

Records\_Road and One Mile

Men	Overall	U11	U13	U15	U17	U20	Senior	V35	V40	V45	V50	V55	V60	V65	V70	V75
<b>1 mile (track)</b>	<b>04:39.00</b> Rob Tudor 22/06/2011 Wirral AC Endurance Races	<b>05:56.00</b> Charlie McMullan 03/05/2016 WCAC 4-minute Mile Anniversary	<b>05:40.90</b> Harvey Tegg 03/05/2014 WCAC 4-minute Mile Anniversary	<b>05:20.20</b> Edward Woodhead 09/04/2017 Wirral AC Open Medal Meeting	<b>05:34.20</b> Christy Mageean 03/05/2016 WCAC 4-minute Mile Anniversary	(No performance)	(No performance)	(No performance)	<b>06:11.20</b> Neil Atkinson 06/05/2014 WCAC 4-minute Mile Anniversary	<b>04:39.00</b> Rob Tudor 22/06/2011 Wirral AC Endurance Races	<b>06:11.80</b> Neil Atkinson 06/05/2014 WCAC 4-minute Mile Anniversary	(No performance)	(No performance)	(No performance)	(No performance)	(No performance)
<b>5k</b>	<b>15:28</b> Paul Spencer 12/05/2000 Christleton Sk	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	<b>15:59</b> Ethan Greenland 19/05/2017 Christleton Sk	<b>16:38</b> Peter Benyon 28/08/1998 WCAC Upton Sk	<b>16:39</b> Robin Sedman-Smith 19/06/2003 Park Hall Sk	<b>15:28</b> Paul Spencer 12/05/2000 Christleton Sk	<b>15:51</b> Alan Morris 12/05/2000 Christleton Sk	<b>15:59</b> Rob Tudor 24/08/2011 Capenhurst Sk	<b>17:01</b> John Fidler 27/08/1999 WCAC Upton Sk	<b>18:44</b> John McGill 13/05/2005 Christleton Sk	<b>19:11</b> Joe Foy 28/04/2016 Mid-Cheshire Sk	<b>21:20</b> Dave Hough 23/05/2014 Christleton Sk	<b>23:23</b> Dave Bish 21/08/2013 Capenhurst Sk	(No performance)
<b>5 miles</b>	<b>26:02</b> 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	<b>27:24</b> Sion Roberts 11/11/2018 Borders League, Chester	<b>27:19</b> Ethan Greenland 12/04/2017 Chester Spring 5	<b>26:08</b> Robin Sedman-Smith 08/06/2003 Buckley Charity 5	<b>26:02</b> Andy Starkey 20/12/1998 Hale 5	<b>26:24</b> Alan Morris 06/04/1999 Chester Spring 5	<b>26:13</b> John Fidler 03/06/1998 Birkenhead Park 5	<b>27:49</b> John Fidler 08/11/1998 Abergele 5	<b>31:25</b> Bob Benson 14/12/2008 Borders League, Mold (Ind. Estate finish)	<b>32:27</b> Bob Freeman 11/10/2015 Borders League, Capenhurst	<b>35:33</b> Dave Hough 20/04/2014 Run the Bridge	<b>41:00</b> Dave Bish 17/04/2016 Borders League, Mold	<b>54:55</b> Peter Povey 24/04/2011 Run the Bridge
<b>10k</b>	<b>32:43</b> 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	<b>34:46</b> Cameron Weaver 12/04/2015 Borders League, Caermarfon	<b>34:34</b> Alec Beaney 20-09-08 and 17-05-09 Sutton Six 10k and Great Manchester 10k	<b>33:45</b> Darragh Staunton 26/10/2004 Borders League, Caermarfon	<b>32:43</b> Andy Starkey 25/10/1998 Chester Zoo 10k	<b>33:32</b> Graham MacNeil 26/06/2004 Northern Veterans AC Monthly Run, Lymm	<b>33:24</b> John Fidler 20/09/1998 Sutton Six 10k	<b>33:58</b> John Fidler 25/10/1998 Chester Zoo 10k	<b>38:44</b> Bob Freeman 29/09/2013 Cheshire 10k	<b>39:18</b> Joe Foy 10/04/2016 Cheshire 10k	<b>45:00</b> Dave Hough 30/03/2014 Helena Tipping 10k	<b>49:04</b> Dave Bish 25/09/2016 Loch Ness 10k	<b>55:06</b> Dave Bish 12/01/2019 Benicásim 10k
<b>10 miles</b>	<b>0:54:30</b> 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	Age group too low for record to be kept	(No performance)	<b>0:57:33</b> James Docherty 29/11/2011 Preston 10	<b>0:54:30</b> Andy Starkey 11/04/1999 Rivacre Runners and Joggers 10	<b>0:55:18</b> Gary Withers 19/04/1998 Sale 10	<b>0:55:30</b> John Fidler 19/04/1998 Rivacre Runners and Joggers 10	<b>1:03:01</b> John Fidler 01/04/2001 Rivacre Runners and Joggers 10	<b>1:09:46</b> Jack Thomas 01/11/2009 Llandudno 10	<b>1:09:46</b> Brian Beattie 01/08/2010 Llandudno 10	<b>1:23:35</b> Brian Beattie 01/08/2010 Sale 10	<b>1:23:35</b> Dave Bish 09/10/2016 Plusnet Yorkshire 10	<b>1:32:57</b> Dave Bish 14/10/2018 Asda Foundation Yorkshire 10
<b>Half-marathon</b>	<b>1:12:13</b> 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	<b>1:22:05</b> Adam Parr 22/01/2012 Four Villages Half-marathon	<b>1:14:15</b> Robin Sedman-Smith 18/05/2003 Chester Half-marathon	<b>1:12:13</b> Kenny Begley 20/05/2001 Chester Half-marathon	<b>1:15:24</b> Graham MacNeil 23/01/2005 Four Villages Half-marathon	<b>1:15:56</b> Paul Frodsham 18/05/2003 Chester Half-marathon	<b>1:13:10</b> John Fidler 14/01/1999 Four Villages Half-marathon	<b>1:24:41</b> Jack Thomas 27/09/1998 Lake Ymryw Half-marathon	<b>1:26:02</b> Joe Foy 08/03/2015 Paris Half-marathon	<b>1:35:48</b> Richard Batterham 15/02/2015 Village Bakery Half-marathon	<b>1:50:59</b> Dave Bish 15/05/2016 Chester Half-marathon	(No performance)
<b>Marathon</b>	<b>2:39:48</b> 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	<b>3:37:52</b> Michael Lyness 06/11/2011 New York City Marathon	<b>2:51:36</b> Iain Wedge 18/04/2001 London Marathon	<b>2:44:24</b> Kenny Begley 18/04/2001 London Marathon	<b>2:39:48</b> Kenny Begley 18/04/2001 London Marathon	<b>2:52:01</b> Bob Benson 18/04/1998 London Marathon	<b>2:53:41</b> Richard Batterham 14/04/2002 London Marathon	<b>3:04:21</b> Jack Thomas 26/04/1998 London Marathon	<b>3:25:47</b> Brian Beattie 17/04/2005 London Marathon	<b>3:23:22</b> Richard Batterham 26/04/2015 London Marathon	<b>4:19:08</b> 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
<b>1 mile (track)</b>	<b>05:39.10</b> Katie Clarke 03/05/2016 WCAC 4-minute Mile Anniversary	<b>06:17.90</b> Carys Roberts 03/05/2016 WCAC 4-minute Mile Anniversary	<b>05:58.20</b> Lucia Pyne 03/05/2016 WCAC 4-minute Mile Anniversary	<b>05:44.88</b> Imogen Pughie 15/04/2018 Desidee Open Meeting	<b>05:57.00</b> Issy Clarke 03/05/2016 WCAC 4-minute Mile Anniversary	<b>05:39.10</b> Katie Clarke 03/05/2016 WCAC 4-minute Mile Anniversary	(No performance)	<b>06:13.60</b> Heather McClintock 06/05/2014 WCAC 4-minute Mile Anniversary	<b>06:12.80</b> Ellie Robinson 06/05/2014 WCAC 4-minute Mile Anniversary	<b>07:10.10</b> Jane Pickering 06/05/2014 WCAC 4-minute Mile Anniversary	<b>06:51.40</b> Su Baird 06/05/2014 WCAC 4-minute Mile Anniversary	(No performance)	(No performance)	(No performance)	(No performance)	(No performance)
<b>5k</b>	<b>17:50</b> Joanne Bailey 24/08/2001 WCAC Upton Sk	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	<b>18:59.00</b> Issy Clarke 28/04/2017 Mid-Cheshire Sk	<b>18:19.00</b> Katie Clarke 28/04/2017 Mid-Cheshire Sk	<b>17:50.00</b> Joanne Bailey 24/08/2001 WCAC Upton Sk	<b>19:56.00</b> Anest Müller 21/05/2016 Prestatyn (Frith) Sk	<b>20:29.00</b> Louise Diggle 07/07/1999 Forest Park Women's Sk	<b>20:15.00</b> Ellie Robinson 19/05/2017 Christleton Sk	<b>23:25.00</b> Pamela Ackroyd 25/08/2016 Mid-Cheshire Sk	<b>22:41.00</b> Pamela Ackroyd 19/03/2017 Run Wigan Festival Sk	<b>22:47.00</b> Rosemary Rogers 19/06/2014 Dunham Massey Sk (Race 2)	<b>24:01.00</b> Rosemary Rogers 13/06/2015 Hollins Green Sk	(No performance)	(No performance)
<b>5 miles</b>	<b>30:42</b> 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	<b>32:20</b> Issy Clarke 11/04/2018 Chester Spring 5	<b>30:42</b> Katie Clarke 12/04/2017 Chester Spring 5	<b>30:51</b> Julie Fletcher 06/04/1999 Borders League, Spring 5 course	<b>32:59</b> Anest Müller 06/11/2016 Borders League, Spring 5 course	<b>34:44</b> Heather McClintock 06/11/2016 Borders League, Spring 5 course	<b>33:46</b> Jan Moffett 06/02/2000 Alsager 5	<b>38:38</b> Pamela Ackroyd 06/11/2016 Borders League, Spring 5 course	<b>37:46</b> Frances Mudway 30/07/2005 Dolgellau 5	<b>37:51</b> Rosemary Rogers 20/10/2014 Run the Bridge	<b>38:30</b> Rosemary Rogers 05/04/2015 Hale 5	(No performance)	(No performance)
<b>10k</b>	<b>37:57</b> 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	<b>41:57</b> Issy Clarke 09/10/2016 Borders League, Caermarfon	<b>40:53</b> Katie Clarke 19/10/2016 Borders League, Caermarfon	<b>37:57</b> Joanne Bailey 28/10/2001 Chester Zoo 10k	<b>40:48</b> Anest Müller 15/04/1999 Cardiff 10k	<b>41:44</b> Louise Diggle 19/04/1999 Whitley 10k	<b>43:07</b> Ellie Robinson 15/04/2018 Mersey Tunnel 10k	<b>50:26</b> Pamela Ackroyd 09/10/2016 Borders League, Caermarfon	<b>47:35</b> Frances Mudway 25/09/2005 Sutton Six 10k	<b>47:02</b> Rosemary Rogers 30/03/2014 Cheshire 10k	<b>48:15</b> Rosemary Rogers 01/03/2015 Port Sunlight 10k	<b>1:14:32</b> Mary Radford 04/11/2017 Cheshire 10k	(No performance)
<b>10 miles</b>	<b>1:02:38</b> 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)	<b>1:02:38</b> Julie Fletcher 01/11/1998 Llandudno 10	<b>1:10:44</b> Janet Taylor 11/11/1998 Llandudno 10	<b>1:08:47</b> Louise Diggle 11/04/1999 Rivacre Runners and Joggers 10	<b>1:08:54</b> Julie Diggle 11/11/2001 Llandudno 10	(No performance)	<b>1:21:53</b> Frances Mudway 18/11/2007 Preston 10	<b>1:20:15</b> Rosemary Rogers 26/04/2014 Wrexham 10	<b>1:23:03</b> Rosemary Rogers 25/04/2015 Wrexham 10	(No performance)	(No performance)
<b>Half-marathon</b>	<b>1:23:17</b> 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	<b>1:51:37</b> Megan McEveley 10/12/2014 Wirral Half-marathon	<b>1:23:17</b> Julie Fletcher 24/01/1999 Four Villages Half-marathon	<b>1:32:24</b> Keely Smith 19/09/1999 Four Villages Half-marathon	<b>1:31:11</b> Louise Diggle 19/09/1999 Lake Ymryw Half-marathon	<b>1:32:06</b> Jan Moffett 20/01/2002 Four Villages Half-marathon	<b>1:55:56</b> Mary Radford 08/08/1999 Liverpool Half-marathon	<b>2:01:46</b> Mary Radford 15/09/1999 Lake Ymryw Half-marathon	<b>1:44:38</b> Rosemary Rogers 19/01/2014 Four Villages Half-marathon	<b>1:46:23</b> Rosemary Rogers 17/05/2015 Chester Half-marathon	(No performance)	(No performance)
<b>Marathon</b>	<b>3:12:46</b> 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)	<b>3:12:46</b> Keely Smith 08/10/2017 Chester Marathon	<b>3:21:42</b> Nardia Allidis 25/05/2014 Liverpool Rock 'n' Roll Marathon	<b>3:14:12</b> Louise Diggle 22/04/1998 London Marathon	<b>3:55:47</b> Angla Tegg 22/04/2018 London Marathon	<b>4:23:22</b> Mary Radford 26/04/1998 London Marathon	(No performance)	<b>4:23:02</b> Kathleen Osbourne 09/10/2011 Chester Marathon	<b>4:07:53</b> Rosemary Rogers 04/10/2015 Chester Marathon	(No performance)	(No performance)