

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/>

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##	Club Best at Distance	Find	Times and Date in Red at:	Source
Age	Over Best Time Holder	Date	Host	
Band	an age Men	Gun Time	Chip Time	Event
5 Km	.			
5 Km	u13 Rory Willson	0:22:20	0:22:20	Sport in the Port 16/06/2013 Active Leisure Events
5 Km	u13 Henry Robinson	0:20:48	~	Wirral Seaside 30/05/2018 Pensby Runners
5 Km	u13 Henry Robinson	0:20:34	~	Wirral Seaside 27/06/2018 Pensby Runners
5 Km	u15 Jason McGonigle	0:18:18	~	WCAC (Upton) 11/07/2003 West Cheshire AC
5 Km	u15 Alex Haswell	0:17:25	~	Capenhurst 22/08/2007 Ellesmere Port RC
5 Km	u15 James Ellis	0:17:12	~	Christleton 09/05/2008 Tattenhall R
5 Km	u17 Louis Humphreys	0:17:09	~	Christleton 09/05/2008 Tattenhall R
5 Km	u17 Cameron Weaver	0:16:33	0:16:32	Capenhurst 19/08/2015 Ellesmere Port RC
5 Km	u17 u20 Ethan Greenland	0:15:59	0:15:59	Christleton 19/05/2017 Chester Tri
5 Km	u20 Peter Benyon	0:16:38	~	WCAC (Upton) 28/08/1998 West Cheshire AC
5 Km	SM Chris Mayer	0:16:43	~	Southport TC races 18/08/1998
5 Km	SM David Alexander	0:16:06	~	WCAC (Upton) 28/08/1998 West Cheshire AC
5 Km	SM Robin Sedman-Smith	0:15:56	~	Christleton 09/05/2003 Tattenhall R
5 Km	SM Robin Sedman-Smith	0:15:39	~	Park Hall 19/06/2003 Oswestry Olympians
5 Km	M35 Paul Spencer	0:15:46	~	WCAC (Upton) 28/08/1998 West Cheshire AC
##	M35 SM Paul Spencer	0:15:28	~	Christleton 12/05/2000 Tattenhall R
5 km	M40 Alan Morris	0:16:11	~	WCAC (Upton) 28/08/1998 West Cheshire AC
5 km	M40 o40 Alan Morris	0:15:51	~	Christleton 12/05/2000 Tattenhall R
5 km	M45 Howard Winzar	0:18:40	~	WCAC (Upton) 28/08/1998 West Cheshire AC
5 km	M45 Bob Benson	0:17:24	~	Christleton 14/05/1999 Tattenhall R
5 km	M45 Paul Frodsham	0:16:25	~	Christleton 09/05/2003 Tattenhall R
5 km	M45 Robert Tudor	0:16:10	~	Christleton 07/05/2010 Tattenhall R
5 km	M45 Robert Tudor	0:16:04	~	Christleton 06/05/2011 Tattenhall R
5 km	M45 o45 Robert Tudor	0:15:59	~	Capenhurst 24/08/2011 Ellesmere Port RC
5 km	M50 Dave Hough	0:18:33	~	Christleton 14/05/1999 Tattenhall R
5 km	M50 o50 John Fidler	0:17:01	~	WCAC (Upton) 27/08/1999 West Cheshire AC
5 km	M55 Brian Beattie	0:19:54	~	WCAC (Upton) 27/08/1999 West Cheshire AC
5 km	M55 Jack Thomas	0:19:11	~	Christleton 12/05/2000 Tattenhall R
5 km	M55 John McGill	0:19:03	~	Capenhurst 25/08/2004 Ellesmere Port RC
5 km	M55 o55 John McGill	0:18:44	~	Christleton 13/05/2005 Tattenhall R
5 km	M60 Sam R Fletcher	0:19:44	~	WCAC (Upton) 28/08/1998 West Cheshire AC
5 km	M60 o60 Joe Foy	0:19:15	0:19:11	Mid Cheshire 28/04/2016 Cute Fruit Events
5 km	M65 Mike Lamb	0:26:45	~	Park Hall 14/06/2006 Oswestry Olympians
5 km	M65 Mike Lamb	0:26:22	~	Chariots of Fire 16/08/2006 Oswestry Olympians
5 km	M65 Brian Beattie	0:23:35	~	Christleton 08/05/2009 Tattenhall R
5 km	M65 Brian Beattie	0:23:16	~	Capenhurst 25/08/2010 Ellesmere Port RC
5 km	M65 Brian Beattie	0:23:14	~	Christleton 07/05/2010 Tattenhall R
5 km	M65 o65 Dave Hough	0:21:32	0:21:20	Christleton** 23/05/2014 Chester Tri
5 km	M70 o70 David Bish	0:23:23	~	Capenhurst 21/08/2013 Ellesmere Port RC
5 Miles	.			
5 Miles	u17 Neil Roberts	0:38:43	~	BL Mold (Alun Finish) 05/03/2000 BL Wreccsam Tri
5 Miles	u17 Alec Beaney	0:32:33	~	Spring 5 05/04/2006 West Cheshire AC
5 Miles	u17 Alec Beaney	0:28:39	~	Spring 5 02/04/2007 West Cheshire AC
5 Miles	u17 Louis Humphreys	0:28:08	~	BL Mold (Alun Finish) 09/03/2008 BL Wreccsam Tri
5 Miles	u17 Cameron Weaver	0:27:57	0:27:54	Spring 5 15/04/2015 West Cheshire AC
5 Miles	u17 u17 Si�n Roberts	0:27:24	~	BL Spring 5 11/11/2018 West Cheshire AC
5 Miles	u20 Peter Benyon	0:27:39	~	Spring 5 07/04/1998 West Cheshire AC
5 Miles	u20 u20 Ethan Greenland	0:27:19	0:27:18	Spring 5 12/04/2017 West Cheshire AC
5 Miles	SM Mike Stroud	0:27:13	~	Spring 5 07/04/1998 West Cheshire AC
5 Miles	SM Robin Sedman-Smith	0:26:48	~	Spring 5 08/04/2003 West Cheshire AC
5 Miles	SM Robin Sedman-Smith	0:26:08	~	Buckley Charity 08/06/2003 Buckley RC
5 Miles	M35 Gary Withers	0:26:42	~	Spring 5 07/04/1998 West Cheshire AC
##	M35 SM Andy Starkey	0:26:02	~	Hale 20/12/1998 Halton BC
5 Miles	M40 Bob Benson	0:27:14	~	Spring 5 07/04/1998 West Cheshire AC
5 Miles	M40 Alan Morris	0:26:24	~	Spring 5 06/04/1999 West Cheshire AC
5 Miles	M45 John Fidler	0:26:20	~	Spring 5 07/04/1998 West Cheshire AC
5 Miles	M45 o40 John Fidler	0:26:13	~	Birkenhead Park 03/06/1998 Wirral AC
5 Miles	M50 o50 John Fidler	0:27:49	~	Abergele 5 08/11/1998 Abergele H
5 Miles	M55 Mike Lamb	0:35:42	~	Spring 5 07/04/1998 West Cheshire AC
5 Miles	M55 Jack Thomas	0:31:34	~	Spring 5 06/04/1999 West Cheshire AC
5 Miles	M55 o55 Bob Benson	0:31:25	~	BL Mold (Bus. Pk. Finish) 14/12/2008 BL Buckley RC
5 Miles	M60 Peter Povey	0:41:13	~	Hale 20/12/1998 Halton BC
5 Miles	M60 Sam R Fletcher	0:35:17	~	Hale 17/12/2000 Speke10k& Merseyside Yass
5 Miles	M60 Brian Beattie	0:34:19	~	Hale 12/12/2004 Halton BC
5 Miles	M60 o60 Robert Freeman	0:32:27	~	BL Capenhurst 11/10/2015 BL Ellesmere Port RC
5 Miles	M65 Peter Povey	0:47:15	~	Hale 11/12/2005 Hale Village
5 Miles	M65 Brian Beattie	0:42:05	~	Abergele 5 01/11/2009 Abergele H
5 Miles	M65 Brian Beattie	0:39:37	~	Abergele 5 07/11/2010 Abergele H
5 Miles	M65 o65 Dave Hough	0:35:38	0:35:33	Run the Bridge 20/04/2014 Halton BC
5 Miles	M70 Peter Povey	0:46:19	~	Run the Bridge 08/04/2007 Halton BC
5 Miles	M70 David Bish	0:43:02	~	Burtonwood 20/07/2013 Burtonwood Bridge ARLFC
5 Miles	M70 Brian Beattie	0:43:23	0:43:02	Spring 5 13/04/2016 West Cheshire AC
5 Miles	M70 o70 David Bish	0:41:00	~	BL Mold (Bus. Pk. Finish) 17/04/2016 BL Buckley
5 Miles	M75 o75 Peter Povey	0:54:55	~	Run the Bridge 24/04/2011 Halton BC

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

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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		
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	~ Farndon	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	Peter Povey	1:10:20	1:07:46 Mersey Tunnel	09/06/2013 BTR Liverpool Ltd	http://www.tdl.ltd.uk/
10 Km	M75	o75 David Bish	0:55:06	OT 54:40 Evasion Benicàssim	12/01/2019 Sportmaniacs	https://sportmaniacs.com/en/races/10k-platges-benicassim
10 Miles	u20	<i>nobody yet</i>				
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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Distance	Band an age Men	Gun Time	Chip Time	Event
1/2 Mar				
1/2 Mar	u20 u20 Adam Parr	1:22:06	1:22:05	Four Villages
1/2 Mar	SM Gary Dean	1:21:20	~	Chester
1/2 Mar	SM Mark J Davies	1:20:13	~	Four Villages
1/2 Mar	SM Chris Mayer	1:18:18	~	Wilmslow
1/2 Mar	SM Ian Brown	1:16:40	~	Chester
1/2 Mar	SM Andrew Clague	1:15:54	~	Chester
1/2 Mar	SM Robin Sedman-Smith	1:14:15	~	Chester
1/2 Mar	M35 Ian Wade	1:30:41	~	Chester
1/2 Mar	M35 Paul Spencer	1:25:28	~	Four Villages
1/2 Mar	M35 Kenny Begley	1:16:20	~	Chester
1/2 Mar	M35 Kenny Begley	1:15:27	~	Chester
##	M35 SM Kenny Begley	1:12:13	~	Chester
1/2 Mar	M40 Chris Rhodes	1:27:42	~	Chester
1/2 Mar	M40 Graham Earlam	1:23:27	~	Village Bakery
1/2 Mar	M40 Graham Earlam	1:19:43	~	Four Villages
1/2 Mar	M40 Graham Earlam	1:17:48	~	Wilmslow**
1/2 Mar	M40 Andy Starkey	1:16:19	~	Four Villages
1/2 Mar	M40 Graham MacNeil	1:15:27	1:15:24	Four Villages
1/2 Mar	M45 Bob Benson	1:24:40	~	Vyrnwy
1/2 Mar	M45 Richard Batterham	1:23:02	~	Four Villages
1/2 Mar	M45 Bob Benson	1:21:34	~	Wilmslow
1/2 Mar	M45 Paul Frodsham	1:15:56	~	Chester
1/2 Mar	M50 Brian Beattie	1:27:56	~	Chester
1/2 Mar	M50 o40 John Fidler	1:13:10	~	Four Villages
1/2 Mar	M55 o55 Jack Thomas	1:24:41	~	Vyrnwy
1/2 Mar	M60 Mike Lamb	1:47:10	~	Four Villages
1/2 Mar	M60 Brian Beattie	1:33:13	~	Four Villages
1/2 Mar	M60 Brian Beattie	1:31:58	~	Village Bakery
1/2 Mar	M60 Joe Foy	1:26:28	1:26:22	Village Bakery
1/2 Mar	M60 o60 Joe Foy	~	1:26:02	Semi Marathon de Paris
1/2 Mar	M65 Brian Beattie	1:41:30	~	Village Bakery
1/2 Mar	M65 Dave Hough	1:41:38	1:41:26	Vyrnwy
1/2 Mar	M65 o65 Richard Batterham	1:36:01	1:35:48	Village Bakery
1/2 Mar	M70 Dave Bish	1:52:20	1:52:13	Congleton**
1/2 Mar	M70 o70 Dave Bish	1:54:46	1:50:59	Chester
1/2 Mar	M75 o75 Dave Bish	2:05:06	2:03:24	Benidorm
Marathon				
Marathon	u20 u20 Michael Lyness	~	3:37:52	New York
Marathon	SM Kenny Begley	2:59:09	~	London
Marathon	SM Iain Wedge	2:51:36	~	London
Marathon	M35 Terry Ryan	2:59:54	~	London
Marathon	M35 Kenny Begley	2:50:47	~	London
Marathon	M35 Kenny Begley	2:44:24	~	London
Marathon	M40 Mark Worrall	2:58:33	~	London
##	M40 SM Kenny Begley	2:39:48	~	London
Marathon	M45 Richard Batterham	2:55:24	~	London
Marathon	M45 o45 Bob Benson	2:52:01	~	London
Marathon	M50 Brian Beattie	3:12:32	~	London
Marathon	M50 Richard Batterham	2:53:42	~	London
Marathon	M50 o50 Richard Batterham	2:53:41	~	London
Marathon	M55 o55 Jack Thomas	3:04:21	~	London
Marathon	M60 Brian Beattie	3:35:27	~	London
Marathon	M60 Brian Beattie	~	3:25:47	London
Marathon	M65 Brian Beattie	~	3:46:44	London
Marathon	M65 Brian Beattie	3:44:39	3:44:32	Chester
Marathon	M65 o60 Richard Batterham	~	3:23:22	London
Marathon	M70 David Bish	~	4:27:23	London
Marathon	M70 o70 Brian Beattie	4:20:54	4:19:08	Chester
*** Hilly!	SM Mike Stroud	3:16:10	~	*** Snowdonia
	SM Stephen Skates	2:56:15	~	*** Snowdonia

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