

WCAC Records One Mile and Above

Men	Overall	U11	U13	U15	U17	U20	Senior	V35	V40	V45	V50	V55	V60	V65	V70	V75
1 mile (track)	04:39.00 Rob Tudor 22/06/2011 Wirral AC Endurance Races	05:56.00 Charlie McMullan 03/05/2016 WCAC Four-Minute Mile Anniversary	05:40.90 Harvey Tegg 06/05/2014 WCAC Four-Minute Mile Anniversary	05:20.20 Sion Roberts 09/04/2017 Wirral AC Open Medal Meeting	05:34.20 Christy Mageean 03/05/2016 WCAC Four-Minute Mile Anniversary	(No performance) 00/01/1900 0	04:39.00 Rob Tudor 22/06/2011 Wirral AC Endurance Races	(No performance) 00/01/1900 0	06:11.20 Chris Smith 06/05/2014 WCAC 4-minute Mile Anniversary	04:39.00 Rob Tudor 22/06/2011 Wirral AC Endurance Races	06:11.80 Neil Atkinson 06/05/2014 WCAC 4-minute Mile Anniversary	(No performance) 00/01/1900 0	(No performance) 00/01/1900 0	(No performance) 00/01/1900 0	(No performance) 00/01/1900 0	(No performance) 01/00/00 0
5k	15:28 Paul Spencer 05/12/2000 Christleton 5k	Age group too low for record to be kept	Age group too low for record to be kept	17:09.00 Jamie Richardson 24/03/2019 North of England U17/U15 Championships	15:59.00 Ethan Greenland 19/05/2017 Christleton 5k	16:29.00 Joseph Morrison 27/03/2019 Wirral Seaside Runs	15:28.00 Paul Spencer 05/12/2000 Christleton 5k	15:28.00 Paul Spencer 12/05/2000 Christleton 5k	15:51 Alan Morris 12/05/2000 Christleton 5k	15:59 Rob Tudor 24/08/2011 Capenhurst 5k	17:01 John Fidler 27/08/1999 WCAC Upton 5k	18:44 John McGill 13/05/2005 Christleton 5k	19:11 Joe Foy 28/04/2016 Mid-Cheshire 5k	21:20 Dave Hough 23/05/2014 Christleton 5k	23:23 Dave Bish 21/08/2013 Capenhurst 5k	(No performance) 0 01/00/00 0
5 miles	26:02 Andy Starkey 04/11/1999 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	27:24.00 Sion Roberts 11/11/2018 Borders League	27:19 Ethan Greenland 12/04/2017 Chester Spring 5	26:02 Andy Starkey 20/12/1998 Hale 5	26:02 Andy Starkey 20/12/1998 Hale 5	26:24 Alan Morris 06/04/1999 Chester Spring 5	26:13 John Fidler 03/06/1998 Birkenhead Park 5	27:49 John Fidler 08/11/1998 Abergele 5	31:25 Bob Benson 14/12/2008 Borders League, Mold (Ind. Estate finish)	32:27 Bob Freeman 11/10/2015 Borders League, Capenhurst	35:53 Dave Hough 20/04/2014 Run the Bridge	41:00 Dave Bish 17/04/2016 Borders League, Mold	46:15 Brian Beattie 04/10/19 Chester Spring 5
10k	32:43 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	33:12 Sion Roberts 23/03/2019 Cheshire 10k	34:34 Alec Beaney 05/17/09 Great Manchester 10k	32:43 Andy Starkey 25/10/1998 Chester Zoo 10k	32:43 Andy Starkey 25/10/1998 Chester Zoo 10k	33:32 Graham MacNeil 26/06/2004 Northern Veterans AC Monthly Run, Lymm	33:24 John Fidler 20/09/1998 Sutton Six 10k	33:58 John Fidler 25/10/1998 Chester Zoo 10k	38:44 Bob Freeman 29/09/2013 Cheshire 10k	39:18 Joe Foy 10/04/2016 Cheshire 10k	45:00 Dave Hough 30/03/2014 Helena Tipping 10k	49:04 Dave Bish 25/09/2016 Loch Ness 10k	0:55:06 Dave Bish 01/12/19 Benicassim 10k
10 miles	0:54:30 Andy Starkey 04/11/1999 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	(No performance) 00/01/1900 0	0:54:30 Andy Starkey 04/11/1999 Rivacre Runners and Joggers 10	0:54:30 Andy Starkey 11/04/1999 Rivacre Runners and Joggers 10	0:55:18 Gary Wilbers 02/08/1998 Sale 10	0:55:30 John Fidler 19/04/1998 Rivacre Runners and Joggers 10	0:58:54 John Fidler 01/04/2001 Rivacre Runners and Joggers 10	1:03:01 Jack Thomas 01/11/1998 Llandudno 10	1:09:46 Brian Beattie 19/11/2005 Llandudno 10	1:17:50 Brian Beattie 01/08/2010 Sale 10	1:23:35 Dave Bish 09/10/2016 Plusnet Yorkshire 10	1:32:57 Dave Bish 10/14/18 Asda Foundation Yorkshire 10	
Half-marathon	1:12:13 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	1:22:05 Adam Parr 22/01/2012 Four Villages Half-marathon	1:12:13 Kenny Begley 20/05/2001 Chester Half Marathon	1:12:13 Kenny Begley 20/05/2001 Chester Half-marathon	1:15:24 Graham MacNeil 21/03/2005 Four Villages Half-marathon	1:15:56 Paul Frodsham 18/05/2003 Chester Half-marathon	1:24:41 John Fidler 14/01/1999 Four Villages Half-marathon	1:31:10 John Fidler 18/03/2015 Lake Yrmyr Half-marathon	1:26:02 Jack Thomas 08/03/2015 Paris Half-marathon	1:35:48 Joe Foy 15/02/2016 Village Bakery Half-marathon	1:41:59 Richard Batterham 26/04/2015 Chester Half-marathon	1:50:59 Dave Bish 03/02/19 Bendorm Half-marathon	0:32:24 Dave Bish 01/12/19 Bendorm Half-marathon
Marathon	2:39:48 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	3:37:52 Michael Lyness 06/11/2011 New York City Marathon	2:39:48 Kenny Begley 18/04/2004 London Marathon	2:44:24 Kenny Begley 22/04/2001 London Marathon	2:39:48 Kenny Begley 18/04/2004 London Marathon	2:52:01 Bob Benson 18/04/1999 London Marathon	2:53:41 Richard Batterham 14/04/2002 London Marathon	3:04:21 Jack Thomas 26/04/1998 London Marathon	3:25:47 Brian Beattie 17/04/2005 London Marathon	3:23:22 Richard Batterham 26/04/2015 London Marathon	4:19:08 Brian Beattie 05/10/2014 Chester Marathon	(No performance) 0 01/00/00 0	

Women	Overall	U11	U13	U15	U17	U20	Senior	V35	V40	V45	V50	V55	V60	V65	V70	V75
1 mile (track)	05:39.10 Katie Clarke 03/05/2016 WCAC Four-Minute Mile Anniversary	06:17.90 Carys Roberts 03/05/2016 WCAC Four-Minute Mile Anniversary	05:58.20 Lucia Pyne 03/05/2016 WCAC Four-Minute Mile Anniversary	05:44.88 Imogen Pughe 15/04/2018 Deeside Open Meeting	05:57.00 Issy Clarke 03/05/2016 WCAC Four-Minute Mile Anniversary	05:39.10 Katie Clarke 03/05/2016 WCAC Four-Minute Mile Anniversary	06:12.80 Elle Robinson 06/05/2014 WCAC Four-Minute Mile Anniversary	06:13.60 Heather McIntock 06/05/2014 WCAC 4-minute Mile Anniversary	06:12.80 Elle Robinson 06/05/2014 WCAC 4-minute Mile Anniversary	07:10.10 Jane Pickering 06/05/2014 WCAC 4-minute Mile Anniversary	06:51.40 Su Baird 06/05/2014 WCAC 4-minute Mile Anniversary	(No performance) 00/01/1900 0	(No performance) 00/01/1900 0	(No performance) 00/01/1900 0	(No performance) 00/01/1900 0	(No performance) 01/00/00 0
5k	17:50 Joanne Bailey 24/08/2001 WCAC Upton 5k	Age group too low for record to be kept	Age group too low for record to be kept	19:47.00 Emma Monteith 27/08/1999 WCAC Upton 5k	19:56.00 Anest Müller 21/05/2016 Prestatyn (Frith) 5k	20:15.00 Elle Robinson 19/05/2017 WCAC Upton 5k	17:50.00 Joanne Bailey 24/08/2001 WCAC Upton 5k	19:56.00 Anest Müller 21/05/2016 Prestatyn (Frith) 5k	20:29.00 Louise Diggle 07/07/1999 Forest Park Women's 5k	20:15.00 Elle Robinson 19/05/2017 Christleton 5k	23:25.00 Pamela Acrotyd 25/08/2016 Mid-Cheshire 5k	22:41.00 Pamela Acrotyd 19/03/2017 Run Wigan Festival 5k	22:47.00 Rosemary Rogers 19/06/2014 Dunham Massey 5k (Race 2)	24:01.00 Rosemary Rogers 13/06/2015 Hollins Green 5k	(No performance) 00/01/1900 0	(No performance) 0 01/00/00 0
5 miles	30:42 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	32:20.00 Issy Clarke 11/04/2018 Chester Spring 5	30:42 Katie Clarke 12/04/2017 Chester Spring 5	30:51 Julie Fletcher 06/04/1999 Chester Spring 5	32:59 Anest Müller 06/11/2016 Borders League, Spring 5 course	34:44 Heather McIntock 06/11/2016 Borders League, Spring 5 course	33:46 Jan Moffett 06/02/2000 Alsager 5	38:38 Pamela Acrotyd 06/11/2016 Borders League, Spring 5 course	37:46 Frances Mudway 30/07/2005 Dolgellau 5	37:51 Rosemary Rogers 20/10/2014 Run the Bridge	38:30 Rosemary Rogers 05/04/2015 Hale 5	(No performance) 00/01/1900 0	(No performance) 01/00/00 0
10k	37:57 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	41:57.00 Issy Clarke 09/10/2016 Borders League	40:53 Katie Clarke 09/10/2016 Borders League	37:57 Joanne Bailey 28/10/2001 Chester Zoo 10k	40:48 Anest Müller 11/09/2016 Cardiff 10k	41:44 Louise Diggle 25/04/1999 Whitley 10k	43:07 Elle Robinson 15/04/2018 Mersey Tunnel 10k	47:35 Pamela Acrotyd 19/10/2016 Borders League, Caernarfon	47:35 Frances Mudway 25/09/2005 Sutton Six 10k	47:02 Rosemary Rogers 30/03/2014 Cheshire 10k	48:15 Rosemary Rogers 04/11/2017 Port Sunlight 10k	1:14:32 Mary Radford 01/10/2017 Cheshire 10k	(No performance) 0 01/00/00 0
10 miles	1:02:38 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	(No performance) 00/01/1900 0	1:02:38 Julie Fletcher 01/11/1998 Llandudno 10	1:10:44 Janet Taylor 01/11/1998 Llandudno 10	1:08:47 Louise Diggle 11/04/1999 Rivacre Runners and Joggers 10	1:08:54 Louise Diggle 11/11/2001 Llandudno 10	1:08:54 Louise Diggle 11/11/2001 Llandudno 10	1:28:35 Sarah Hibbert 24/02/2019 Rhyll 10	1:21:53 Frances Mudway 18/11/2007 Preston 10	1:20:15 Rosemary Rogers 26/04/2014 Wrexham 10	1:23:03 Rosemary Rogers 25/04/2015 Wrexham 10	(No performance) 01/00/00 0	(No performance) 0 01/00/00 0
Half-marathon	1:23:17 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	1:51:37 Megan McEveley 12/10/2014 Wirral Half-marathon	1:23:17 Julie Fletcher 24/01/1999 Four Villages Half Marathon	1:29:47 Keely Smith 17/02/2019 Village Bakery Wrexham Half-marathon	1:31:11 Louise Diggle 19/09/1999 Lake Yrmyr Half-marathon	1:32:06 Jan Moffett 20/01/2002 Four Villages Half-marathon	1:55:56 Mary Radford 08/08/1999 Liverpool Half-marathon	2:01:46 Mary Radford 15/09/2002 Lake Yrmyr Half-marathon	1:44:38 Rosemary Rogers 19/01/2014 Four Villages Half-marathon	1:46:23 Rosemary Rogers 17/05/2015 Chester Half-marathon	(No performance) 0 01/00/00 0	(No performance) 0 01/00/00 0	
Marathon	3:12:46 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	(No performance) 01/00/00 0	3:12:46 Keely Smith 08/10/2017 Chester Marathon	3:20:28 Keely Smith 31/03/2019 Conwy Marathon	3:14:12 Louise Diggle 26/04/1998 London Marathon	3:55:47 Angla Tegg 22/04/2018 London Marathon	4:32:22 Mary Radford 26/04/1998 London Marathon	(No performance) 00/01/1900 0	4:23:02 Kathleen Osborne 09/10/2011 Chester Marathon	4:07:53 Rosemary Rogers 04/10/2015 Chester Marathon	(No performance) 00/01/1900 0	(No performance) 01/00/00 0	