

WCAC Road Best Performances

Note: Must have been a member when the time was set

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	Best Time Holder Men	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	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	https://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	https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/
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	https://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	https://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	SM		Michael Young	0:15:30	0:15:30	Capenhurst	18/08/2021	Ellesmere Port RC	https://www.niftyentries.com/Results
5 Km	M35		Paul Spencer	0:15:46	~	WCAC (Upton)	28/08/1998	West Cheshire AC	https://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	https://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/ AW May 19 1999 - vol.53 no.20
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	https://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	https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/
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	https://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	https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/
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	https://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	https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/
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!

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Distance	Age Band	Over an age	Best Time Holder Men	Gun Time	Chip Time	Event	Date	Host	Source
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	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u17		Alec Beaney	0:28:39	~	Spring 5	02/04/2007	West Cheshire AC	https://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	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u17	u17	Si�n 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	https://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	https://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	https://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	https://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	https://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	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	M40		Alan Morris	0:26:24	~	Spring 5	06/04/1999	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	M45		John Fidler	0:26:20	~	Spring 5	07/04/1998	West Cheshire AC	https://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	https://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	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	https://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/

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Age	Over	Best Time Holder	Gun	Chip	Event	Date	Host	Source	
Distance	Band	an age	Time	Time					
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	~	Farndon	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	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	https://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	~	Croxeth 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	https://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
##	SM	SM	Michael Young	~	0:32:30	Helena Tipping	25/07/2021	Run Cheshire	https://runcheshire.niftyentries.com/Results
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	~	Croxeth 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	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	M35	o35	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	https://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	https://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	https://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	https://www.tdileventservices.co.uk/event-results
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	http://www.oswestryolympians.com/
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	https://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.capenhurstcc.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	https://www.tdileventservices.co.uk/event-results
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	https://www.tdileventservices.co.uk/event-results
10 Km	M75	o75	David Bish	0:55:06	at 55.40	Evasion Benicassim	12/01/2019	Sportmaniacs	https://sportmaniacs.com/en/races/10k-platges-benicassim
10 Miles	u20		nobody yet						
10 Miles	SM		Andrew Clague	0:57:57	~	Flint Lifeboat '10'	04/10/1998	Flint Runners	*DC result sheet
10 Miles	SM		Dave Tiernan	0:54:38	~	Rivacre	09/04/2000	RRJ (now EPRC)	http://www.ukresults.net/2000/04/09/09042000rrj.htm
##	SM	SM	Michael Young	0:53:53	0:53:53	City of Preston 5/ 10m	08/08/2021	Central Lancs Tri	https://www.niftyentries.com/Results
10 Miles	M35	o35	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)	http://www.ukresults.net/1998/04/19/19041998rrj.htm
10 Miles	M40		Gary Withers	0:55:18	~	Sale	02/08/1998	Sale H Man	http://www.ukresults.net/1998/08/02/02081998sale.htm
10 Miles	M45	o40	John Fidler	0:54:32	~	North Wales	18/04/1998	Wrexham AAC	http://www.ukresults.net/1998/04/18/18041998wrex.htm
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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WCAC Road Best Performances

Note: Must have been a member when the time was set

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	Gun	Chip	Event	Date	Host	Source	
Distance	Band	an age	Time	Time					
½ Mar	u20	u20	Adam Parr	1:22:06	1:22:05	Four Villages	22/01/2012	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	SM		Gary Dean	1:21:20	~	Chester	24/05/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
½ Mar	SM		Mark J Davies	1:20:13	~	Four Villages	24/01/1999	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	SM		Mark J Davies	1:19:58	~	Liverpool International	08/08/1999	Run Liverpool	*MJL result sheet
½ Mar	SM		Chris Mayer	1:18:18	~	Wilmslow	23/03/1999	Wilmslow RC	www.wilmslowhalfmarathon.org.uk/results-and-photos/
½ Mar	SM		Ian Brown	1:16:40	~	Chester	21/05/2000	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
½ Mar	SM		Andrew Clague	1:15:54	~	Chester	26/05/2002	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
½ Mar	SM		Robin Sedman-Smith	1:14:15	~	Chester	18/05/2003	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
½ 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	Capesthorpe (Cheshire)	20/09/2020	LETS DO THIS	https://www.letsdothis.com/gb/c/cheshire-half-marathon-141482
½ Mar	M35		Ian Wade	1:30:41	~	Chester	24/05/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
½ Mar	M35		Paul Spencer	1:25:28	~	Four Villages	24/01/1999	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	M35		Kenny Begley	1:16:20	~	Chester	23/05/1999	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
½ Mar	M35		Kenny Begley	1:15:27	~	Chester	21/05/2000	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
½ Mar	M35	o35	Kenny Begley	1:12:13	~	Chester	20/05/2001	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
½ Mar	M40		Chris Rhodes	1:27:42	~	Chester	24/05/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
½ Mar	M40		Graham Earlam	1:23:37	~	Village Bakery	21/02/1999	Wrexham AAC	https://www.race-results.co.uk/results/1999/wrexham.htm
½ Mar	M40		Graham Earlam	1:19:43	~	Four Villages	23/01/2000	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	M40		Graham Earlam	1:17:48	~	Wilmslow**	26/03/2000	Wilmslow RC	http://www.joelee.co.uk/resindex.html
½ Mar	M40		Andy Starkey	1:16:19	~	Four Villages	20/01/2002	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	M40		Graham MacNeil	1:15:27	1:15:24	Four Villages	23/01/2005	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	M45		Bob Benson	1:24:40	~	Vyrnwy	27/09/1998	Oswestry Olympians	*BWB result sheet
½ Mar	M45		Richard Batterham	1:23:02	~	Four Villages	24/01/1999	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	M45		Bob Benson	1:21:34	~	Wilmslow	28/03/1999	Wilmslow RC	www.wilmslowhalfmarathon.org.uk/results-and-photos/
½ Mar	M45		Paul Frodsham	1:15:56	~	Chester	18/05/2003	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
½ Mar	M50		Brian Beattie	1:27:56	~	Chester	24/05/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
½ Mar	M50	o40	John Fidler	1:13:10	~	Four Villages	24/01/1999	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	M55		Jack Thomas	1:24:41	~	Vyrnwy	27/09/1998	Oswestry Olympians	https://www.helsbyrunningclub.org.uk/
½ Mar	M55	o55	Wullie McGarrell	1:24:24	1:24:20	Oulton Park	08/08/2021	Running Grand Prix	https://results.runthrough.co.uk/results.aspx?Cld=16487&Rld=2156&Eld=2
½ Mar	M60		Mike Lamb	1:47:10	~	Four Villages	20/01/2002	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	M60		Brian Beattie	1:33:13	~	Four Villages	18/01/2004	Helsby RC	https://www.helsbyrunningclub.org.uk/
½ Mar	M60		Brian Beattie	1:31:58	~	Village Bakery	22/02/2004	Wrexham AAC	www.wrexhamroadrunners.org.uk/
½ Mar	M60		Joe Foy	1:26:28	1:26:22	Village Bakery	15/02/2015	Cute Fruit Events	http://www.niftyentries.com/Results
½ Mar	M60	o60	Joe Foy	~	1:26:02	Semi Marathon de Paris	08/03/2015	Amaury Sport Organisation	http://www.semideparis.com/fr/resultats.html
½ Mar	M65		Brian Beattie	1:41:30	~	Village Bakery	15/02/2009	Wrexham AAC	http://www.ukresults.net/2009/bakeryhalf.html
½ 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
½ Mar	M65	o65	Richard Batterham	1:36:01	1:35:48	Village Bakery	15/02/2015	Cute Fruit Events	http://www.cutefruitlevents.com/
½ Mar	M70		Dave Bish	1:52:20	1:52:13	Congleton**	06/10/2013	Congleton H	http://sportsystems.co.uk/ss/results
½ Mar	M70	o70	Dave Bish	1:54:46	1:50:59	Chester	15/05/2016	Active Leisure Events	http://www.niftyentries.com/Results
½ 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 - 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	https://www.tdeventservices.co.uk/event-results
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	https://www.tdeventservices.co.uk/event-results

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