WEST CHESHIRE ROAD RUNNING RANKINGS 2020

Note : chip times, where avilable, are used; gun to finish times increasingly disadvantge the slower runners in large events.
Handicap Codes can be compared across different distances.
Also the same Handicap Code for males and females is a comparable performance.

Please Note that due to the virus lockdowns, etc, the nummber of road races held during the year was much reduced compared to recent years. "Virtual" events have not been included.

MALE

5km	**Time**	***c = chip timing***			**Best Time in 2019**	***H'cap Code***	
Michael YOUNG	15:41	c	Mid-Cheshire	28-Aug		3.4	12th fastest in Cheshire
Chris SHAW	16:44	c	Mid-Cheshire	28-Aug		7.0	
Sammy HOLLINS	17:15	c	Mid-Cheshire	28-Aug		8.6	
5 mile							
Rob LITTLE	29:54	c	Alsager	02-Feb	*29:06*	12.2	20th fastest in Cheshire
10km							
Michael YOUNG	33:00	c	Run through Tatton Pk	05-Dec	*38:54*	5.4	10th fastest in Cheshire
Aiden HEAP	34:27	c	Chester	08-Mar	*38:06*	7.7	
Jean Claude RANDON	34:47	c	Chester	08-Mar	*35:20*	8.3	
Andrew COOPER	35:58	c	Chester	08-Mar		10.1	
Steve FERNYHOUGH	36:04	c	Chester	08-Mar	*36:06*	10.2	
Rob LITTLE	37:25	c	Chester	08-Mar		12.2	
Danny PADDOCK	37:26	c	Chester	08-Mar	*38:12*	12.3	
Fred NEWBURY	37:52	c	Chester	08-Mar		12.9	

Tom CABLE	38:47	c	Trafford	01-Mar	*38:30*	14.2	
Ian GLOYNE-PHILLIPS	38:52	c	Chester	08-Mar	*39:42*	14.3	
Phil WOODLEY	39:12	c	Run Oulton Pk GP	06-Dec		14.8	
Steven KING	39:30	c	Chester	08-Mar		15.2	
Colm McNABB	40:18	c	Chester	08-Mar		16.3	
Andrew CARTER	43:14	c	Run Oulton Pk GP	06-Dec	*37:40*	20.1	
Liam DAVOREN	43:27	c	Chester	08-Mar		20.4	
Brian WRIGHT	45:45	c	Cheshire, Arley Hall	18-Oct	*45:03*	23.2	
Ian ACKROYD	45:50	c	Chester	08-Mar	*45:58*	23.3	
Steve HILLIER	46:52	c	Chester	08-Mar	*45:52*	24.5	
Stephen BALL	46:54	c	Chester	08-Mar	*46:39*	24.6	
Daniel WATLING	48:22	c	Chester	08-Mar		26.2	
Richard BATTERHAM	52:50	c	Chester	08-Mar		31.1	
Mark POVEY	58:50	c	Chester	08-Mar	*53:28*	36.9	
Michael PARRY	01:02:05	c	Knowsley Saffari Park	15-Mar		39.9	
Brian BEATTIE	01:04:55	c	Chester	08-Mar		42.3	

10 mile

Michael YOUNG	0:55:32	c	City of Preston	09-Aug		6.8	Fastest in Cheshire
Chris SHAW	0:59:37	c	City of Preston	09-Aug		10.6	
Neil HERSHAW	1:04:18	c	Freedom, Wrexham	08-Mar	1:05:35	14.8	
Brian WRIGHT	1:16:25	c	City of Preston	09-Aug	1:16:29	24.2	

Half-marathon

Michael YOUNG	1:11:41	c	Capesthorne, Cheshire	20-Sep	1:21:17	5.1	2nd fastest in Cheshire
Tom BOOTH	1:16:59	c	4 Villages, Helsby	19-Jan		8.9	
Chris SHAW	1:18:54	c	Capesthorne, Cheshire	20-Sep		10.3	

Graham WELLS	1:21:38	c	4 Villages, Helsby	19-Jan	1:21:32	12.1	
Tom CABLE	1:23:00	c	4 Villages, Helsby	19-Jan	1:23:33	13.0	
Steve FERNYHOUGH	1:23:55	c	4 Villages, Helsby	19-Jan	1:19:43	13.6	
Andrew CLAGUE	1:25:27	c	4 Villages, Helsby	19-Jan	1:23:56	14.6	
Ian GLOYNE-PHILLIPS	1:25:46	c	4 Villages, Helsby	19-Jan	1:30:57	14.8	
Wullie McGARRELL	1:25:50	c	4 Villages, Helsby	19-Jan	1:28:53	14.9	
Andrew CARTER	1:27:18	c	4 Villages, Helsby	19-Jan	1:25:31	15.8	
Richard HAYES	1:28:26	c	4 Villages, Helsby	19-Jan	1:25:04	16.5	
Nick DUFFY	1:34:04	c	4 Villages, Helsby	19-Jan	1:31:36	19.9	
Stephen HILLIER	1:37:50	c	Run Oulton Park GP	06-Dec	1:30:06	22.0	
David IRVING	1:41:01	c	4 Villages, Helsby	19-Jan	1:35:22	23.8	
Brian Wright	1:42:31	c	Capesthorne, Cheshire	20-Sep	1:58:43	24.6	
Richard HUNT	1:45:58	c	4 Villages, Helsby	19-Jan	1:54:03	26.4	
Julian TEGG	1:48:36	c	4 Villages, Helsby	19-Jan	1:42:00	27.7	
Jon MOORHOUSE	1:50:52	c	4 Villages, Helsby	19-Jan		28.8	
Richard BATTERHAM	1:56:43	c	4 Villages, Helsby	19-Jan		31.6	
Mark POVEY	2:11:12	c	Liverpool	15-Mar	2:03:22	38.0	
20 mile							
Tom BOOTH	2:04:06	c	Run Oulton Pk GP	06-Dec		10.0	
Michael PARRY	3:54:30	c	Wrexham	08-Mar		44.7	
Marathon							
Michael YOUNG	2:34:54	c	Flat Runway, York	04-Oct	02:54:25	5.7	Fastest in Cheshire
Chris SHAW	2:48:39	c	Run Oulton Pk GP	06-Dec		10.3	