

WCAC Endurance Running 2018
Distance Track Performances

MEN

3000 metres

Ethan Greenland	9:26.5	Ches Schools, Warrington	09-Jun
Joseph Morriosn	9:32.7	Chesh. Lge, Deeside	04-Jul
Sion Roberts	9:41.8	Ches Lge, Salford	02-Sep
Greg Jones	9:49.78	Trafford GP	13-Jun
Jac Goodall	10:02.5	Chesh. Lge, Connaha Quay	06-May
John Parlevliet	10:21.2	Chesh. Lge, Connahs Quay	06-May
David Alexander	10:23.4	Chesh. Lge, Deeside	04-Jul
Andy Carter	10:30.5	Chesh. Lge, Connahs Quay	06-May
Harvey Tegg	10:33.0	Chesh. Lge, Macclesfield	02-Jun
Rory Willson	10:41.0	Chesh. Lge, Connahs Quay	06-May
Phil Woodley	10:45.3	Wirral	05-Sep
Antony Woodall	11:21.8	Club Trials	29-Mar
Matthew Douglass	11:51.4	Club Trials	29-Mar
Julian Tegg	11:52.6	Chesh. Lge, Connahs Quay	06-May
Neil Field	11:58.5	Chesh. Lge, Connahs Quay	06-May
Bob Benson	12:25.2	Chesh. Lge, Connahs Quay	06-May
Joe Foy	12:58.6	Club Trials	29-Mar
Paul Morrison	13:05.5	Chesh. Lge, Deeside	04-Jul
Peter Smith	13:19.0	Chesh. Lge, Macclesfield	02-Jun

5000 metres

Ethan Greenland	16:56.1	NA League, Wigan	05-May
Tom Booth	17:11.7	NA League, Preston	04-Aug
Andrew Carter	17:25.4	Ches Champs, Macclesfield	13-May
Andrew Clague	17:36.4	Ches Champs, Macclesfield	13-May
Greg Jones	18:06.2	NA League, York	08-Jul
Julian Tegg	20:22.0	Ches Champs, Macclesfield	13-May
Bob Benson	22:24.5	Wirral	15-Aug

2000 metres Steeplechase

Ethan Greenland	6:39.3	UKYALge, Bebington	29-Apr
Jac Goodall	07:04.4	Ches Schools, Warrington	09-Jun

3000 metres Steeplechase

Jac Goodall	10:52.22	NA Lge	03-Jun
Andrew Clague	10:53.99	NA Lge	03-Jun
Antony Woodall	12:17.2	NA Lge, Preston	04-Aug

WOMEN

3000 metres

Katie Clarke	11:06.7	NA Lge, Preston	04-Aug
	<i>10:42.02ind</i>	<i>Cartersville, USA</i>	<i>08-Feb</i>
Claire Harris	11:36.62	NA Lge	03-Jun
Ellie Robinson	11:53.2	NA Lge, York	08-Jul
Kerry Riley	12:26.2	MA Lge, Wigan	05-May
Clare Mallon	13:13.4	Ches Lge, Macclesfield	02-Jun
Angela Tegg	13:33.5	Ches Lge, Macclesfield	02-Jun

2nd claim

Joy Hickman (Prestatyn)	12:27.4	NA Lge, Wigan	05-May
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5000 metres

Claire Williams	21:22.7	Wirral	15-Aug
Clare Mallon	22:48.5	Wirral	15-Aug
Angela Tegg	23:02.5	Ches Champs, Macclesfield	13-May