

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	Times and Date in Red at:	http://www.westcheshireac.co.uk/club-records/
Age	Over Best Time Holder	Date	Host	Source
Distance	Band an age Men	Gun Time	Chip Time	Event
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	u17 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	u20	Joseph Morrison	0:16:20	0:16:20 Wirral Seaside
5 Km	u20	u20 Ethan Ackroyd	0:15:49	0:15:45 Mid Cheshire
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)
##	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	John McGill	0:18:44	Christleton
5 Km	M55	Neil Hershaw	0:18:11	0:17:51 Mid Cheshire
5 km	M55	o55 Neil Hershaw	0:17:46	0:17:41 Christleton
5 km	M60	Sam R Fletcher	0:19:44	WCAC (Upton)
5 Km	M60	o60 Joe Foy	0:19:15	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	0:23:14	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 Km	M75	o75 David Bish	0:25:51	0:25:30 Christleton

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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:	http://www.westcheshireac.co.uk/club-records/					
Distance	Age Band	Over an age Men	Best Time Holder	Gun Time	Chip Time	Event	Date	Host	Source
5 Miles									
5 Miles	u17		Neil Roberts	0:38:43	~	BL Mold (Alun Finish)	05/03/2000	BL Wrecsam 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 Wrecsam 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	Siôn 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/
5 Miles	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		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	M55	o55	Neil Hershaw	0:29:39	0:29:36	Birkenhead Park	05/06/2019	Wirral AC	https://www.niftyentries.com/Results
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/

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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:	http://www.westcheshireac.co.uk/club-records/		
Age	Over Best Time Holder	Date	Host	Source		
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	~ Farnold	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?Cld=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 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.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.niftyentries.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 Bishop	0:51:09	0:50:36 Ellesmere	25/08/2013 Oswestry Olympians	http://www.oswestryolympians.com/
10 Km	M70	o70 David Bishop	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 Bishop	0:55:06	OT 54:40 Evasion Benicassim	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 Bishop	1:24:31	1:23:35 Plusnet Yorkshire	09/10/2016 Run For All	http://www.runbritainrankings.com/
10 Miles	M75	o75 David Bishop	1:35:01	1:32:57 Asda Found Yorkshire	14/10/2018 Run For All	https://www.runbritainrankings.com/results/resultslookup.aspx

*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
Age	Over Best Time Holder	Gun Time	Chip Time	Event
Distance	Band an age Men			Host
1/2 Mar				
1/2 Mar	u20 u20 Adam Parr	1:22:06	1:22:05	Four Villages
				22/01/2012 Helsby RC
1/2 Mar	SM Gary Dean	1:21:20	~	Chester
				24/05/1998 West Cheshire AC
1/2 Mar	SM Mark J Davies	1:20:13	~	Four Villages
				24/01/1999 Helsby RC
1/2 Mar	SM Chris Mayer	1:18:18	~	Wilmslow
				23/03/1999 Wilmslow RC
1/2 Mar	SM Ian Brown	1:16:40	~	Chester
				21/05/2000 West Cheshire AC
1/2 Mar	SM Andrew Clague	1:15:54	~	Chester
				26/05/2002 West Cheshire AC
1/2 Mar	SM Robin Sedman-Smith	1:14:15	~	Chester
				18/05/2003 West Cheshire AC
1/2 Mar	M35 Ian Wade	1:30:41	~	Chester
				24/05/1998 West Cheshire AC
1/2 Mar	M35 Paul Spencer	1:25:28	~	Four Villages
				24/01/1999 Helsby RC
1/2 Mar	M35 Kenny Begley	1:16:20	~	Chester
				23/05/1999 West Cheshire AC
1/2 Mar	M35 Kenny Begley	1:15:27	~	Chester
				21/05/2000 West Cheshire AC
##	M35 SM Kenny Begley	1:12:13	~	Chester
				20/05/2001 West Cheshire AC
1/2 Mar	M40 Chris Rhodes	1:27:42	~	Chester
				24/05/1998 West Cheshire AC
1/2 Mar	M40 Graham Earlam	1:23:27	~	Village Bakery
				21/02/1999 Wrexham AAC
1/2 Mar	M40 Graham Earlam	1:19:43	~	Four Villages
				23/01/2000 Helsby RC
1/2 Mar	M40 Graham Earlam	1:17:48	~	Wilmslow**
				26/03/2000 Wilmslow RC
1/2 Mar	M40 Andy Starkey	1:16:19	~	Four Villages
				20/01/2002 Helsby RC
1/2 Mar	M40 Graham MacNeil	1:15:27	1:15:24	Four Villages
				23/01/2005 Helsby RC
1/2 Mar	M45 Bob Benson	1:24:40	~	Vyrnwy
				27/09/1998 Oswestry Olympians
1/2 Mar	M45 Richard Batterham	1:23:02	~	Four Villages
				24/01/1999 Helsby RC
1/2 Mar	M45 Bob Benson	1:21:34	~	Wilmslow
				28/03/1999 Wilmslow RC
1/2 Mar	M45 Paul Frodsham	1:15:56	~	Chester
				18/05/2003 West Cheshire AC
1/2 Mar	M50 Brian Beattie	1:27:56	~	Chester
				24/05/1998 West Cheshire AC
1/2 Mar	M50 o40 John Fidler	1:13:10	~	Four Villages
				24/01/1999 Helsby RC
1/2 Mar	M55 o55 Jack Thomas	1:24:41	~	Vyrnwy
				27/09/1998 Oswestry Olympians
1/2 Mar	M60 Mike Lamb	1:47:10	~	Four Villages
				20/01/2002 Helsby RC
1/2 Mar	M60 Brian Beattie	1:33:13	~	Four Villages
				18/01/2004 Helsby RC
1/2 Mar	M60 Brian Beattie	1:31:58	~	Village Bakery
				22/02/2004 Wrexham AAC
1/2 Mar	M60 Joe Foy	1:26:28	1:26:22	Village Bakery
				15/02/2015 Cute Fruit Events
1/2 Mar	M60 o60 Joe Foy	~	1:26:02	Semi Marathon de Paris
				08/03/2015 Amaury Sport Organisation
1/2 Mar	M65 Brian Beattie	1:41:30	~	Village Bakery
				15/02/2009 Wrexham AAC
1/2 Mar	M65 Dave Hough	1:41:38	1:41:26	Vyrnwy
				14/09/2014 Lake Vyrnwy Half Marathon
1/2 Mar	M65 o65 Richard Batterham	1:36:01	1:35:48	Village Bakery
				15/02/2015 Cute Fruit Events
1/2 Mar	M70 Dave Bish	1:52:20	1:52:13	Congleton**
				06/10/2013 Congleton H
1/2 Mar	M70 o70 Dave Bish	1:54:46	1:50:59	Chester
				15/05/2016 Active Leisure Events
1/2 Mar	M75 o75 Dave Bish	2:05:06	2:03:24	Benidorm
				02/03/2019 Media Marathon MM vueling
Marathon				
Marathon	u20 u20 Michael Lyness	~	3:37:52	New York
				06/11/2011 New York RR
Marathon	SM Kenny Begley	2:59:09	~	London
				26/04/1998 London Marathon
Marathon	SM Iain Wedge	2:51:36	~	London
				18/04/2004 London Marathon
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
Marathon	M35 Kenny Begley	2:50:47	~	London
				16/04/2000 London Marathon
Marathon	M35 Kenny Begley	2:44:24	~	London
				22/04/2001 London Marathon
Marathon	M40 Mark Worrall	2:58:33	~	London
				26/04/1998 London Marathon
##	M40 SM Kenny Begley	2:39:48	~	London
				18/04/2004 London Marathon
Marathon	M45 Richard Batterham	2:55:24	~	London
				26/04/1998 London Marathon
Marathon	M45 o45 Bob Benson	2:52:01	~	London
				18/04/1999 London Marathon
Marathon	M50 Brian Beattie	3:12:32	~	London
				26/04/1998 London Marathon
Marathon	M50 Richard Batterham	2:53:42	~	London
				16/04/2000 London Marathon
Marathon	M50 o50 Richard Batterham	2:53:41	~	London
				14/04/2002 London Marathon
Marathon	M55 o55 Jack Thomas	3:04:21	~	London
				26/04/1998 London Marathon
Marathon	M60 Brian Beattie	3:35:27	~	London
				18/04/2004 London Marathon
Marathon	M60 Brian Beattie	~	3:25:47	London
				17/04/2005 London Marathon
Marathon	M65 Brian Beattie	~	3:46:44	London
				26/04/2009 London Marathon
Marathon	M65 Brian Beattie	3:44:39	3:44:32	Chester
				31/05/2010 Active Leisure Events
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
Marathon	M70 o70 Brian Beattie	4:20:54	4:19:08	Chester
				05/10/2014 Active Leisure Events
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
	SM Stephen Skates	2:56:15	~	*** Snowdonia
				29/10/2011 Marathon Eryri Cyf

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