

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:	Source		
Age	Over Best Time Holder	Date	Host			
Distance	Band an age Men	Gun Time	Chip Time	Event		
5 Km	u13	Rory Willson	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	Capenhurst	19/08/2015 Ellesmere Port RC	www.ellesmereportrunningclub.org.uk
5 Km	u17	u17 Ethan Greenland	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	Wirral Seaside	27/03/2019 Pensby Runners	http://www.seasideruns.com/results/
5 Km	u20	Joseph Morrison	0:16:20	Wirral Seaside	24/04/2019 Pensby Runners	http://www.seasideruns.com/results/
5 Km	u20	Ethan Ackroyd	0:15:49	Mid Cheshire (Spring)	26/04/2019 Cute Fruit Events	http://www.cutefruitevents.com/
5 Km	u20	Joseph Morrison	0:15:45	Wirral Seaside	31/07/2019 Pensby Runners	http://www.seasideruns.com/results/
5 Km	u20	u20 Joseph Morrison	0:15:39	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/
##	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	Alan Morris	0:15:58	Christleton	15/05/1999 Tattenhall R	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	Jack Thomas	0:19:06	Park Hall	19/07/1998 Oswestry Olympians	AW July 22 1998 - vol.52 no.30
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	Mid Cheshire	26/04/2019 Cute Fruit Events	http://www.cutefruitevents.com/
5 km	M55	o55 Neil Hershaw	0:17:46	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	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	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	Christleton	17/05/2001 Chester Tri	https://www.niftyentries.com/Results

*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	Times and Date in Red at:	http://www.westcheshireac.co.uk/club-records/				
Distance	Age Over Best Time Holder	Gun	Chip	Event	Date	Host	Source	
	Band an age Men	Time	Time					
5 Miles	u17	Neil Roberts	0:38:43	~	BL Mold (Alun Finish)	05/03/2000	BL Wreccam 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 Wreccam 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	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	u20	u20 Joseph Morrison	0:26:34	0:26:33	Abergele 5	03/11/2019	Abergele H	https://www.niftyentries.com/Results
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/
##	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	0:31:10	~	BICC Fast (Clwyd Champ)	23/08/1998	Wrexham AAC	http://www.westcheshireac.co.uk/races/races-results-archive/ AW August 26 1998 - vol.52 no.35
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 Andy Povey	0:54:55	~	Run the Bridge	24/04/2011	Halton BC	www.runhalton.co.uk/

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Age	Over Best Time Holder	Date	Host			
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	~ 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	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	u20	Joseph Morrison	0:33:33	~ Caernarfon BL	13/01/2019 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	~ Croxteth 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	Darragh Staunton	0:33:45	~ Caernarfon BL	28/11/2004 Eryri H	*MJL result sheet
10 Km	SM	Michael Young	0:33:04	0:33:00 Tatton Park	05/12/2020 Run Through - Tatton	https://results.racetimers.co.uk/results.aspx?Cld=16487&Rld=2126
10 Km	M35	Simon Roberts	0:37:07	~ Whitley	19/04/1998 Whitley Village Com.	*MJL result sheet
10 Km	M35	Andy Starkey	0:35:37	~ Croxteth 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 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	Brian Beattie	0:42:38	~ City of Liverpool 10k	11/10/1998 Run Liverpool	*MJL result sheet
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.ltd.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	0:42:58	~ Ellesmere	14/06/1998 Oswestry Olympians	AW June 17 1998 - Vol.52 no.25
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 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	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.capenhurstc.co.uk/results.html
10 Km	M65	Dave Hough	0:45:00	~ Helena Tipping	30/03/2014 Wrexham AAC	http://www.ukresults.net/2014/tipping.html
10 Km	M65	o65 Brian Wright	0:46:23	0:44:02 Goodwood GP	25/04/2021 Run Through	https://www.runthrough.co.uk/results/
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 David Bish	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.ltd.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.ltd.uk/
10 Km	M75	o75 David Bish	0:55:06	<i>at 55.40</i> Evasion Benicàssim	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	Dave Tieman	0:54:38	~ Rivacre	09/04/2000 RRJ (now EPRC)	AW April 12 2000 - vol.54 no15
##	M35	SM Andy Starkey	0:54:30	~ Rivacre	11/04/1999 RRJ (now EPRC)	*ARM provisional best performances 24/07/00
10 Miles	M40	Gary Withers	0:55:25	~ Rivacre	19/04/1998 RRJ (now EPRC)	AW April 22 1998 - Vol.52 no.17
10 Miles	M40	Gary Withers	0:55:18	~ Sale	02/08/1998 Sale H Man	AW August 5 1998 - vol.52 no.32_*ARM pbp 24/07/00
10 Miles	M45	o40 John Fidler	0:54:32	~ North Wales	18/04/1998 Wrexham AAC	AW April 22 1998 - Vol.52 no.17
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	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 Brian Wright	~	1:16:25 City of Preston 5/ 10m	09/08/2020 Central Lancs Tri	https://www.niftyentries.com/Results
10 Miles	M70	o70 David Bish	1:24:31	1:23:35 Plusnet Yorkshire	09/10/2016 Run For All	http://www.runbritainrankings.com/
10 Miles	M75	o75 David Bish	1:35:01	1:32:57 Asda Found Yorkshire	14/10/2018 Run For All	https://www.runbritainrankings.com/results/resultslookup.aspx

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*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	Times and Date in Red at:	Source			
Age	Over	Best Time Holder	Date	Host				
Distance	Band	an age Men	Gun Time	Chip Time	Event			
1/2 Mar	u20	Adam Parr	1:22:06	1:22:05	Four Villages	22/01/2012 Helsby RC	https://www.helsbyrunningclub.org.uk/	
1/2 Mar	SM	Gary Dean	1:21:20	~	Chester	24/05/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/results-archive/	
1/2 Mar	SM	Mark J Davies	1:20:13	~	Four Villages	24/01/1999 Helsby RC	https://www.helsbyrunningclub.org.uk/	
1/2 Mar	SM	Mark J Davies	1:19:58	~	Liverpool International	08/08/1999 Run Liverpool	*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/results-archive/	
1/2 Mar	SM	Andrew Clague	1:15:54	~	Chester	26/05/2002 West Cheshire AC	http://www.westcheshireac.co.uk/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/results-archive/	
1/2 Mar	SM	Michael Young	1:13:29	1:13:28	Four Villages	19/01/2020 Helsby RC	https://www.niftyentries.com/Results	
##	SM	SM	Michael Young	1:11:41	1:11:28	Capecthorne (Cheshire)	20/09/2020 LETS DO THIS	https://www.letsdothis.com/gb/c/cheshire-half-marathon-141482
1/2 Mar	M35	Ian Wade	1:30:41	~	Chester	24/05/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/results-archive/	
1/2 Mar	M35	Paul Spencer	1:25:28	~	Four Villages	24/01/1999 Helsby RC	https://www.helsbyrunningclub.org.uk/	
1/2 Mar	M35	Kenny Begley	1:16:20	~	Chester	23/05/1999 West Cheshire AC	http://www.westcheshireac.co.uk/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/results-archive/	
1/2 Mar	M35	o35	Kenny Begley	1:12:13	~	Chester	20/05/2001 West Cheshire AC	http://www.westcheshireac.co.uk/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/results-archive/	
1/2 Mar	M40	Graham Earlam	1:23:37	~	Village Bakery	21/02/1999 Wrexham AAC	https://www.race-results.co.uk/results/1999/wrexham.htm	
1/2 Mar	M40	Graham Earlam	1:19:43	~	Four Villages	23/01/2000 Helsby RC	https://www.helsbyrunningclub.org.uk/	
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	https://www.helsbyrunningclub.org.uk/	
1/2 Mar	M40	Graham MacNeil	1:15:27	1:15:24	Four Villages	23/01/2005 Helsby RC	https://www.helsbyrunningclub.org.uk/	
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	https://www.helsbyrunningclub.org.uk/	
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/results-archive/	
1/2 Mar	M50	Brian Beattie	1:27:56	~	Chester	24/05/1998 West Cheshire AC	http://www.westcheshireac.co.uk/races/results-archive/	
1/2 Mar	M50	o40	John Fidler	1:13:10	~	Four Villages	24/01/1999 Helsby RC	https://www.helsbyrunningclub.org.uk/
1/2 Mar	M55	o55	Jack Thomas	1:24:41	~	Vyrnwy	27/09/1998 Oswestry Olympians	https://www.helsbyrunningclub.org.uk/
1/2 Mar	M60	Mike Lamb	1:47:10	~	Four Villages	20/01/2002 Helsby RC	https://www.helsbyrunningclub.org.uk/	
1/2 Mar	M60	Brian Beattie	1:33:13	~	Four Villages	18/01/2004 Helsby RC	https://www.helsbyrunningclub.org.uk/	
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.niftyentries.com/Results	
1/2 Mar	M60	o60	Joe Foy	~	Semi Marathon de Paris	08/03/2015 Amaury 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 Vyrnwy Half Marathon	https://www.sportsystems.co.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	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 - AW April 29 1958 - vol.52 no.18	
Marathon	SM	Iain Wedge	2:58:52	~	London	13/04/2003 London Marathon	www.marathonguide.com/	
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	https://results.virginmoneylondonmarathon.com/2019/?pid=search	
Marathon	SM	Michael Young	2:43:20	2:43:18	Austin (USA)	16/02/2020 Austin Marathon	http://www.marathonguide.com/	
Marathon	SM	Michael Young	~	2:34:54	Big Flat Runway Races	04/10/2020 EvenSplits (Elvington, York)	https://racebest.com/results/vsy4s	
##	SM	SM	Michael Young	2:31:10	2:31:06	Chesh Elite Marathon	25/04/2021 Run Cheshire	https://runcheshire.niftyentries.com/Results/Wrexham-Elite-Marathon
Marathon	M35	Terry Ryan	2:59:54	~	London	26/04/1998 London Marathon	West Cheshire News No2 - AW April 29 1958 - vol.52 no.18	
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	M35	o35	Jon Park	2:38:31	2:38:21	Valencia	01/12/2019 Valencia Marathon	https://www.runbritainrankings.com/results/results.aspx?meetingid=317792
Marathon	M40	Mark Worrall	2:58:33	~	London	26/04/1998 London Marathon	West Cheshire News No2 - AW April 29 1958 - vol.52 no.18	
Marathon	M40	o40	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 - AW April 29 1958 - vol.52 no.18	
Marathon	M45	Bob Benson	2:52:01	~	London	18/04/1999 London Marathon	*ARM provisional best performances 24/07/00	
Marathon	M45	o45	Chris Shaw	2:48:46	2:48:39	Oulton Park	06/12/2020 Run Through	https://www.runthrough.co.uk/results/
Marathon	M50	Brian Beattie	3:12:32	~	London	26/04/1998 London Marathon	West Cheshire News No2 - AW April 29 1958 - vol.52 no.18	
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	Jack Thomas	3:04:21	~	London	26/04/1998 London Marathon	West Cheshire News No2 - AW April 29 1958 - vol.52 no.18	
Marathon	M55	o55	Wullie McGarrell	2:58:08	2:58:05	Cheshire Elite Marathon	25/04/2021 Run Cheshire	https://runcheshire.niftyentries.com/Results/Wrexham-Elite-Marathon
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	https://results-2015.virginmoneylondonmarathon.com/2015/?pid=search
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.itd.uk/
Marathon	M75	o75	David Bish	~	4:46:55	London	28/04/2019 London Marathon	https://results.virginmoneylondonmarathon.com/2019/?pid=search
*** 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.itd.uk/index.php	

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