

By progression in age bands plus recognition of best over an age

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 Date	Times and Date in Red at:	Source
Distance	Age Over an age Men Best Time Holder Gun Time Chip Time Event	Date	Host	Source
5 Km				
5 Km	u13 Rory Willson 0:22:20	0:22:20	Sport in the Port 16/06/2013 Active Leisure Events	http://www.activeleisurevents.co.uk/sitp-5k-results
5 Km	u13 Henry Robinson 0:20:34	~	Wirral Seaside 30/05/2018 Pensby Runners	http://www.seasideruns.com/results/
5 Km	u13 Henry Robinson 0:20:34	~	Wirral Seaside 27/06/2018 Pensby Runners	http://www.seasideruns.com/results/
5 Km	u15 Jason McGonigle 0:18:18	~	WCAC (Upton) 11/07/2003 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	u15 Alex Haswell 0:17:25	~	Capenhurst 22/08/2007 Ellesmere Port RC	www.ellesmereportrunningclub.org.uk
5 Km	u15 James Ellis 0:17:12	~	Christleton 09/05/2008 Tattenhall R	www.ukresults.net/index.html
5 Km	u15 u15 Jamie Richardson 0:17:09	~	N A championship 24/02/2019 Northern Athletics	https://www.race-results.co.uk/results/2019/nau1719.pdf
5 Km	u17 Louis Humphreys 0:17:09	~	Christleton 09/05/2008 Tattenhall R	www.ukresults.net/index.html
5 Km	u17 Cameron Weaver 0:16:33	0:16:32	Capenhurst 19/08/2015 Ellesmere Port RC	www.ellesmereportrunningclub.org.uk
5 Km	u17 u17 Ethan Greenland 0:15:59	0:15:59	Christleton 19/05/2017 Chester Tri	https://chestertri.niftyentries.com/Results/Christleton-5K-2017
5 Km	u20 Peter Benyon 0:16:38	~	WCAC (Upton) 28/08/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	u20 Joseph Morrison 0:16:29	0:16:29	Wirral Seaside 27/03/2019 Pensby Runners	http://www.seasideruns.com/results/
5 Km	u20 Joseph Morrison 0:16:20	0:16:20	Wirral Seaside 24/04/2019 Pensby Runners	http://www.seasideruns.com/results/
5 Km	u20 u20 Ethan Ackroyd 0:15:49	0:15:45	Mid Cheshire 26/04/2019 Cute Fruit Events	http://www.cutefruitevents.com/
5 Km	SM Chris Mayer 0:16:43	~	Southport TC races 18/08/1998	www.race-results.co.uk/results/
5 Km	SM David Alexander 0:16:06	~	WCAC (Upton) 28/08/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	SM Robin Sedman-Smith 0:15:56	~	Christleton 09/05/2003 Tattenhall R	www.ukresults.net/index.html
5 Km	SM Robin Sedman-Smith 0:15:39	~	Park Hall 19/06/2003 Oswestry Olympians	*MJL result sheet
5 Km	M35 Paul Spencer 0:15:46	~	WCAC (Upton) 28/08/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
#	M35 SM Paul Spencer 0:15:28	~	Christleton 12/05/2000 Tattenhall R	FB Group 'Old Running Results and Pictures'
5 km	M40 Alan Morris 0:16:11	~	WCAC (Upton) 28/08/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Km	M40 o40 Alan Morris 0:15:51	~	Christleton 12/05/2000 Tattenhall R	FB Group 'Old Running Results and Pictures'
5 km	M45 Howard Winzar 0:18:40	~	WCAC (Upton) 28/08/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 km	M45 Bob Benson 0:17:24	~	Christleton 14/05/1999 Tattenhall R	*MJL result sheet
5 km	M45 Paul Frodsham 0:16:25	~	Christleton 09/05/2003 Tattenhall R	www.ukresults.net/index.html
5 km	M45 Robert Tudor 0:16:10	~	Christleton 07/05/2010 Tattenhall R	www.ukresults.net/index.html
5 km	M45 Robert Tudor 0:16:04	~	Christleton 06/05/2011 Tattenhall R	www.ukresults.net/index.html
5 km	M45 o45 Robert Tudor 0:15:59	~	Capenhurst 24/08/2011 Ellesmere Port RC	www.ellesmereportrunningclub.org.uk
5 km	M50 Dave Hough 0:18:33	~	Christleton 14/05/1999 Tattenhall R	*ARM provisional best performances 24/07/00
5 km	M50 o50 John Fidler 0:17:01	~	WCAC (Upton) 27/08/1999 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 km	M55 Brian Beattie 0:19:54	~	WCAC (Upton) 27/08/1999 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 km	M55 Jack Thomas 0:19:11	~	Christleton 12/05/2000 Tattenhall R	FB Group 'Old Running Results and Pictures'
5 km	M55 John McGill 0:19:03	~	Capenhurst 25/08/2004 Ellesmere Port RC	www.ellesmereportrunningclub.org.uk
5 Km	M55 John McGill 0:18:44	~	Christleton 13/05/2005 Tattenhall R	www.ukresults.net/index.html
5 km	M55 o55 Neil Hershaw 0:18:11	0:17:51	Mid Cheshire 26/04/2019 Cute Fruit Events	http://www.cutefruitevents.com/
5 km	M60 Sam R Fletcher 0:19:44	~	WCAC (Upton) 28/08/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 km	M60 o60 Joe Foy 0:19:15	0:19:11	Mid Cheshire 28/04/2016 Cute Fruit Events	http://www.cutefruitevents.com/
5 km	M65 Mike Lamb 0:26:45	~	Park Hall 14/06/2006 Oswestry Olympians	http://www.oswestryolympians.com/
5 km	M65 Mike Lamb 0:26:22	~	Chariots of Fire 16/08/2006 Oswestry Olympians	http://www.oswestryolympians.com/
5 km	M65 Brian Beattie 0:23:35	~	Christleton 08/05/2009 Tattenhall R	www.ukresults.net/index.html
5 km	M65 Brian Beattie 0:23:16	~	Capenhurst 25/08/2010 Ellesmere Port RC	www.ellesmereportrunningclub.org.uk
5 km	M65 Brian Beattie 0:23:14	~	Christleton 07/05/2010 Tattenhall R	www.ukresults.net/index.html
5 Km	M65 o65 Dave Hough 0:21:32	0:21:20	Christleton** 23/05/2014 Chester Tri	http://www.niftyentries.com/Results
5 km	M70 o70 David Bish 0:23:23	~	Capenhurst 21/08/2013 Ellesmere Port RC	www.ellesmereportrunningclub.org.uk
5 Miles				
5 Miles	u17 Neil Roberts 0:38:43	~	BL Mold (Alun Finish) 05/03/2000 BL Wreccas Tri	*MJL result sheet
5 Miles	u17 Alec Beaney 0:32:33	~	Spring 5 05/04/2006 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u17 Alec Beaney 0:28:39	~	Spring 5 02/04/2007 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u17 Louis Humphreys 0:28:08	~	BL Mold (Alun Finish) 09/03/2008 BL Wreccas Tri	http://www.bordersleague.org.uk/results-archive/
5 Miles	u17 Cameron Weaver 0:27:57	0:27:54	Spring 5 15/04/2015 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u17 u17 Si�n Roberts 0:27:24	~	BL Spring 5 11/11/2018 West Cheshire AC	http://www.bordersleague.org.uk/results/
5 Miles	u20 Peter Benyon 0:27:39	~	Spring 5 07/04/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u20 u20 Ethan Greenland 0:27:19	0:27:18	Spring 5 12/04/2017 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	SM Mike Stroud 0:27:13	~	Spring 5 07/04/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	SM Robin Sedman-Smith 0:26:48	~	Spring 5 08/04/2003 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	SM Robin Sedman-Smith 0:26:08	~	Buckley Charity 08/06/2003 Buckley RC	*MJL result sheet
5 Miles	M35 Gary Withers 0:26:42	~	Spring 5 07/04/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
#	M35 SM Andy Starkey 0:26:02	~	Hale 20/12/1998 Halton BC	result sheet from *GH
5 Miles	M40 Bob Benson 0:27:14	~	Spring 5 07/04/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	M40 Alan Morris 0:26:24	~	Spring 5 06/04/1999 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	M45 John Fidler 0:26:20	~	Spring 5 07/04/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	M45 o40 John Fidler 0:26:13	~	Birkenhead Park 03/06/1998 Wirral AC	www.wirralac.co.uk/competitionsbirkenhead-park-road-races/
5 Miles	M50 o50 John Fidler 0:27:49	~	Abergele 5 08/11/1998 Abergele H	Paper Copy
5 Miles	M55 Mike Lamb 0:35:42	~	Spring 5 07/04/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	M55 Jack Thomas 0:31:34	~	Spring 5 06/04/1999 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	M55 o55 Bob Benson 0:31:25	~	BL Mold (Bus. Pk. Finish) 14/12/2008 BL Buckley RC	http://www.bordersleague.org.uk/results-archive/
5 Miles	M60 Peter Povey 0:41:13	~	Hale 20/12/1998 Halton BC	result sheet from *GH
5 Miles	M60 Sam R Fletcher 0:35:17	~	Hale 17/12/2000 Speke10k & Merseyside Yass	*BWB result sheet
5 Miles	M60 Brian Beattie 0:34:19	~	Hale 12/12/2004 Halton BC	www.runhalton.co.uk/ and BWB result sheet
5 Miles	M60 o60 Robert Freeman 0:32:27	~	BL Capenhurst 11/10/2015 BL Ellesmere Port RC	http://www.bordersleague.org.uk/
5 Miles	M65 Peter Povey 0:47:15	~	Hale 11/12/2005 Hale Village	*BWB result sheet
5 Miles	M65 Brian Beattie 0:42:05	~	Abergele 5 01/11/2009 Abergele H	www.abergeleharriers.co.uk/ASH.htm
5 Miles	M65 Brian Beattie 0:39:37	~	Abergele 5 07/11/2010 Abergele H	www.abergeleharriers.co.uk/ASH.htm
5 Miles	M65 o65 Dave Hough 0:35:38	0:35:33	Run the Bridge 20/04/2014 Halton BC	www.runhalton.co.uk/
5 Miles	M70 Peter Povey 0:46:19	~	Run the Bridge 08/04/2007 Halton BC	www.runhalton.co.uk/
5 Miles	M70 David Bish 0:43:02	~	Burtonwood 20/07/2013 Burtonwood Bridge ARLFC	www.spectrumstriders.org.uk/main.htm
5 Miles	M70 Brian Beattie 0:43:23	0:43:02	Spring 5 13/04/2016 West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	M70 o70 David Bish 0:41:00	~	BL Mold (Bus. Pk. Finish) 17/04/2016 BL Buckley	http://www.bordersleague.org.uk/results-archive/
5 Miles	M75 o75 Peter Povey 0:54:55	~	Run the Bridge 24/04/2011 Halton BC	www.runhalton.co.uk/

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

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Distance	Age Band	Over an age Men	Best Time Holder	Gun Time	Chip Time	Event	Date	Host	Source
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	u17	u20	Siôn Roberts	0:33:12	0:33:12	Arley Hall, Cheshire**	23/03/2019	Run Through	http://results.racetimers.co.uk/results.aspx?Clid=16487&Rld=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	Gl 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.tld.uk/
10 Km	M55		Robert Freeman	0:38:52	0:38:44	Arley Hall, Cheshire**	29/09/2013	Greenwood Ltd	http://www.cheshire10k.com/results/
10 Km	M55	o55	Neil Hershaw	0:36:59	0:36:55	Liverpool Spring	05/05/2019	Mersey Races	https://www.niftyentires.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.capenhurstc.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.tld.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.tld.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	Age Band	Over an age Men	Best Time Holder	Gun Time	Chip Time	Event	Date	Host	Source
1/2 Mar	u20	u20	Adam Parr	1:22:06	1:22:05	Four Villages	22/01/2012	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
1/2 Mar	SM		Gary Dean	1:21:20	~	Chester	24/05/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	SM		Mark J Davies	1:20:13	~	Four Villages	24/01/1999	Helsby RC	*MJL result sheet
1/2 Mar	SM		Chris Mayer	1:18:18	~	Wilmslow	23/03/1999	Wilmslow RC	www.wilmslowhalfmarathon.org.uk/results-and-photos/
1/2 Mar	SM		Ian Brown	1:16:40	~	Chester	21/05/2000	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	SM		Andrew Clague	1:15:54	~	Chester	26/05/2002	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	SM		Robin Sedman-Smith	1:14:15	~	Chester	18/05/2003	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M35		Ian Wade	1:30:41	~	Chester	24/05/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M35		Paul Spencer	1:25:28	~	Four Villages	24/01/1999	Helsby RC	*MJL result sheet
1/2 Mar	M35		Kenny Begley	1:16:20	~	Chester	23/05/1999	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M35		Kenny Begley	1:15:27	~	Chester	21/05/2000	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M35	SM	Kenny Begley	1:12:13	~	Chester	20/05/2001	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M40		Chris Rhodes	1:27:42	~	Chester	24/05/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M40		Graham Earlam	1:23:27	~	Village Bakery	21/02/1999	Wrexham AAC	*MJL result sheet
1/2 Mar	M40		Graham Earlam	1:19:43	~	Four Villages	23/01/2000	Helsby RC	*MJL result sheet
1/2 Mar	M40		Graham Earlam	1:17:48	~	Wilmslow**	26/03/2000	Wilmslow RC	http://www.joelee.co.uk/resindex.html
1/2 Mar	M40		Andy Starkey	1:16:19	~	Four Villages	20/01/2002	Helsby RC	*MJL result sheet
1/2 Mar	M40		Graham MacNeil	1:15:27	1:15:24	Four Villages	23/01/2005	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
1/2 Mar	M45		Bob Benson	1:24:40	~	Vyrnwy	27/09/1998	Oswestry Olympians	*BWB result sheet
1/2 Mar	M45		Richard Batterham	1:23:02	~	Four Villages	24/01/1999	Helsby RC	*MJL result sheet
1/2 Mar	M45		Bob Benson	1:21:34	~	Wilmslow	28/03/1999	Wilmslow RC	www.wilmslowhalfmarathon.org.uk/results-and-photos/
1/2 Mar	M45		Paul Frodsham	1:15:56	~	Chester	18/05/2003	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M50		Brian Beattie	1:27:56	~	Chester	24/05/1998	West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/
1/2 Mar	M50	o40	John Fidler	1:13:10	~	Four Villages	24/01/1999	Helsby RC	*MJL result sheet
1/2 Mar	M55	o55	Jack Thomas	1:24:41	~	Vyrnwy	27/09/1998	Oswestry Olympians	*BWB result sheet
1/2 Mar	M60		Mike Lamb	1:47:10	~	Four Villages	20/01/2002	Helsby RC	*MJL result sheet
1/2 Mar	M60		Brian Beattie	1:33:13	~	Four Villages	18/01/2004	Helsby RC	www.helsbyrunningclub.org.uk/halfmarathon/index.htm
1/2 Mar	M60		Brian Beattie	1:31:58	~	Village Bakery	22/02/2004	Wrexham AAC	www.wrexhamroadrunners.org.uk/
1/2 Mar	M60		Joe Foy	1:26:28	1:26:22	Village Bakery	15/02/2015	Cute Fruit Events	http://www.niftyentries.com/Results
1/2 Mar	M60	o60	Joe Foy	~	1:26:02	Semi Marathon de Paris	08/03/2015	Amaury Sport Organisation	http://www.semideparis.com/fr/resultats.html
1/2 Mar	M65		Brian Beattie	1:41:30	~	Village Bakery	15/02/2009	Wrexham AAC	http://www.ukresults.net/2009/bakeryhalf.html
1/2 Mar	M65		Dave Hough	1:41:38	1:41:26	Vyrnwy	14/09/2014	Lake Vyrnwy Half Marathon	https://www.sportsystems.co.uk/ss/results
1/2 Mar	M65	o65	Richard Batterham	1:36:01	1:35:48	Village Bakery	15/02/2015	Cute Fruit Events	http://www.cutefruitevents.com/
1/2 Mar	M70		Dave Bish	1:52:20	1:52:13	Congleton**	06/10/2013	Congleton H	http://sportsystems.co.uk/ss/results
1/2 Mar	M70	o70	Dave Bish	1:54:46	1:50:59	Chester	15/05/2016	Active Leisure Events	http://www.niftyentries.com/Results
1/2 Mar	M75	o75	Dave Bish	2:05:06	2:03:24	Benidorm	02/03/2019	Media Marathon MM vueling	https://www.chiplevante.net/2019benidormhalf
Marathon	u20	u20	Michael Lyness	~	3:37:52	New York	06/11/2011	New York RR	www.marathonguide.com/
Marathon	SM		Kenny Begley	2:59:09	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon	SM		Iain Wedge	2:51:36	~	London	18/04/2004	London Marathon	www.marathonguide.com/
Marathon	SM		Jon Park	2:46:34	2:44:53	London	28/04/2019	London Marathon	
Marathon	M35		Terry Ryan	2:59:54	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon	M35		Kenny Begley	2:50:47	~	London	16/04/2000	London Marathon	WCAC Newsletter May 2000
Marathon	M35		Kenny Begley	2:44:24	~	London	22/04/2001	London Marathon	www.marathonguide.com/
Marathon	M40		Mark Worrall	2:58:33	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon	M40	SM	Kenny Begley	2:39:48	~	London	18/04/2004	London Marathon	www.marathonguide.com/ - No club names!
Marathon	M45		Richard Batterham	2:55:24	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon	M45	o45	Bob Benson	2:52:01	~	London	18/04/1999	London Marathon	*ARM provisional best performances 24/07/00
Marathon	M50		Brian Beattie	3:12:32	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon	M50		Richard Batterham	2:53:42	~	London	16/04/2000	London Marathon	*ARM provisional best performances 24/07/00
Marathon	M50	o50	Richard Batterham	2:53:41	~	London	14/04/2002	London Marathon	www.marathonguide.com/
Marathon	M55	o55	Jack Thomas	3:04:21	~	London	26/04/1998	London Marathon	West Cheshire News No2
Marathon	M60		Brian Beattie	3:35:27	~	London	18/04/2004	London Marathon	http://www.ukresults.net/index.html
Marathon	M60		Brian Beattie	~	3:25:47	London	17/04/2005	London Marathon	www.marathonguide.com/
Marathon	M65		Brian Beattie	~	3:46:44	London	26/04/2009	London Marathon	http://results-2009.london-marathon.co.uk/
Marathon	M65		Brian Beattie	3:44:39	3:44:32	Chester	31/05/2010	Active Leisure Events	www.activeleisureevents.co.uk/full-marathon
Marathon	M65	o60	Richard Batterham	~	3:23:22	London	26/04/2015	London Marathon	
Marathon	M70		David Bish	~	4:27:23	London	13/04/2014	London Marathon	http://results-2014.virginmoneylondonmarathon.com/2014/
Marathon	M70	o70	Brian Beattie	4:20:54	4:19:08	Chester	05/10/2014	Active Leisure Events	http://www.tdl.ltd.uk/
Marathon	M75	o75	David Bish	~	4:46:55	London	28/04/2019	London Marathon	
*** Hilly!	SM		Mike Stroud	3:16:10	~	Snowdonia	31/10/1999	Snowdonia	http://www.ukresults.net/1999/snowdonia.html
	SM		Stephen Skates	2:56:15	~	Snowdonia	29/10/2011	Marathon Eryri Cyf	http://www.tdl.ltd.uk/index.php

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