

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	05:56.00	05:40.90	05:20.20	05:34.20	(No performance)	04:39.00	(No performance)	06:11.20	04:39.00	06:11.80	(No performance)	(No performance)	(No performance)	(No performance)	(No performance)
	Rob Tudor	Charlie McMullan	Harvey Tegg	Sion Roberts	Christy Mageean	0	Rob Tudor	0	Chris Smith	Rob Tudor	Neil Atkinson	0	0	0	0	0
	22/06/2011	03/05/2016	06/05/2014	09/04/2017	03/05/2016	00/01/1900	22/06/2011	00/01/1900	06/05/2014	22/06/2011	06/05/2014	00/01/1900	00/01/1900	00/01/1900	00/01/1900	00/01/1900
	Wirral AC Endurance Races	WCAC Four-Minute Mile Anniversary	WCAC Four-Minute Mile Anniversary	Wirral AC Open Medal Meeting	WCAC Four-Minute Mile Anniversary	0	Wirral AC Endurance Races	0	WCAC 4-minute Mile Anniversary	Wirral AC Endurance Races	WCAC 4-minute Mile Anniversary	0	0	0	0	0
5k	15:28	Age group too low	Age group too low	17:09	15:59	15:45	15:28	15:28	15:51	15:59	17:01	17:41	19:11	21:20	23:23	25:30
	Paul Spencer	for record to be kept	for record to be kept	Jamie Richardson	Ethan Greenland	Ethan Ackroyd	Paul Spencer	Paul Spencer	Alan Morris	Rob Tudor	John Fidler	Neil Hershaw	Joe Foy	Dave Hough	Dave Bish	Dave Bish
	05/12/2000			24/03/2019	19/05/2017	26/04/2019	05/12/2000	12/05/2000	12/05/2000	24/08/2011	27/08/1999	17/05/2019	28/04/2016	23/05/2014	21/08/2013	17/05/2019
	Christleton 5k			North of England U17/U15 Championships	Christleton 5k	Mid-Cheshire 5k	Christleton 5k	Christleton 5k	Christleton 5k	Capenhurst 5k	WCAC Upton 5k	Christleton 5k	Mid-Cheshire 5k	Christleton 5k	Capenhurst 5k	Christleton 5k
5 miles	26:02	Age group too low	Age group too low	Age group too low	27:24.00	27:19	26:02	26:02	26:24	26:13	27:49	29:36	32:27	35:33	41:00	46:15
	Andy Starkey	for record to be kept	for record to be kept	for record to be kept	Sion Roberts	Ethan Greenland	Andy Starkey	Andy Starkey	Alan Morris	John Fidler	John Fidler	Neil Hershaw	Bob Freeman	Dave Hough	Dave Bish	Brian Beattie
	20/12/1998				11/11/2018	12/04/2017	20/12/1998	20/12/1998	05/06/1999	03/06/1998	08/11/1998	05/06/2019	11/10/2015	20/04/2014	17/04/2016	10/04/2019
	Hale 5				Borders League	Chester Spring 5	Hale 5	Hale 5	Chester Spring 5	Birkenhead Park 5	Abergele 5	Birkenhead Park 5	Borders League, Capenhurst	Run the Bridge	Borders League, Mold	Chester Spring 5
10k	32:43	Age group too low	Age group too low	Age group too low	33:12	34:34	32:43	32:43	33:32	33:24	33:58	36:55	39:18	45:00	49:04	0:55:06
	Andy Starkey	for record to be kept	for record to be kept	for record to be kept	Sion Roberts	Alec Beaney	Andy Starkey	Andy Starkey	Graham MacNeil	John Fidler	John Fidler	Neil Hershaw	Joe Foy	Dave Hough	Dave Bish	Dave Bish
	25/10/1998				23/03/2019	05/17/09	25/10/1998	25/10/1998	26/06/2004	20/09/1998	25/10/1998	05/05/2019	10/04/2016	30/03/2014	25/09/2016	12/01/2019
	Chester Zoo 10k				Cheshire 10k	Great Manchester 10k	Chester Zoo 10k	Chester Zoo 10k	Northern Veterans AC Monthly Run, Lymm	Sutton Six 10k	Chester Zoo 10k	Liverpool Spring 10k	Cheshire 10k	Helena Tipping 10k	Loch Ness 10k	Benicassim 10k
10 miles	0:54:30	Age group too low	Age group too low	Age group too low	Age group too low	(No performance)	0:54:30	0:54:30	0:55:18	0:55:30	0:58:54	1:03:01	1:09:46	1:17:50	1:23:35	1:32:57
	Andy Starkey	for record to be kept	for record to be kept	for record to be kept	for record to be kept	0	Andy Starkey	Andy Starkey	Gary Withers	John Fidler	John Fidler	Jack Thomas	Brian Beattie	Brian Beattie	Dave Bish	Dave Bish
	04/11/1999					00/01/1900	04/11/1999	11/04/1999	02/08/1998	19/04/1998	01/04/2001	01/11/1998	13/11/2005	01/08/2010	09/10/2016	14/10/2018
	Rivacre Runners and Joggers 10					0	Rivacre Runners and Joggers 10	Rivacre Runners and Joggers 10	Sale 10	Rivacre Runners and Joggers 10	Rivacre Runners and Joggers 10	Llandudno 10	Llandudno 10	Sale 10	Plusnet Yorkshire 10	Asda Foundation Yorkshire 10
Half-marathon	1:12:13	Age group too low	Age group too low	Age group too low	Age group too low	1:22:05	1:12:13	1:12:13	1:15:24	1:15:56	1:13:10	1:24:41	1:26:02	1:35:48	1:50:59	2:03:24
	Kenny Begley	for record to be kept	for record to be kept	for record to be kept	for record to be kept	Adam Parr	Kenny Begley	Kenny Begley	Graham MacNeil	Paul Frodsham	John Fidler	Jack Thomas	Joe Foy	Richard Batterham	Dave Bish	Dave Bish
	20/05/2001					22/01/2012	20/05/2001	20/05/2001	23/01/2005	18/05/2003	14/01/1999	08/03/2015	27/09/1998	15/02/2015	15/05/2016	02/03/2019
	Chester Half Marathon					Four Villages Half-marathon	Chester Half Marathon	Chester Half-marathon	Four Villages Half-marathon	Chester Half-marathon	Four Villages Half-marathon	Lake Vyrnwy Half-marathon	Paris Half-marathon	Village Bakery Half-marathon	Chester Half-marathon	Benidorm Half-marathon
Marathon	2:39:48	Age group too low	Age group too low	Age group too low	Age group too low	3:37:52	2:39:48	2:44:24	2:39:48	2:52:01	2:53:41	3:04:21	3:25:47	3:23:22	4:19:08	4:46:55
	Kenny Begley	for record to be kept	for record to be kept	for record to be kept	for record to be kept	Michael Lyness	Kenny Begley	Kenny Begley	Kenny Begley	Bob Benson	Richard Batterham	Jack Thomas	Brian Beattie	Richard Batterham	Brian Beattie	Dave Bish
	18/04/2004					06/11/2011	18/04/2004	22/04/2001	18/04/2004	18/04/1999	14/04/2002	26/04/1998	17/04/2005	26/04/2015	05/10/2014	28/04/2019
	London Marathon					New York City Marathon	London Marathon	London Marathon	London Marathon	London Marathon	London Marathon	London Marathon	London Marathon	London Marathon	Chester Marathon	London Marathon

Women	Overall	U11	U13	U15	U17	U20	Senior	V35	V40	V45	V50	V55	V60	V65	V70	V75
1 mile (track)	05:39.10	06:17.90	05:52.28	05:44.88	05:57.00	05:39.10	06:12.80	06:13.60	06:12.80	07:10.10	06:51.40	(No performance)	(No performance)	(No performance)	(No performance)	(No performance)
	Katie Clarke	Carys Roberts	Jessica Lark	Imogen Pughe	Issy Clarke	Katie Clarke	Ellie Robinson	Heather McLintock	Ellie Robinson	Jane Pickering	Su Baird	0	0	0	0	0
	03/05/2016	03/05/2016	07/04/2019	15/04/2018	03/05/2016	03/05/2016	06/05/2014	06/05/2014	06/05/2014	06/05/2014	06/05/2014	00/01/1900	00/01/1900	00/01/1900	00/01/1900	00/01/1900
	WCAC Four-Minute Mile Anniversary	WCAC Four-Minute Mile Anniversary	Deeside Spring Open Meeting	Deeside Open Meeting	WCAC Four-Minute Mile Anniversary	WCAC Four-Minute Mile Anniversary	WCAC Four-Minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	WCAC 4-minute Mile Anniversary	0	0	0	0	0
5k	17:50	Age group too low	Age group too low	19:17	18:59	18:19	17:50	19:56	20:29	20:15	23:25	22:41	22:47	24:01	(No performance)	(No performance)
	Joanne Bailey	for record to be kept	for record to be kept	Sophie Grainger	Issy Clarke	Katie Clarke	Joanne Bailey	Anest Müller	Louise Diggle	Ellie Robinson	Pamela Ackroyd	Pamela Ackroyd	Rosemary Rogers	Rosemary Rogers	0	0
	24/08/2001			24/04/2019	28/04/2017	28/04/2017	24/08/2001	21/05/2016	07/07/1999	19/05/2017	25/08/2016	19/03/2017	19/06/2014	13/06/2015	00/01/1900	00/01/1900
	WCAC Upton 5k			Wirral Seaside Runs	Mid-Cheshire 5k	Mid-Cheshire 5k	WCAC Upton 5k	Prestatyn (Frith) 5k	Forest Park Women's 5k	Christleton 5k	Mid-Cheshire 5k	Run Wigan Festival 5k	Dunham Massey 5k (Race 2)	Hollins Green 5k	0	0
5 miles	30:41	Age group too low	Age group too low	Age group too low	32:20	30:41	30:51	32:59	34:44	33:46	38:38	37:46	37:51	38:30	(No performance)	(No performance)
	Katie Clarke	for record to be kept	for record to be kept	for record to be kept	Issy Clarke	Katie Clarke	Julie Fletcher	Anest Müller	Heather McLintock	Jan Moffett	Pamela Ackroyd	Frances Mudway	Rosemary Rogers	Rosemary Rogers	0	0
	12/04/2017				11/04/2018	12/04/2017	06/04/1999	06/11/2016	06/11/2016	06/02/2000	06/11/2016	30/07/2005	20/10/2014	05/04/2015	00/01/1900	00/01/1900
	Chester Spring 5				Chester Spring 5	Chester Spring 5	Chester Spring 5	Borders League, Spring 5 course	Borders League, Spring 5 course	Alsager 5	Borders League, Spring 5 course	Dolgellau 5	Run the Bridge	Hale 5	0	0
10k	37:57	Age group too low	Age group too low	Age group too low	41:57	40:53	37:57	40:48	41:44	43:07	50:26	47:35	47:02	48:15	1:14:32	(No performance)
	Joanne Bailey	for record to be kept	for record to be kept	for record to be kept	Issy Clarke	Katie Clarke	Joanne Bailey	Anest Müller	Louise Diggle	Ellie Robinson	Pamela Ackroyd	Frances Mudway	Rosemary Rogers	Rosemary Rogers	Mary Radford	0
	28/10/2001				09/10/2016	09/10/2016	28/10/2001	11/09/2016	25/04/1999	15/04/2018	09/10/2016	25/09/2005	30/03/2014	01/03/2015	04/11/2017	00/01/1900
	Chester Zoo 10k				Borders League	Borders League	Chester Zoo 10k	Cardiff 10k	Whitley 10k	Mersey Tunnel 10k	Borders League, Caernarfon	Sutton Six 10k	Cheshire 10k	Port Sunlight 10k	Cheshire 10k	0
10 miles	1:02:38	Age group too low	Age group too low	Age group too low	Age group too low	(No performance)	1:02:38	1:10:44	1:08:47	1:08:54	1:28:35	1:21:53	1:20:15	1:23:03	(No performance)	(No performance)
	Julie Fletcher	for record to be kept	for record to be kept	for record to be kept	for record to be kept	0	Julie Fletcher	Janet Taylor	Louise Diggle	Louise Diggle	Sarah Hibbert	Frances Mudway	Rosemary Rogers	Rosemary Rogers	0	0
	01/11/1998					00/01/1900	01/11/1998	01/11/1998	11/04/1999	11/11/2001	24/02/2019	18/11/2007	26/04/2014	25/04/2015	00/01/1900	00/01/1900
	Llandudno 10					0	Llandudno 10	Llandudno 10	Rivacre Runners and Joggers 10	Llandudno 10	Rhyl 10	Preston 10	Wrexham 10	Wrexham 10	0	0
Half-marathon	1:23:17	Age group too low	Age group too low	Age group too low	Age group too low	1:51:37	1:23:17	1:29:47	1:31:11	1:32:06	1:52:24	2:01:46	1:44:38	1:46:23	(No performance)	(No performance)
	Julie Fletcher	for record to be kept	for record to be kept	for record to be kept	for record to be kept	Megan McEveley	Julie Fletcher	Keely Smith	Louise Diggle	Jan Moffett	Cathryn Whalley	Mary Radford	Rosemary Rogers	Rosemary Rogers	0	0
	24/01/1999					12/10/2014	24/01/1999	17/02/2019	19/09/1999	20/01/2002	19/05/2019	15/09/2002	19/01/2014	17/05/2015	00/01/1900	00/01/1900
	Four Villages Half Marathon					Wirral Half-marathon	Four Villages Half Marathon	Village Bakery Wrexham Half-marathon	Lake Vyrnwy Half-marathon	Four Villages Half-marathon	Chester Half-marathon	Lake Vyrnwy Half-marathon	Four Villages Half-marathon	Chester Half-marathon	0	0
Marathon	3:12:46	Age group too low	Age group too low	Age group too low	Age group too low	(No performance)	3:12:46	3:20:28	3:14:12	3:55:47	4:32:22	(No performance)	4:23:02	4:07:53	(No performance)	(No performance)
	Keely Smith	for record to be kept	for record to be kept	for record to be kept	for record to be kept	0	Keely Smith	Keely Smith	Louise Diggle	Angla Tegg	Mary Radford	0	Kathleen Osbourne	Rosemary Rogers	0	0
	08/10/2017					01/00/00	08/10/2017	31/03/2019	26/04/1998	22/04/2018	26/04/1998	00/01/1900	09/10/2011	04/10/2015	00/01/1900	00/01/1900
	Chester Marathon					0	Chester Marathon	Conwy Marathon	London Marathon	London Marathon	London Marathon	0	Chester Marathon	Chester Marathon	0	0