

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 &amp; 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].

Distance	##	Club Best at Distance		Gun Time	Chip Time	Event	Date	Find Times and Date in Red at: Host	Source	<a href="http://www.westcheshireac.co.uk/club-records/">http://www.westcheshireac.co.uk/club-records/</a>
		Age Band	Over an age							
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="https://www.westcheshireac.co.uk/races/results-archive/">https://www.westcheshireac.co.uk/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="https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/">https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/</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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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		SM		Michael Young	0:15:30	0:15:30	Capenhurst	18/08/2021	Ellesmere Port RC	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
5 Km		M35		Paul Spencer	0:15:46	~	WCAC (Upton)	28/08/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
		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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
5 Km		M40		Alan Morris	0:15:58	~	Christleton	15/05/1999	Tattenhall R	<a href="http://www.ajl.com/aw/may191999-vol53no20">AW May 19 1999 - vol.53 no.20</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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/">https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/</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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
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	<a href="https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/">https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/</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="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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="https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/">https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/</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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		Age Band	Over an age								Best Time Holder Men
5 Miles		u17		Neil Roberts	0:38:43	~	BL Mold (Alun Finish)	05/03/2000	BL Wreccsam Tri	*MJL result sheet	
5 Miles		u17		Alec Beaney	0:32:33	~	Spring 5	05/04/2006	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>	
5 Miles		u17		Alec Beaney	0:28:39	~	Spring 5	02/04/2007	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>	
5 Miles		u17		Louis Humphreys	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		Cameron Weaver	0:27:57	0:27:54	Spring 5	15/04/2015	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>	
5 Miles		u17	u17	<b>Si�n 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		Peter Benyon	0:27:39	~	Spring 5	07/04/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>	
5 Miles		u20		Ethan Greenland	0:27:19	0:27:18	Spring 5	12/04/2017	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>	
5 Miles		u20	u20	<b>Joseph Morrison</b>	0:26:34	<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		Mike Stroud	0:27:13	~	Spring 5	07/04/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>	
5 Miles		SM		Robin Sedman-Smith	0:26:48	~	Spring 5	08/04/2003	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://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		Gary Withers	0:26:42	~	Spring 5	07/04/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>	
		<b>##</b>	<b>M35</b>	<b>SM</b>	<b>Andy Starkey</b>	<b>0:26:02</b>	~	<b>Hale</b>	<b>20/12/1998</b>	<b>Halton BC</b>	<b>result sheet from *GH</b>
5 Miles		M40		Bob Benson	0:27:14	~	Spring 5	07/04/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>	
5 Miles		M40		<b>Alan Morris</b>	<b>0:26:24</b>	~	Spring 5	<b>06/04/1999</b>	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>	
5 Miles		M45		John Fidler	0:26:20	~	Spring 5	07/04/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>	
5 Miles		M45	o40	<b>John Fidler</b>	<b>0:26:13</b>	~	Birkenhead Park	<b>03/06/1998</b>	Wirral AC	<a href="http://www.wirralac.co.uk/competitionsbirkenhead-park-road-races/">www.wirralac.co.uk/competitionsbirkenhead-park-road-races/</a>	
5 Miles		M50	o50	<b>John Fidler</b>	<b>0:27:49</b>	~	Abergele 5	<b>08/11/1998</b>	Abergele H	Paper Copy	
5 Miles		M55		Mike Lamb	0:35:42	~	Spring 5	07/04/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>	
5 Miles		M55		Jack Thomas	0:31:10	~	BICC Fast (Clwyd Champ)	23/08/1998	Wrexham AAC	<a href="http://www.westcheshireac.co.uk/races/races-results-archive/">http://www.westcheshireac.co.uk/races/races-results-archive/</a> <a href="http://www.westcheshireac.co.uk/races/races-results-archive/">AW August 26 1998 - vol.52 no.35</a>	
5 Miles		M55	o55	<b>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		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	<a href="http://www.runhalton.co.uk/">www.runhalton.co.uk/</a> and BWB result sheet	
5 Miles		M60	o60	<b>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		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	<a href="http://www.abergeleharriers.co.uk/ASH.htm">www.abergeleharriers.co.uk/ASH.htm</a>	
5 Miles		M65		Brian Beattie	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	o65	<b>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		Peter Povey	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		David Bish	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		Brian Beattie	0:43:23	0:43:02	Spring 5	13/04/2016	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>	
5 Miles		M70	o70	<b>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	o75	<b>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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Distance	##	Club Best at Distance	Age	Over an age	Best Time Holder Men	Gun Time	Chip Time	Event	Date	Times and Date in Red at:	Host	Source
10 Km	u17				James Roberts	0:37:06	~	Telford Christmas	19/12/2004		Telford AC	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
10 Km	u17				Chris Goodwin	0:36:08	~	Farnon	07/03/2010		Wrexham AAC	<a href="http://www.wrexhamroadrunners.org.uk/">www.wrexhamroadrunners.org.uk/</a>
10 Km	u17				Cameron Weaver	0:34:46	~	Caernarfon BL	12/04/2015		Eryri H	<a href="http://www.bordersleague.org.uk/">http://www.bordersleague.org.uk/</a>
10 Km	u17	u20			<b>Siôn Roberts</b>	0:33:12	0:33:12	Arley Hall, Cheshire**	23/03/2019		Run Through	<a href="http://results.racetimers.co.uk/results.aspx?Cid=16487&amp;Rid=2056">http://results.racetimers.co.uk/results.aspx?Cid=16487&amp;Rid=2056</a>
10 Km	u20				Alec Beaney	0:34:34	~	Sutton 6	20/09/2008		West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	u20				Alec Beaney	~	0:34:34	Gt Manchester Run	17/05/2009		Great Run	<a href="http://www.greatrun.org/Results/FullSearch.aspx">www.greatrun.org/Results/FullSearch.aspx</a>
10 Km	u20				<b>Joseph Morrison</b>	0:33:33	~	Caernarfon BL	13/01/2019		Eryri H	<a href="http://www.bordersleague.org.uk/results/">http://www.bordersleague.org.uk/results/</a>
10 Km	SM				Mark Orford	0:43:20	~	Air Products	12/04/1998		South Cheshire H	<a href="http://www.southcheshireharriers.org.uk/">www.southcheshireharriers.org.uk/</a>
10 Km	SM				Mark Orford	0:40:59	~	Croxeth Park	24/04/1998		LPS	<a href="http://www.woldsvets.co.uk/OLDRESULTS-TEST.htm">http://www.woldsvets.co.uk/OLDRESULTS-TEST.htm</a>
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	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
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	<a href="https://results.racetimers.co.uk/results.aspx?Cid=16487&amp;Rid=2126">https://results.racetimers.co.uk/results.aspx?Cid=16487&amp;Rid=2126</a>
	##	SM	SM		<b>Michael Young</b>	~	0:32:30	<b>Helena Tipping</b>	25/07/2021		<b>Run Cheshire</b>	<a href="https://runcheshire.niftyentries.com/Results">https://runcheshire.niftyentries.com/Results</a>
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	<a href="http://www.woldsvets.co.uk/OLDRESULTS-TEST.htm">http://www.woldsvets.co.uk/OLDRESULTS-TEST.htm</a>
10 Km	M35				Graham Jenkins	0:35:25	~	Birchwood	23/08/1998		Spectrum Striders	<a href="https://spectrumstriders.org.uk/archive/2019/our-races.html">https://spectrumstriders.org.uk/archive/2019/our-races.html</a>
10 Km	M35				Paul Spencer	0:33:14	~	Sutton 6	20/09/1998		West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	M35	o35			<b>Andy Starkey</b>	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	<a href="http://www.southcheshireharriers.org.uk/">www.southcheshireharriers.org.uk/</a>
10 Km	M40				Dave Crawford	0:36:58	~	Crewe 10k	03/05/1998		Crewe & Nantwich AC	<a href="http://www.ukresults.net/1998/crewe10k.html">http://www.ukresults.net/1998/crewe10k.html</a>
10 Km	M40				Gary Withers	0:34:23	~	Sutton 6	20/09/1998		West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	M40				<b>Graham MacNeil</b>	0:33:32	~	NVAC monthly run	26/06/2004		Lymm	NVAC Newsletter June 04
10 Km	M45				Dave Hough	0:40:34	~	Good Friday	10/04/1998		Southport Waterloo AC	FB Group 'Old Running Results and Pictures'
10 Km	M45				John Fidler	0:33:51	~	Air Products	12/04/1998		South Cheshire H	<a href="http://www.southcheshireharriers.org.uk/">www.southcheshireharriers.org.uk/</a>
10 Km	M45				John Fidler	0:33:34	~	Eddie Faure Memorial	21/06/1998		Prestatyn RC	<a href="http://www.race-results.co.uk/results/">www.race-results.co.uk/results/</a>
10 Km	M45	o40			<b>John Fidler</b>	0:33:24	~	Sutton 6	20/09/1998		West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	M50				Brian Beattie	0:42:38	~	City of Liverpool 10k	11/10/1998		Run Liverpool	*MJL result sheet
10 Km	M50	o50			<b>John Fidler</b>	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	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
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	<a href="https://www.tdlevntservices.co.uk/event-results">https://www.tdlevntservices.co.uk/event-results</a>
10 Km	M55				Robert Freeman	0:38:52	0:38:44	Arley Hall, Cheshire**	29/09/2013		Greenwood Ltd	<a href="http://www.cheshire10k.com/results/">http://www.cheshire10k.com/results/</a>
10 Km	M55	o55			<b>Neil Hershaw</b>	0:36:59	0:36:55	Liverpool Spring	05/05/2019		Mersey Races	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
10 Km	M60				Sam R Fletcher	0:42:58	~	Ellesmere	14/06/1998		Oswestry Olympians	<a href="http://www.owestryolympians.com/">http://www.owestryolympians.com/</a>
10 Km	M60				Sam R Fletcher	0:42:08	~	Birchwood	23/08/1998		Spectrum Striders	<a href="https://spectrumstriders.org.uk/archive/2019/our-races.html">https://spectrumstriders.org.uk/archive/2019/our-races.html</a>
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	<a href="https://spectrumstriders.org.uk/archive/2019/our-races.html">https://spectrumstriders.org.uk/archive/2019/our-races.html</a>
10 Km	M60				Robert Freeman	0:40:37	0:40:34	Sutton 6	20/09/2015		West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
10 Km	M60	o60			<b>Joe Foy</b>	0:39:24	0:39:18	Arley Hall, Cheshire**	10/04/2016		Cheshire Run Ltd	<a href="http://www.cheshire10k.com/">http://www.cheshire10k.com/</a>
10 Km	M65				Peter Povey	1:03:50	~	Birchwood	21/08/2005		Spectrum Striders	<a href="https://spectrumstriders.org.uk/archive/2019/our-races.html">https://spectrumstriders.org.uk/archive/2019/our-races.html</a>
10 Km	M65				Brian Beattie	0:47:17	~	Capenhurst	06/06/2010		Capenhurst RC	<a href="http://www.capenhurstrc.co.uk/results.html">http://www.capenhurstrc.co.uk/results.html</a>
10 Km	M65				Dave Hough	0:45:00	~	Helena Tipping	30/03/2014		Wrexham AAC	<a href="http://www.ukresults.net/2014/tipping.html">http://www.ukresults.net/2014/tipping.html</a>
10 Km	M65	o65			<b>Brian Wright</b>	0:46:23	0:44:02	Goodwood GP	25/04/2021		Run Through	<a href="https://www.runthrough.co.uk/results/">https://www.runthrough.co.uk/results/</a>
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	<a href="http://www.owestryolympians.com/">http://www.owestryolympians.com/</a>
10 Km	M70	o70			<b>David Bish</b>	0:49:36	0:49:04	Baxters River Ness	25/09/2016		Loch Ness Marathon	<a href="http://www.lochnessmarathon.com/pages/results/">http://www.lochnessmarathon.com/pages/results/</a>
10 Km	M75				Peter Povey	1:14:13	1:12:19	Mersey Tunnel	12/06/2011		Run Liverpool	<a href="https://www.tdlevntservices.co.uk/event-results">https://www.tdlevntservices.co.uk/event-results</a>
10 Km	M75				Peter Povey	1:13:19	1:12:45	Birchwood	01/08/2011		Spectrum Striders	<a href="https://spectrumstriders.org.uk/archive/2019/our-races.html">https://spectrumstriders.org.uk/archive/2019/our-races.html</a>
10 Km	M75				Peter Povey	1:10:20	1:07:46	Mersey Tunnel	09/06/2013		BTR Liverpool Ltd	<a href="https://www.tdlevntservices.co.uk/event-results">https://www.tdlevntservices.co.uk/event-results</a>
10 Km	M75	o75			<b>David Bish</b>	0:55:06	at 55:40	Evasion Benicassim	12/01/2019		Sportmaniacs	<a href="https://sportmaniacs.com/en/races/10k-platges-benicassim">https://sportmaniacs.com/en/races/10k-platges-benicassim</a>
10 Miles	u20				<i>nobody yet</i>							
10 Miles	SM				Gary Dean †	1:01:48	~	Knowsley	10/05/1998		Liverpool RC	FB Group 'Old Running Results and Pictures'
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)	<a href="http://www.ukresults.net/2000/04/09/rrj.html">http://www.ukresults.net/2000/04/09/rrj.html</a>
	##	SM	SM		<b>Michael Young</b>	0:53:53	0:53:53	<b>City of Preston 5/ 10m</b>	08/08/2021		<b>Central Lancs Tri</b>	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
10 Miles	M35	o35			<b>Andy Starkey</b>	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)	<a href="http://www.ukresults.net/1998/04/19/rrj.html">http://www.ukresults.net/1998/04/19/rrj.html</a>
10 Miles	M40				<b>Gary Withers</b>	0:55:18	~	Sale	02/08/1998		Sale H Man	<a href="http://www.ukresults.net/1998/08/02/sale.html">http://www.ukresults.net/1998/08/02/sale.html</a>
10 Miles	M45	o40			<b>John Fidler</b>	0:54:32	~	North Wales	18/04/1998		Wrexham AAC	<a href="http://www.ukresults.net/1998/04/18/rrj.html">http://www.ukresults.net/1998/04/18/rrj.html</a>
10 Miles	M50				Brian Beattie	1:07:37	~	Penny Lane Striders	21/06/1998		Penny Lane Striders	<a href="http://www.woldsvets.co.uk/OLDRESULTS-TEST.htm">http://www.woldsvets.co.uk/OLDRESULTS-TEST.htm</a>
10 Miles	M50				Brian Beattie	1:06:54	~	Llandudno	01/11/1998		North Wales RRC	<a href="http://www.race-results.co.uk/results/">www.race-results.co.uk/results/</a>
10 Miles	M50	o50			<b>John Fidler</b>	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			<b>Jack Thomas</b>	1:03:01	~	Llandudno	01/11/1998		North Wales RRC	<a href="http://www.race-results.co.uk/results/">www.race-results.co.uk/results/</a>
10 Miles	M60				Brian Beattie	1:11:56	~	Llandudno	21/11/2004		North Wales RRC	<a href="http://www.race-results.co.uk/results/">www.race-results.co.uk/results/</a>
10 Miles	M60				Brian Beattie	1:10:47	~	Sale	07/08/2005		Sale H Man	<a href="http://www.ukresults.net/index.html">www.ukresults.net/index.html</a>
10 Miles	M60	o60			<b>Brian Beattie</b>	1:09:46	~	Llandudno	13/11/2005		North Wales RRC	<a href="http://www.race-results.co.uk/results/">www.race-results.co.uk/results/</a>
10 Miles	M65				Brian Beattie	1:17:50	~	Sale	01/08/2010		Sale H Man	<a href="http://www.race-results.co.uk/results/">www.race-results.co.uk/results/</a>
10 Miles	M65				Brian Wright	1:16:29	1:16:27	City of Preston 5/ 10m	11/08/2019		Central Lancs Tri	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
10 Miles	M65	o65			<b>Brian Wright</b>	~	1:16:25	City of Preston 5/ 10m	09/08/2020		Central Lancs Tri	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
10 Miles	M70	o70			<b>David Bish</b>	1:24:31	1:23:35	Plusnet Yorkshire	09/10/2016		Run For All	<a href="http://www.runbritainrankings.com/">http://www.runbritainrankings.com/</a>
10 Miles	M75	o75			<b>David Bish</b>	1:35:01	1:32:57	Asda Found Yorkshire	14/10/2018		Run For All	<a href="https://www.runbritainrankings.com/results/resultslookup.aspx">https://www.runbritainrankings.com/results/resultslookup.aspx</a>

\*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	Times and Date in Red at:	Source					
Distance	Age Band	Over an age	Best Time Holder Men	Gun Time	Chip Time	Event	Date	Host	Source
½ Mar	u20	u20	Adam Parr	1:22:06	1:22:05	Four Villages	22/01/2012	Helsby RC	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
½ Mar	SM		Gary Dean †	1:21:20	~	Chester	24/05/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	SM		Mark J Davies	1:20:13	~	Four Villages	24/01/1999	Helsby RC	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
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	<a href="http://www.wilmslowhalfmarathon.org.uk/results-and-photos/">www.wilmslowhalfmarathon.org.uk/results-and-photos/</a>
½ Mar	SM		Ian Brown	1:16:40	~	Chester	21/05/2000	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	SM		Andrew Clague	1:15:54	~	Chester	26/05/2002	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	SM		Robin Sedman-Smith	1:14:15	~	Chester	18/05/2003	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	SM		Michael Young	1:13:29	1:13:28	Four Villages	19/01/2020	Helsby RC	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
½ Mar	SM		Michael Young	1:11:41	1:11:28	Capesthorne (Cheshire)	20/09/2020	LETS DO THIS	<a href="https://www.letsdothis.com/gb/e/cheshire-half-marathon-141482">https://www.letsdothis.com/gb/e/cheshire-half-marathon-141482</a>
##	SM	SM	Michael Young	1:11:23	1:11:22	Chester	19/09/2021	Active Leisure Events	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
½ Mar	M35		Ian Wade	1:30:41	~	Chester	24/05/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	M35		Paul Spencer	1:25:28	~	Four Villages	24/01/1999	Helsby RC	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
½ Mar	M35		Kenny Begley	1:16:20	~	Chester	23/05/1999	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	M35		Kenny Begley	1:15:27	~	Chester	21/05/2000	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	M35	o35	Kenny Begley	1:12:13	~	Chester	20/05/2001	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	M40		Chris Rhodes	1:27:42	~	Chester	24/05/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	M40		Graham Earlam	1:23:37	~	Village Bakery	21/02/1999	Wrexham AAC	<a href="http://www.race-results.co.uk/results/1999/wrexham.htm">http://www.race-results.co.uk/results/1999/wrexham.htm</a>
½ Mar	M40		Graham Earlam	1:19:43	~	Four Villages	23/01/2000	Helsby RC	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
½ Mar	M40		Graham Earlam	1:17:48	~	Wilmslow**	26/03/2000	Wilmslow RC	<a href="http://www.joelee.co.uk/resindex.html">http://www.joelee.co.uk/resindex.html</a>
½ Mar	M40		Andy Starkey	1:16:19	~	Four Villages	20/01/2002	Helsby RC	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
½ Mar	M40		Graham MacNeil	1:15:27	1:15:24	Four Villages	23/01/2005	Helsby RC	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
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	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
½ Mar	M45		Bob Benson	1:21:34	~	Wilmslow	28/03/1999	Wilmslow RC	<a href="http://www.wilmslowhalfmarathon.org.uk/results-and-photos/">www.wilmslowhalfmarathon.org.uk/results-and-photos/</a>
½ Mar	M45		Paul Frodsham	1:15:56	~	Chester	18/05/2003	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	M50		Brian Beattie	1:27:56	~	Chester	24/05/1998	West Cheshire AC	<a href="https://www.westcheshireac.co.uk/races/races-results-archive/">https://www.westcheshireac.co.uk/races/races-results-archive/</a>
½ Mar	M50	o40	John Fidler	1:13:10	~	Four Villages	24/01/1999	Helsby RC	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
½ Mar	M55		Jack Thomas	1:24:41	~	Vyrnwy	27/09/1998	Oswestry Olympians	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
½ Mar	M55	o55	Wullie McGarrell	1:24:24	1:24:20	Oulton Park	08/08/2021	Running Grand Prix	<a href="https://results.runthrough.co.uk/results.aspx?Clid=16487&amp;Rld=2156&amp;Eld=2">https://results.runthrough.co.uk/results.aspx?Clid=16487&amp;Rld=2156&amp;Eld=2</a>
½ Mar	M60		Mike Lamb	1:47:10	~	Four Villages	20/01/2002	Helsby RC	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
½ Mar	M60		Brian Beattie	1:33:13	~	Four Villages	18/01/2004	Helsby RC	<a href="https://www.helsbyrunningclub.org.uk/">https://www.helsbyrunningclub.org.uk/</a>
½ Mar	M60		Brian Beattie	1:31:58	~	Village Bakery	22/02/2004	Wrexham AAC	<a href="http://www.wrexhamroadrunners.org.uk/">www.wrexhamroadrunners.org.uk/</a>
½ Mar	M60		Joe Foy	1:26:28	1:26:22	Village Bakery	15/02/2015	Cute Fruit Events	<a href="http://www.niftyentries.com/Results">http://www.niftyentries.com/Results</a>
½ Mar	M60	o60	Joe Foy	~	1:26:02	Semi Marathon de Paris	08/03/2015	Amaury Sport Organisation	<a href="http://www.semideparis.com/fr/resultats.html">http://www.semideparis.com/fr/resultats.html</a>
½ Mar	M65		Brian Beattie	1:41:30	~	Village Bakery	15/02/2009	Wrexham AAC	<a href="http://www.ukresults.net/2009/bakeryhalf.html">http://www.ukresults.net/2009/bakeryhalf.html</a>
½ Mar	M65		Dave Hough	1:41:38	1:41:26	Vyrnwy	14/09/2014	Lake Vyrnwy Half Marathon	<a href="https://www.sportsystems.co.uk/ss/results">https://www.sportsystems.co.uk/ss/results</a>
½ Mar	M65	o65	Richard Batterham	1:36:01	1:35:48	Village Bakery	15/02/2015	Cute Fruit Events	<a href="http://www.cutefruitevents.com/">http://www.cutefruitevents.com/</a>
½ Mar	M70		Dave Bish	1:52:20	1:52:13	Congleton**	06/10/2013	Congleton H	<a href="http://sportsystems.co.uk/ss/results">http://sportsystems.co.uk/ss/results</a>
½ Mar	M70	o70	Dave Bish	1:54:46	1:50:59	Chester	15/05/2016	Active Leisure Events	<a href="http://www.niftyentries.com/Results">http://www.niftyentries.com/Results</a>
½ Mar	M75	o75	Dave Bish	2:05:06	2:03:24	Benidorm	02/03/2019	Media Marathon MM vueling	<a href="https://www.chiplevante.net/2019benidormhalf">https://www.chiplevante.net/2019benidormhalf</a>
Marathon	u20	u20	Michael Lyness	~	3:37:52	New York	06/11/2011	New York RR	<a href="http://www.marathonguide.com/">www.marathonguide.com/</a>
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	<a href="http://www.marathonguide.com/">www.marathonguide.com/</a>
Marathon	SM		Iain Wedge	2:51:36	~	London	18/04/2004	London Marathon	<a href="http://www.marathonguide.com/">www.marathonguide.com/</a>
Marathon	SM		Jon Park	2:46:34	2:44:53	London	28/04/2019	London Marathon	<a href="https://results.virginmoneylondonmarathon.com/2019/?pid=search">https://results.virginmoneylondonmarathon.com/2019/?pid=search</a>
Marathon	SM		Michael Young	2:43:20	2:43:18	Austin (USA)	16/02/2020	Austin Marathon	<a href="http://www.marathonguide.com/">http://www.marathonguide.com/</a>
Marathon	SM		Michael Young	~	2:34:54	Big Flat Runway Races	04/10/2020	EvenSpills (Elvington, York)	<a href="https://racebest.com/results/vsy4s">https://racebest.com/results/vsy4s</a>
Marathon	SM		Michael Young	2:31:10	2:31:06	Chesh Elite Marathon	25/04/2021	Run Cheshire	<a href="https://runcheshire.niftyentries.com/Results/Wrexham-Elite-Marathon">https://runcheshire.niftyentries.com/Results/Wrexham-Elite-Marathon</a>
##	SM	SM	Michael Young	2:27:32	2:27:31	Chester	03/10/2021	Active Leisure Events	<a href="https://www.niftyentries.com/Results">https://www.niftyentries.com/Results</a>
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	<a href="http://www.marathonguide.com/">www.marathonguide.com/</a>
Marathon	M35	o35	Jon Park	2:38:31	2:38:21	Valencia	01/12/2019	Valencia Marathon	<a href="https://www.runbritainrankings.com/results/results.aspx?meetingid=317792">https://www.runbritainrankings.com/results/results.aspx?meetingid=317792</a>
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	<a href="http://www.marathonguide.com/">www.marathonguide.com/</a> - 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	<a href="https://www.runthrough.co.uk/results/">https://www.runthrough.co.uk/results/</a>
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	<a href="http://www.marathonguide.com/">www.marathonguide.com/</a>
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	<a href="https://runcheshire.niftyentries.com/Results/Wrexham-Elite-Marathon">https://runcheshire.niftyentries.com/Results/Wrexham-Elite-Marathon</a>
Marathon	M60		Brian Beattie	3:35:27	~	London	18/04/2004	London Marathon	<a href="http://www.ukresults.net/index.html">http://www.ukresults.net/index.html</a>
Marathon	M60		Brian Beattie	~	3:25:47	London	17/04/2005	London Marathon	<a href="http://www.marathonguide.com/">www.marathonguide.com/</a>
Marathon	M65		Brian Beattie	~	3:46:44	London	26/04/2009	London Marathon	<a href="http://results-2009.london-marathon.co.uk/">http://results-2009.london-marathon.co.uk/</a>
Marathon	M65		Brian Beattie	3:44:39	3:44:32	Chester	31/05/2010	Active Leisure Events	<a href="http://www.activeleisureevents.co.uk/full-marathon">www.activeleisureevents.co.uk/full-marathon</a>
Marathon	M65	o60	Richard Batterham	~	3:23:22	London	26/04/2015	London Marathon	<a href="https://results-2015.virginmoneylondonmarathon.com/2015/?pid=search">https://results-2015.virginmoneylondonmarathon.com/2015/?pid=search</a>
Marathon	M70		David Bish	~	4:27:23	London	13/04/2014	London Marathon	<a href="http://results-2014.virginmoneylondonmarathon.com/2014/">http://results-2014.virginmoneylondonmarathon.com/2014/</a>
Marathon	M70	o70	Brian Beattie	4:20:54	4:19:08	Chester	05/10/2014	Active Leisure Events	<a href="https://www.tdlevntservices.co.uk/event-results">https://www.tdlevntservices.co.uk/event-results</a>
Marathon	M75	o75	David Bish	~	4:46:55	London	28/04/2019	London Marathon	<a href="https://results.virginmoneylondonmarathon.com/2019/?pid=search">https://results.virginmoneylondonmarathon.com/2019/?pid=search</a>
*** Hilly!	SM		Mike Stroud	3:16:10	~	Snowdonia	31/10/1999	Snowdonia	<a href="http://www.ukresults.net/1999/snowdonia.html">http://www.ukresults.net/1999/snowdonia.html</a>
	SM		Stephen Skates	2:56:15	~	Snowdonia	29/10/2011	Marathon Eryri Cyf	<a href="https://www.tdlevntservices.co.uk/event-results">https://www.tdlevntservices.co.uk/event-results</a>

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