

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	James Ellis	0:17:12	Christleton
5 Km	u15	u15 Jamie Richardson	0:17:09	N A championship
5 Km	u17	Louis Humphreys	0:17:09	Christleton
5 Km	u17	Cameron Weaver	0:16:33	0:16:32 Capenhurst
5 Km	u17	u20 Ethan Greenland	0:15:59	0:15:59 Christleton
5 Km	u20	Peter Benyon	0:16:38	WCAC (Upton)
5 Km	u20	Joseph Morrison	0:16:29	0:16:29 Wirral Seaside
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)
5 Km	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	0:19:11	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	0:21:20 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	0:27:54 Spring 5
5 Miles	u17	u17 Siôn Roberts	0:27:24	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	0:27:18 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
5 Miles	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	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	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	0:35:33 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	0:43:02 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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##	Club Best at Distance	Find Date	Times and Date in Red at:	Source				
Distance	Age Band	Over an age Men	Best Time Holder	Gun Time	Chip Time	Event	Host	Source
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	u17	u20	Stôn Roberts	0:33:12	0:33:12	Arley Hall, Cheshire**	23/03/2019 Run Through	http://results.racetimers.co.uk/results.aspx?CId=16487&RId=2056
10 Km	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		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	~	Croxtheth Park	24/04/1998 LPS?	http://www.woldsrvets.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	~	Croxtheth Park	24/04/1998 LPS?	http://www.woldsrvets.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.capenhrstrc.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-plages-benicassim
10 Miles								
10 Miles	u20		nobody yet					
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.woldsrvets.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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Age	Over Best Time Holder	Date	Host	
Distance	Band an age Men	Gun Time	Chip Time	Event
½ Mar				
½ Mar	u20 u20 Adam Parr	1:22:06	1:22:05	Four Villages
½ Mar	SM Gary Dean	1:21:20	~	Chester
½ Mar	SM Mark J Davies	1:20:13	~	Four Villages
½ Mar	SM Chris Mayer	1:18:18	~	Wilmslow
½ Mar	SM Ian Brown	1:16:40	~	Chester
½ Mar	SM Andrew Clague	1:15:54	~	Chester
½ Mar	SM Robin Sedman-Smith	1:14:15	~	Chester
½ Mar	M35 Ian Wade	1:30:41	~	Chester
½ Mar	M35 Paul Spencer	1:25:28	~	Four Villages
½ Mar	M35 Kenny Begley	1:16:20	~	Chester
½ Mar	M35 Kenny Begley	1:15:27	~	Chester
##	M35 SM Kenny Begley	1:12:13	~	Chester
½ Mar	M40 Chris Rhodes	1:27:42	~	Chester
½ Mar	M40 Graham Earlam	1:23:27	~	Village Bakery
½ Mar	M40 Graham Earlam	1:19:43	~	Four Villages
½ Mar	M40 Graham Earlam	1:17:48	~	Wilmslow**
½ Mar	M40 Andy Starkey	1:16:19	~	Four Villages
½ Mar	M40 Graham MacNeil	1:15:27	1:15:24	Four Villages
½ Mar	M45 Bob Benson	1:24:40	~	Vyrnwy
½ Mar	M45 Richard Batterham	1:23:02	~	Four Villages
½ Mar	M45 Bob Benson	1:21:34	~	Wilmslow
½ Mar	M45 Paul Frodsham	1:15:56	~	Chester
½ Mar	M50 Brian Beattie	1:27:56	~	Chester
½ Mar	M50 o40 John Fidler	1:13:10	~	Four Villages
½ Mar	M55 o55 Jack Thomas	1:24:41	~	Vyrnwy
½ Mar	M60 Mike Lamb	1:47:10	~	Four Villages
½ Mar	M60 Brian Beattie	1:33:13	~	Four Villages
½ Mar	M60 Brian Beattie	1:31:58	~	Village Bakery
½ Mar	M60 Joe Foy	1:26:28	1:26:22	Village Bakery
½ Mar	M60 o60 Joe Foy	~	1:26:02	Semi Marathon de Paris
½ Mar	M65 Brian Beattie	1:41:30	~	Village Bakery
½ Mar	M65 Dave Hough	1:41:38	1:41:26	Vyrnwy
½ Mar	M65 o65 Richard Batterham	1:36:01	1:35:48	Village Bakery
½ Mar	M70 Dave Bish	1:52:20	1:52:13	Congleton**
½ Mar	M70 o70 Dave Bish	1:54:46	1:50:59	Chester
½ 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

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