

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 31<sup>st</sup> 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:	<a href="http://www.westcheshireac.co.uk/club-records/">http://www.westcheshireac.co.uk/club-records/</a>					
Distance	Age Band	Over an age Men	Best Time Holder	Gun Time	Chip Time	Event	Date	Host	Source
5 Km	u13		Rory Willson	0:22:20	0:22:20	Sport in the Port	16/06/2013	Active Leisure Events	<a href="http://www.activeleisureevents.co.uk/sitp-5k-results">http://www.activeleisureevents.co.uk/sitp-5k-results</a>
5 Km	u13		Henry Robinson	0:20:48	~	Wirral Seaside	30/05/2018	Pensby Runners	<a href="http://www.seasideruns.com/results/">http://www.seasideruns.com/results/</a>
5 Km	u13		Henry Robinson	0:20:34	~	Wirral Seaside	27/06/2018	Pensby Runners	<a href="http://www.seasideruns.com/results/">http://www.seasideruns.com/results/</a>
5 Km	u15		Jason McGonigle	0:18:18	~	WCAC (Upton)	11/07/2003	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km	u15		Alex Haswell	0:17:25	~	Capenhurst	22/08/2007	Ellesmere Port RC	<a href="http://www.ellesmereportrunningclub.org.uk">www.ellesmereportrunningclub.org.uk</a>
5 Km	u15		James Ellis	0:17:12	~	Christleton	09/05/2008	Tattenhall R	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
5 Km	u15	u15	Jamie Richardson	0:17:09	~	N A championship	24/02/2019	Northern Athletics	<a href="https://www.race-results.co.uk/results/2019/nau1719.pdf">https://www.race-results.co.uk/results/2019/nau1719.pdf</a>
5 Km	u17		Louis Humphreys	0:17:09	~	Christleton	09/05/2008	Tattenhall R	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
5 Km	u17		Cameron Weaver	0:16:33	0:16:32	Capenhurst	19/08/2015	Ellesmere Port RC	<a href="http://www.ellesmereportrunningclub.org.uk">www.ellesmereportrunningclub.org.uk</a>
5 Km	u17	u17	Ethan Greenland	0:15:59	0:15:59	Christleton	19/05/2017	Chester Tri	<a href="https://chestertri.niftyentries.com/Results/Christleton-5K-2017">https://chestertri.niftyentries.com/Results/Christleton-5K-2017</a>
5 Km	u20		Peter Benyon	0:16:38	~	WCAC (Upton)	28/08/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km	u20		Joseph Morrison	0:16:29	0:16:29	Wirral Seaside	27/03/2019	Pensby Runners	<a href="http://www.seasideruns.com/results/">http://www.seasideruns.com/results/</a>
5 Km	u20		Joseph Morrison	0:16:20	0:16:20	Wirral Seaside	24/04/2019	Pensby Runners	<a href="http://www.seasideruns.com/results/">http://www.seasideruns.com/results/</a>
5 Km	u20		Ethan Ackroyd	0:15:49	0:15:45	Mid Cheshire (Spring)	26/04/2019	Cute Fruit Events	<a href="http://www.cutefruitevents.com/">http://www.cutefruitevents.com/</a>
5 Km	u20		Joseph Morrison	0:15:45	0:15:45	Wirral Seaside	31/07/2019	Pensby Runners	<a href="http://www.seasideruns.com/results/">http://www.seasideruns.com/results/</a>
5 Km	u20	u20	Joseph Morrison	0:15:39	0:15:37	Mid Cheshire (Summer)	29/08/2019	Cute Fruit Events	<a href="http://www.cutefruitevents.com/">http://www.cutefruitevents.com/</a>
5 Km	SM		Chris Mayer	0:16:43	~	Southport TC races	18/08/1998		<a href="http://www.race-results.co.uk/results/">www.race-results.co.uk/results/</a>
5 Km	SM		David Alexander	0:16:06	~	WCAC (Upton)	28/08/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km	SM		Robin Sedman-Smith	0:15:56	~	Christleton	09/05/2003	Tattenhall R	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
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	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
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	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
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	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
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	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
5 Km	M45		Robert Tudor	0:16:10	~	Christleton	07/05/2010	Tattenhall R	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
5 Km	M45		Robert Tudor	0:16:04	~	Christleton	06/05/2011	Tattenhall R	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
5 Km	M45	o45	Robert Tudor	0:15:59	~	Capenhurst	24/08/2011	Ellesmere Port RC	<a href="http://www.ellesmereportrunningclub.org.uk">www.ellesmereportrunningclub.org.uk</a>
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	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km	M55		Brian Beattie	0:19:54	~	WCAC (Upton)	27/08/1999	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
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	<a href="http://www.ellesmereportrunningclub.org.uk">www.ellesmereportrunningclub.org.uk</a>
5 Km	M55		John McGill	0:18:44	~	Christleton	13/05/2005	Tattenhall R	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
5 Km	M55		Neil Hershaw	0:18:11	0:17:51	Mid Cheshire	26/04/2019	Cute Fruit Events	<a href="http://www.cutefruitevents.com/">http://www.cutefruitevents.com/</a>
5 Km	M55	o55	Neil Hershaw	0:17:46	0:17:41	Christleton	17/05/2019	Chester Tri	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
5 Km	M60		Sam R Fletcher	0:19:44	~	WCAC (Upton)	28/08/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km	M60	o60	Joe Foy	0:19:15	0:19:11	Mid Cheshire	28/04/2016	Cute Fruit Events	<a href="http://www.cutefruitevents.com/">http://www.cutefruitevents.com/</a>
5 Km	M65		Mike Lamb	0:26:45	~	Park Hall	14/06/2006	Oswestry Olympians	<a href="http://www.oswestryolympians.com/">http://www.oswestryolympians.com/</a>
5 Km	M65		Mike Lamb	0:26:22	~	Chariots of Fire	16/08/2006	Oswestry Olympians	<a href="http://www.oswestryolympians.com/">http://www.oswestryolympians.com/</a>
5 Km	M65		Brian Beattie	0:23:35	~	Christleton	08/05/2009	Tattenhall R	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
5 Km	M65		Brian Beattie	0:23:14	~	Christleton	07/05/2010	Tattenhall R	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
5 Km	M65	o65	Dave Hough	0:21:32	0:21:20	Christleton**	23/05/2014	Chester Tri	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
5 Km	M70	o70	David Bish	0:23:23	~	Capenhurst	21/08/2013	Ellesmere Port RC	<a href="http://www.ellesmereportrunningclub.org.uk">www.ellesmereportrunningclub.org.uk</a>
5 Km	M75	o75	David Bish	0:25:51	0:25:30	Christleton	17/05/2001	Chester Tri	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>

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##	Club Best at Distance		Gun Time	Chip Time	Event	Find Date	Times and Date in Red at: Host	Source
	Age Band	Over an age Men						
5 Miles	u17		0:38:43	~	BL Mold (Alun Finish)	05/03/2000	BL Wreccsam Tri	*MJL result sheet
5 Miles	u17		0:32:33	~	Spring 5	05/04/2006	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	u17		0:28:39	~	Spring 5	02/04/2007	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	u17		0:28:08	~	BL Mold (Alun Finish)	09/03/2008	BL Wreccsam Tri	<a href="http://www.bordersleague.org.uk/results-archive/">http://www.bordersleague.org.uk/results-archive/</a>
5 Miles	u17		0:27:57	0:27:54	Spring 5	15/04/2015	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	u17	<b>u17 Siôn Roberts</b>	<b>0:27:24</b>	~	BL Spring 5	<b>11/11/2018</b>	West Cheshire AC	<a href="http://www.bordersleague.org.uk/results/">http://www.bordersleague.org.uk/results/</a>
5 Miles	u20		0:27:39	~	Spring 5	07/04/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	u20		0:27:19	0:27:18	Spring 5	12/04/2017	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	u20	<b>u20 Joseph Morrison</b>	<b>0:26:34</b>	<b>0:26:33</b>	Abergele 5	<b>03/11/2019</b>	Abergele H	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
5 Miles	SM		0:27:13	~	Spring 5	07/04/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	SM		0:26:48	~	Spring 5	08/04/2003	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	SM	<b>Robin Sedman-Smith</b>	<b>0:26:08</b>	~	Buckley Charity	<b>08/06/2003</b>	Buckley RC	*MJL result sheet
5 Miles	M35		0:26:42	~	Spring 5	07/04/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	<b>M35</b>	<b>SM Andy Starkey</b>	<b>0:26:02</b>	~	<b>Hale</b>	<b>20/12/1998</b>	<b>Halton BC</b>	result sheet from *GH
5 Miles	M40		0:27:14	~	Spring 5	07/04/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	M40		<b>0:26:24</b>	~	Spring 5	<b>06/04/1999</b>	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	M45		0:26:20	~	Spring 5	07/04/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	M45	<b>o40 John Fidler</b>	<b>0:26:13</b>	~	Birkenhead Park	<b>03/06/1998</b>	Wirral AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	M50	<b>o50 John Fidler</b>	<b>0:27:49</b>	~	Abergele 5	<b>08/11/1998</b>	Abergele H	Paper Copy
5 Miles	M55		0:35:42	~	Spring 5	07/04/1998	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	M55		0:31:34	~	Spring 5	06/04/1999	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	M55		0:31:25	~	BL Mold (Bus. Pk. Finish)	14/12/2008	BL Buckley RC	<a href="http://www.bordersleague.org.uk/results-archive/">http://www.bordersleague.org.uk/results-archive/</a>
5 Miles	M55	<b>o55 Neil Hershaw</b>	0:29:39	<b>0:29:36</b>	Birkenhead Park	<b>05/06/2019</b>	Wirral AC	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
5 Miles	M60		0:41:13	~	Hale	20/12/1998	Halton BC	result sheet from *GH
5 Miles	M60		0:35:17	~	Hale	17/12/2000	Speke10k& Merseyside Yass	*BWB result sheet
5 Miles	M60		0:34:19	~	Hale	12/12/2004	Halton BC	<a href="http://www.runhalton.co.uk/">www.runhalton.co.uk/</a> and BWB result sheet
5 Miles	M60	<b>o60 Robert Freeman</b>	<b>0:32:27</b>	~	BL Capenhurst	<b>11/10/2015</b>	BL Ellesmere Port RC	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
5 Miles	M65		0:47:15	~	Hale	11/12/2005	Hale Village	*BWB result sheet
5 Miles	M65		0:42:05	~	Abergele 5	01/11/2009	Abergele H	<a href="http://www.abergeleharriers.co.uk/ASH.htm">www.abergeleharriers.co.uk/ASH.htm</a>
5 Miles	M65		0:39:37	~	Abergele 5	07/11/2010	Abergele H	<a href="http://www.abergeleharriers.co.uk/ASH.htm">www.abergeleharriers.co.uk/ASH.htm</a>
5 Miles	M65	<b>o65 Dave Hough</b>	0:35:38	<b>0:35:33</b>	Run the Bridge	<b>20/04/2014</b>	Halton BC	<a href="http://www.runhalton.co.uk/">www.runhalton.co.uk/</a>
5 Miles	M70		0:46:19	~	Run the Bridge	08/04/2007	Halton BC	<a href="http://www.runhalton.co.uk/">www.runhalton.co.uk/</a>
5 Miles	M70		0:43:02	~	Burtonwood	20/07/2013	Burtonwood Bridge ARLFC	<a href="http://www.spectrumstriders.org.uk/main.htm">www.spectrumstriders.org.uk/main.htm</a>
5 Miles	M70		0:43:23	0:43:02	Spring 5	13/04/2016	West Cheshire AC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Miles	M70	<b>o70 David Bish</b>	<b>0:41:00</b>	~	BL Mold (Bus. Pk. Finish)	<b>17/04/2016</b>	BL Buckley	<a href="http://www.bordersleague.org.uk/results-archive/">http://www.bordersleague.org.uk/results-archive/</a>
5 Miles	M75	<b>o75 Peter Povey</b>	<b>0:54:55</b>	~	Run the Bridge	<b>24/04/2011</b>	Halton BC	<a href="http://www.runhalton.co.uk/">www.runhalton.co.uk/</a>

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	Age	Over an age Men							
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	~	Farnon	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	<b>Siôn Roberts</b>	<b>0:33:12</b>	<b>0:33:12</b>	Arley Hall, Cheshire**	<b>23/03/2019</b> 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	u20		<b>Joseph Morrison</b>	<b>0:33:33</b>	~	Caernarfon BL	<b>13/01/2019</b> Eryri H	http://www.bordersleague.org.uk/results/	
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	~	Croxtheth Park	24/04/1998 LPS?	http://www.woldsvets.co.uk/OLDRESULTS-TEST.htm	
10 Km	SM		Mark Orford	0:40:36	~	Helena Tipping	06/05/1998 Wrexham AAC	*MJL result sheet	
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		<b>Darragh Staunton</b>	<b>0:33:45</b>	~	Caernarfon BL	<b>28/11/2004</b> Eryri H	*MJL result sheet	
10 Km	M35		Andy Starkey	0:35:37	~	Croxtheth 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	https://spectrumstriders.org.uk/archive/2019/our-races.html	
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	<b>Andy Starkey</b>	<b>0:32:43</b>	~	<b>Zoo, Chester</b>	<b>25/10/1998</b> <b>Capenhurst RC</b>	*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		<b>Graham MacNeil</b>	<b>0:33:32</b>	~	NVAC monthly run	<b>26/06/2004</b> 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	<b>John Fidler</b>	<b>0:33:24</b>	~	Sutton 6	<b>20/09/1998</b> West Cheshire AC	http://www.westcheshireac.co.uk/races/races-results-archive/	
10 Km	M50	o50	<b>John Fidler</b>	<b>0:33:58</b>	~	Zoo, Chester	<b>25/10/1998</b> 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	<b>Neil Hershaw</b>	<b>0:36:59</b>	<b>0:36:55</b>	Liverpool Spring	<b>05/05/2019</b> Mersey Races	https://www.niftyentries.com/Results	
10 Km	M60		Sam R Fletcher	0:42:08	~	Birchwood	23/08/1998 Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html	
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	https://spectrumstriders.org.uk/archive/2019/our-races.html	
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	<b>Joe Foy</b>	<b>0:39:24</b>	<b>0:39:18</b>	Arley Hall, Cheshire**	<b>10/04/2016</b> Cheshire Run Ltd	http://www.cheshire10k.com/	
10 Km	M65		Peter Povey	1:03:50	~	Birchwood	21/08/2005 Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html	
10 Km	M65		Brian Beattie	0:47:17	~	Capenhurst	06/06/2010 Capenhurst RC	http://www.capenhrstrc.co.uk/results.html	
10 Km	M65	o65	<b>Dave Hough</b>	<b>0:45:00</b>	~	Helena Tipping	<b>30/03/2014</b> 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	<b>David Bish</b>	<b>0:49:36</b>	<b>0:49:04</b>	Baxters River Ness	<b>25/09/2016</b> 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	https://www.tdl.tld.uk/	
10 Km	M75		Peter Povey	1:13:19	1:12:45	Birchwood	01/08/2011 Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html	
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	<b>David Bish</b>	<b>0:55:06</b>	OT 54:40	Evasion Benicàssim	<b>12/01/2019</b> 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/	
10 Miles	SM		<b>Michael Young</b>	~	<b>0:55:32</b>	City of Preston 5/ 10m	<b>09/08/2020</b> Central Lancs Tri	https://www.niftyentries.com/Results	
##	M35	SM	<b>Andy Starkey</b>	<b>0:54:30</b>	~	<b>Rivacre</b>	<b>11/04/1999</b> <b>RRJ (now EPRC)</b>	*ARM provisional best performances 24/07/00	
10 Miles	M40	o40	<b>Gary Withers</b>	<b>0:55:18</b>	~	Sale	<b>02/08/1998</b> Sale H Man	*ARM provisional best performances 24/07/00	
10 Miles	M45	o45	<b>John Fidler</b>	<b>0:55:30</b>	~	Rivacre	<b>19/04/1998</b> 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	<b>John Fidler</b>	<b>0:58:54</b>	~	Rivacre	<b>01/04/2001</b> 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	<b>Jack Thomas</b>	<b>1:03:01</b>	~	Llandudno	<b>01/11/1998</b> 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	<b>Brian Beattie</b>	<b>1:09:46</b>	~	Llandudno	<b>13/11/2005</b> North Wales RRC	www.race-results.co.uk/results/	
10 Miles	M65		Brian Beattie	1:17:50	~	Sale	01/08/2010 Sale H Man	www.race-results.co.uk/results/	
10 Miles	M65		Brian Wright	1:16:29	1:16:27	City of Preston 5/ 10m	11/08/2019 Central Lancs Tri	https://www.niftyentries.com/Results	
10 Miles	M65	o65	<b>Brian Wright</b>	~	<b>1:16:25</b>	City of Preston 5/ 10m	<b>09/08/2020</b> Central Lancs Tri	https://www.niftyentries.com/Results	
10 Miles	M70	o70	<b>David Bish</b>	1:24:31	<b>1:23:35</b>	Plusnet Yorkshire	<b>09/10/2016</b> Run For All	http://www.runbritainrankings.com/	
10 Miles	M75	o75	<b>David Bish</b>	1:35:01	<b>1:32:57</b>	Asda Found Yorkshire	<b>14/10/2018</b> 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)

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 31<sup>st</sup> 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
½ Mar	u20 Adam Parr	1:22:06	1:22:05	Four Villages
½ Mar	SM Gary Dean	1:21:20	~	Chester
½ Mar	SM Mark J Davies	1:20:13	~	Four Villages
½ Mar	SM Chris Mayer	1:18:18	~	Wilmslow
½ Mar	SM Ian Brown	1:16:40	~	Chester
½ Mar	SM Andrew Clague	1:15:54	~	Chester
½ Mar	SM Robin Sedman-Smith	1:14:15	~	Chester
½ Mar	SM Michael Young	1:13:29	1:13:28	Four Villages
##	SM SM Michael Young	1:11:41	1:11:28	Capesthorne (Cheshire)
½ Mar	M35 Ian Wade	1:30:41	~	Chester
½ Mar	M35 Paul Spencer	1:25:28	~	Four Villages
½ Mar	M35 Kenny Begley	1:16:20	~	Chester
½ Mar	M35 Kenny Begley	1:15:27	~	Chester
½ Mar	M35 o35 Kenny Begley	1:12:13	~	Chester
½ Mar	M40 Chris Rhodes	1:27:42	~	Chester
½ Mar	M40 Graham Earlam	1:23:37	~	Village Bakery
½ Mar	M40 Graham Earlam	1:19:43	~	Four Villages
½ Mar	M40 Graham Earlam	1:17:48	~	Wilmslow**
½ Mar	M40 Andy Starkey	1:16:19	~	Four Villages
½ Mar	M40 Graham MacNeil	1:15:27	1:15:24	Four Villages
½ Mar	M45 Bob Benson	1:24:40	~	Vyrnwy
½ Mar	M45 Richard Batterham	1:23:02	~	Four Villages
½ Mar	M45 Bob Benson	1:21:34	~	Wilmslow
½ Mar	M45 Paul Frodsham	1:15:56	~	Chester
½ Mar	M50 Brian Beattie	1:27:56	~	Chester
½ Mar	M50 o40 John Fidler	1:13:10	~	Four Villages
½ Mar	M55 o55 Jack Thomas	1:24:41	~	Vyrnwy
½ Mar	M60 Mike Lamb	1:47:10	~	Four Villages
½ Mar	M60 Brian Beattie	1:33:13	~	Four Villages
½ Mar	M60 Brian Beattie	1:31:58	~	Village Bakery
½ Mar	M60 Joe Foy	1:26:28	1:26:22	Village Bakery
½ Mar	M60 o60 Joe Foy	~	1:26:02	Semi Marathon de Paris
½ Mar	M65 Brian Beattie	1:41:30	~	Village Bakery
½ Mar	M65 Dave Hough	1:41:38	1:41:26	Vyrnwy
½ Mar	M65 o65 Richard Batterham	1:36:01	1:35:48	Village Bakery
½ Mar	M70 Dave Bish	1:52:20	1:52:13	Congleton**
½ Mar	M70 o70 Dave Bish	1:54:46	1:50:59	Chester
½ Mar	M75 o75 Dave Bish	2:05:06	2:03:24	Benidorm
Marathon	u20 Michael Lyness	~	3:37:52	New York
Marathon	SM Kenny Begley	2:59:09	~	London
Marathon	SM Iain Wedge	2:58:52	~	London
Marathon	SM Iain Wedge	2:51:36	~	London
Marathon	SM Jon Park	2:46:34	2:44:53	London
Marathon	SM Michael Young	2:43:20	2:43:18	Austin (USA)
Marathon	M35 Terry Ryan	2:59:54	~	London
Marathon	M35 Kenny Begley	2:50:47	~	London
Marathon	M35 Kenny Begley	2:44:24	~	London
##	M35 SM Jon Park	2:38:31	2:38:21	Valencia
Marathon	M40 Mark Worrall	2:58:33	~	London
Marathon	M40 o40 Kenny Begley	2:39:48	~	London
Marathon	M45 Richard Batterham	2:55:24	~	London
Marathon	M45 o45 Bob Benson	2:52:01	~	London
Marathon	M50 Brian Beattie	3:12:32	~	London
Marathon	M50 Richard Batterham	2:53:42	~	London
Marathon	M50 o50 Richard Batterham	2:53:41	~	London
Marathon	M55 o55 Jack Thomas	3:04:21	~	London
Marathon	M60 Brian Beattie	3:35:27	~	London
Marathon	M60 Brian Beattie	~	3:25:47	London
Marathon	M65 Brian Beattie	~	3:46:44	London
Marathon	M65 Brian Beattie	3:44:39	3:44:32	Chester
Marathon	M65 o60 Richard Batterham	~	3:23:22	London
Marathon	M70 David Bish	~	4:27:23	London
Marathon	M70 o70 Brian Beattie	4:20:54	4:19:08	Chester
Marathon	M75 o75 David Bish	~	4:46:55	London
*** Hilly!	SM Mike Stroud	3:16:10	~	*** Snowdonia
	SM Stephen Skates	2:56:15	~	*** Snowdonia

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