1/2 Mar	M65	Richard Batterham	1:36:01	1:35:48	Village Bakery	15/02/2015	Cute Fruit Events	http://www.cutefruitedvents.com/
1/2 Mar	M70	Dave Bish	1:52:20	1:52:13	Congleton**	06/10/2013	Congleton H	http://sportsystems.co.uk/ss/results
1/2 Mar	M70	Dave Bish	1:54:46	1:50:59	Chester	15/05/2016	Active Leisure Events	http://www.niftyentries.com/Results
Marathon	u20	Michael Lyness	~	3:37:52	New York	06/11/2011	New York RR	www.marathonguide.com/
Marathon	SM	Kenny Begley	2:59:09	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon	SM	Iain Wedge	2:51:36	~	London	18/04/2004	London Marathon	www.marathonguide.com/
Marathon	M35	Terry Ryan	2:59:54	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon	M35	Kenny Begley	2:50:47	~	London	16/04/2000	London Marathon	WCAC Newsletter May 2000
Marathon	M35	Kenny Begley	2:44:24	~	London	22/04/2001	London Marathon	www.marathonguide.com/
Marathon	M40	Mark Worrall	2:58:33	~	London	26/04/1998	London Marathon	West Cheshire News No2
##	M40 SM	Kenny Begley	2:39:48	~	London	18/04/2004	London Marathon	www.marathonguide.com/ - No club names!
Marathon	M45	Richard Batterham	2:55:24	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon	M45	Bob Benson	2:52:01	~	London	18/04/1999	London Marathon	*ARM provisional best performances 24/07/00
Marathon	M50	Brian Beattie	3:12:32	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon	M50	Richard Batterham	2:53:42	~	London	16/04/2000	London Marathon	*ARM provisional best performances 24/07/00
Marathon	M50	Richard Batterham	2:53:41	~	London	14/04/2002	London Marathon	www.marathonguide.com/
Marathon	M55	Jack Thomas	3:04:21	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon	M60	Brian Beattie	3:35:27	~	London	18/04/2004	London Marathon	http://www.ukresults.net/index.html
Marathon	M60	Brian Beattie	~	3:25:47	London	17/04/2005	London Marathon	www.marathonguide.com/
Marathon	M65	Brian Beattie	~	3:46:44	London	26/04/2009	London Marathon	http://results-2009.london-marathon.co.uk/
Marathon	M65	Brian Beattie	3:44:39	3:44:32	Chester	31/05/2010	Active Leisure Events	www.activeleisureevents.co.uk/full-marathon
Marathon	M65	Richard Batterham	~	3:23:22	London	26/04/2015	London Marathon	
Marathon	M70	David Bish	~	4:27:23	London	13/04/2014	London Marathon	http://results-2014.virginmoneylondonmarathon.com/2014/
Marathon	M70	Brian Beattie	4:20:54	4:19:08	Chester	05/10/2014	Active Leisure Events	http://www.tdl.td.uk/
*** Hilly!	SM	Mike Stroud	3:16:10	~	*** Snowdonia	31/10/1999	Snowdonia	http://www.ukresults.net/1999/snowdonia.html
	SM	Stephen Skates	2:56:15	~	*** Snowdonia	29/10/2011	Marathon Eryri Cyf	http://www.tdl.td.uk/index.php

*ARM Alan Morris *BWB Brian Beattie *MJL Mike Lamb
 *JLD John Driscoll *DC Dave Crawford *GH Graham Howell (LivH)