

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/				
Distance	Age Over Best Time Holder	Gun	Chip	Event	Find Date	Host	Source	
	Band an age Men	Time	Time					
5 Km	u13	Rory Willson	0:22:20	0:22:20	Sport in the Port	16/06/2013	Active Leisure Events	http://www.activeleisureevents.co.uk/sitp-5k-results
5 Km	u13	Henry Robinson	0:20:48	~	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	Ethan Ackroyd	0:15:49	0:15:45	Mid Cheshire (Spring)	26/04/2019	Cute Fruit Events	http://www.cutefruitevents.com/
5 Km	u20	Joseph Morrison	0:15:45	0:15:45	Wirral Seaside	31/07/2019	Pensby Runners	http://www.seasideruns.com/results/
5 Km	u20	u20 Joseph Morrison	0:15:39	0:15:37	Mid Cheshire (Summer)	29/08/2019	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/
5 Km	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	Neil Hershaw	0:18:11	0:17:51	Mid Cheshire	26/04/2019	Cute Fruit Events	http://www.cutefruitevents.com/
5 Km	M55	o55 Neil Hershaw	0:17:46	0:17:41	Christleton	17/05/2019	Chester Tri	https://www.niftyentries.com/Results
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	0:23:14	~	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	https://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 Km	M75	o75 David Bish	0:25:51	0:25:30	Christleton	17/05/2001	Chester Tri	https://www.niftyentries.com/Results

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/					
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/

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
10 Km				
10 Km	u17	James Roberts	0:37:06	~ Telford Christmas
10 Km	u17	Chris Goodwin	0:36:08	~ Farnold
10 Km	u17	Cameron Weaver	0:34:46	~ Caernarfon BL
10 Km	u17	u20 Siôn Roberts	0:33:12	0:33:12 Arley Hall, Cheshire**
10 Km	u20	Alec Beaney	0:34:34	~ Sutton 6
10 Km	u20	Alec Beaney	~	0:34:34 Gt Manchester Run
10 Km	SM	Mark Orford	0:43:20	~ Air Products
10 Km	SM	Mark Orford	0:40:59	~ Croxeth Park
10 Km	SM	Mike Stroud	0:36:22	~ Flintshire (Mold)
10 Km	SM	Andrew Clague	0:34:46	~ Sutton 6
10 Km	SM	Mark J Davies	0:34:34	~ Zoo, Chester
10 Km	SM	Robin Sedman-Smith	0:34:12	~ Zoo, Chester
10 Km	SM	Robin Sedman-Smith	0:33:53	~ Caernarfon BL
10 Km	SM	Darragh Staunton	0:33:45	~ Caernarfon BL
10 Km	M35	Andy Starkey	0:35:37	~ Croxeth Park
10 Km	M35	Graham Jenkins	0:35:25	~ Birchwood
10 Km	M35	Paul Spencer	0:33:14	~ Sutton 6
##	M35 SM	Andy Starkey	0:32:43	~ Zoo, Chester
10 Km	M40	Dave Crawford	0:38:31	~ Air Products
10 Km	M40	Dave Crawford	0:36:58	~ Crewe 10k
10 Km	M40	Gary Withers	0:34:23	~ Sutton 6
10 Km	M40	Graham MacNeil	0:33:32	~ NVAC monthly run
10 Km	M45	John Fidler	0:33:51	~ Air Products
10 Km	M45	John Fidler	0:33:34	~ Eddie Faure Memorial
10 Km	M45	o40 John Fidler	0:33:24	~ Sutton 6
10 Km	M50	o50 John Fidler	0:33:58	~ Zoo, Chester
10 Km	M55	Mike Lamb	0:46:41	~ Flintshire (Mold)
10 Km	M55	Jack Thomas	0:39:50	~ Sutton 6
10 Km	M55	John McGill	0:39:35	~ Caernarfon BL
10 Km	M55	Robert Freeman	0:39:01	0:38:58 Mersey Tunnel
10 Km	M55	Robert Freeman	0:38:52	0:38:44 Arley Hall, Cheshire**
10 Km	M55	o55 Neil Hershaw	0:36:59	0:36:55 Liverpool Spring
10 Km	M60	Sam R Fletcher	0:42:08	~ Birchwood
10 Km	M60	Sam R Fletcher	0:41:59	~ Flintshire (Mold)
10 Km	M60	Robert Freeman	0:40:42	0:40:38 Birchwood
10 Km	M60	Robert Freeman	0:40:37	0:40:34 Sutton 6
10 Km	M60	o60 Joe Foy	0:39:24	0:39:18 Arley Hall, Cheshire**
10 Km	M65	Peter Povey	1:03:50	~ Birchwood
10 Km	M65	Brian Beattie	0:47:17	~ Capenhurst
10 Km	M65	o65 Dave Hough	0:45:00	~ Helena Tipping
10 Km	M70	Peter Povey	0:56:48	~ Liverpool
10 Km	M70	David Bish	0:51:09	0:50:36 Ellesmere
10 Km	M70	o70 David Bish	0:49:36	0:49:04 Baxters River Ness
10 Km	M75	Peter Povey	1:14:13	1:12:19 Mersey Tunnel
10 Km	M75	Peter Povey	1:13:19	1:12:45 Birchwood
10 Km	M75	Peter Povey	1:10:20	1:07:46 Mersey Tunnel
10 Km	M75	o75 David Bish	0:55:06	OT 54:40 Evasion Benicassim
10 Miles				
10 Miles	u20	<i>nobody yet</i>		
10 Miles	SM	Andrew Clague	0:57:57	~ Flint Lifeboat '10'
10 Miles	SM	James Docherty	0:57:33	~ Preston
##	M35 SM	Andy Starkey	0:54:30	~ Rivacre
10 Miles	M40	o40 Gary Withers	0:55:18	~ Sale
10 Miles	M45	o45 John Fidler	0:55:30	~ Rivacre
10 Miles	M50	Brian Beattie	1:07:37	~ Penny Lane Striders
10 Miles	M50	Brian Beattie	1:06:54	~ Llandudno
10 Miles	M50	o50 John Fidler	0:58:54	~ Rivacre
10 Miles	M55	Jack Thomas	1:06:12	~ Flint Lifeboat '10'
10 Miles	M55	o55 Jack Thomas	1:03:01	~ Llandudno
10 Miles	M60	Brian Beattie	1:11:56	~ Llandudno
10 Miles	M60	Brian Beattie	1:10:47	~ Sale
10 Miles	M60	o60 Brian Beattie	1:09:46	~ Llandudno
10 Miles	M65	Brian Beattie	1:17:50	~ Sale
10 Miles	M65	o65 Brian Wright	1:16:29	1:16:27 City of Preston 5' 10m
10 Miles	M70	o70 David Bish	1:24:31	1:23:35 Plusnet Yorkshire
10 Miles	M75	o75 David Bish	1:35:01	1:32:57 Asda Found Yorkshire

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

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				
Age	Over Best Time Holder	Gun Time	Chip Time	Event				
Distance	Band an age Men			Host				
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/
##	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.sportssystem.com/Results
1/2 Mar	M60	o60 Joe Foy	~	1:26:02	Semi Marathon de Paris	08/03/2015	Amateur 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 Yrwny Half Marathon	https://www.sportssystem.com/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	2:58:52	~	London	13/04/2003	London Marathon	www.runbritainrankings.com/results/results.aspx?meetingid=54632&page
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
##	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)