WEST CHESHIRE AC ROAD RUNNIG RANKINGS 2021

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

Although virus lockdown continued into 2021, the number of road races held during the year increased significantly over 2020. "Virtual" events have again not been included.

5-year age groups have been added, but some are guess work; many results are not consistent in using 5 year groups and often under 35 women and under 40 men are given F or M. Where an age group has changed during the year, the one for that race is used, if known

MALE

5km	**Age Group**	**Time**	***c = chip timing***			**H'cap**	**Best Time in 2020**
Michael YOUNG	M30	15:30	c	Capenhurst	18-Aug	*2.8*	15:41
Tom BOOTH	M25	16:55	c	Capenhurst	18-Aug	*7.6*	
Neil FINEGAN	M45	16:58	c	Capenhurst	18-Aug	*7.7*	
Chris SHAW	M45	17:01	c	Mid-Cheshire (Summer)	27-Aug	*7.9*	16:44
Steven FERNYHOUGH	M35/40?	17:02	c	Capenhurst	18-Aug	*7.9*	
Lewis TANDY	M30	17:10	c	Mid-Cheshire (Summer)	27-Aug	*8.4*	
Fred NEWBURY	M	17:18	c	Capenhurst	18-Aug	*8.8*	
Danny PADDOCK	M30	17:19	c	Mid-Cheshire (Spring)	30-Apr	*8.8*	
Graham WELLS	M45	17:21	c	Capenhurst	18-Apr	*8.9*	
Luke PARKER	MU20	17:28	c	Mid-Cheshire (Summer)	27-Aug	*9.3*	
Mark Davies	M40?	17:40	c	Capenhurst	18-Aug	*9.9*	
Steven KING	M45	17:40	c	Mid-Cheshire (Summer)	27-Aug	*9.9*	
Ian GLOYNE-PHILLIPS	M45	18:06	c	Mid-Cheshire (Summer)	27-Aug	*11.2*	
Andy CARTER	M50	18:09	c	Mid-Cheshire (Summer)	27-Aug	*11.4*	
Ben McKEAN	M35	18:19	c	Mid-Cheshire (Summer)	27-Aug	*11.9*	
Steve DUFFY	M40	18:34	c	Liverpool "Rock'n'Roll"	23-Oct	*12.6*	
Richard HAYES	M50	18:47	c	Mid-Cheshire (Summer)	27-Aug	*13.3*	
Robert LITTLE	M40	18:51	c	Capenhurst	18-Aug	*13.5*	
Neil HERSHAW	M55	19:05	c	Capenhurst	18-Aug	*14.1*	
Neil FIELD	M45	20:04	c	Capenhurst	18-Aug	*16.9*	
Ian ACKROYD	M60	21:29	c	Mid-Cheshire (Summer)	27-Aug	*20.6*	
Tony KENNEDY	M60	23:31	c	Wirral Seaside	28-Jul	*25.5*	
Richard HUNT	M45	24:11	c	Wirral Seaside	28-Jul	*27*	
Mark DUFFEY	M60	28:32	c	Wirral Seaside	29-Sep	*36.1*	

5 mile	(very few 5 mile races)					
Michael YOUNG	M30	25:21		Capenhurst (BL)	14-Nov	*3.2*
Jamie RICHARDSON	MU20	25:44		Capenhurst (BL)	14-Nov	*4.0*
David SHEARER	M35	26:24		Capenhurst (BL)	14-Nov	*5.4*
Neil FINEGAN	M45	27:20		Capenhurst (BL)	14-Nov	*7.3*
Matt DOUGLAS	MU20	27:25		Capenhurst (BL)	14-Nov	*7.5*
Tom BOOTH	M25	27:43		Capenhurst (BL)	14-Nov	*8.1*
Steven FERNYHOUGH	M40	28:34		Capenhurst (BL)	14-Nov	*9.7*
Mark DAVIES	M45	28:53		Capenhurst (BL)	14-Nov	*10.3*
Graham WELLS	M45	28:59		Capenhurst (BL)	14-Nov	*10.5*
Steve DUFFY	M40	29:09		Capenhurst (BL)	14-Nov	*10.8*
Nathan HILDITCH	M	29:28		Capenhurst (BL)	14-Nov	*11.4*
Fraser CAMPBELL	MU20	29:37		Capenhurst (BL)	14-Nov	*11.7*
Lewis TANDY	M30	30:06		Capenhurst (BL)	14-Nov	*12.6*
Andrew CARTER	M50	30:12		Capenhurst (BL)	14-Nov	*12.8*
Danny PADDOCK	M30	30:22		Capenhurst (BL)	14-Nov	*13.1*
Henry ROBINSON	MU20	31:05		Capenhurst (BL)	14-Nov	*14.3*
Neil HERSHAW	M55	31:14		Capenhurst (BL)	14-Nov	*14.6*
Andrew CLAGUE	M50	31:39		Capenhurst (BL)	14-Nov	*15.3*
Andrew COOPER	M35	31:51		Capenhurst (BL)	14-Nov	*15.7*
Paul MORRISON	MU20	32:14		Capenhurst (BL)	14-Nov	*16.3*
Neil FIELD	M45	32:22		Capenhurst (BL)	14-Nov	*16.5*
Steve HILLIER	M40	34:35		Capenhurst (BL)	14-Nov	*20.1*
Brian WRIGHT	M65	36:06		Capenhurst (BL)	14-Nov	*22.5*
Iain WOOD	M60	36:17		Capenhurst (BL)	14-Nov	*22.8*
Stephen BALL	M40	36:33		Capenhurst (BL)	14-Nov	*23.2*
Dave TIERNAN	M55	36:51		Capenhurst (BL)	14-Nov	*23.6*
Julian TEGG	M50	38:15		Capenhurst (BL)	14-Nov	*25.6*
Phil GENT	M45	39:27		Capenhurst (BL)	14-Nov	*27.3*
Tony KENNEDY	M60	40:56		Capenhurst (BL)	14-Nov	*29.3*
Darren SHILLINGTON	M50	44:06		Capenhurst (BL)	14-Nov	*33.4*

10km							
Michael YOUNG	M30	32:30	c	Helena Tipping, Wrexham	25-Jul	4.6	33:00
		32:44	*c*	*Run through Chester Zoo*	*31-Oct*	4.9	
		32:52	*c*	*Ribble Valley*	*27-Dec*	5.2	
		33:15	*c*	*Chase the Sun, Tatton*	*04-Aug*	5.8	

		33:36	*c*	*Chester*	*18-Jul*	6.4		
		33:50	*c*	*Run Tatton*	*10-Apr*	6.8		
Tom BOOTH	M25	35:20	c	Run Tatton	10-Apr	9.1		
Neil FINEGAN	M45	35:23	c	Farndon	26-Sep	9.2		
		35:32	*c*	*Helena Tipping, Wrexham*	*25-Jul*	9.4		
Jon PARK	M35	36:33	c	Chester	18-Jul	11.0		
David SHEARER	M35	37:11	c	Chester	18-Jul	11.9		
Mark DAVIES	M40	37:45	c	Trafford	19-Sep	12.7		
Steve FERNYHOUGH	M40	37:49	c	Chester	18-Jul	12.8	36:04	
Graham WELLS	M45	38:07	c	Chester	18-Jul	13.3		
Wullie McGARRELL	M55	38:25	c	Helena Tipping, Wrexham	25-Jul	13.7		
Jack GANNON	M	39:03	c	Chester	18-Jul	14.6		
Lewis TANDY	M	39:40	c	Chester	18-Jul	15.4		
Ben McKEAN	M35	39:46	c	Helena Tipping, Wrexham	25-Jul	15.6		
Andrew CARTER	M50	40:05	c	Helena Tipping, Wrexham	25-Jul	16.0	43:14	
Steven KING	M45	41:37	c	Chester	18-Jul	18.0	39:30	
Steve HILLIER	M40	43:44	c	Wilmslow Summer	11-Jul	20.8	46:52	
Ian ACKROYD	M60	43:49	c	Run Aintree	19-Dec	20.9	45:50	
Brian WRIGHT	M65	44:02	c	Run GP, Goodwood	25-Apr	21.1	45:45	
Fergal HICKEY	MU20	46:01	c	Chester	18-Jul	23.5		
Chris SHAW	M45	01:07:13	c	Helena Tipping, Wrexham	25-Jul	44.2		
Mark POVEY	M50	01:09:06	c	Chester	18-Jul	45.7	58:50	

10 mile

Michael YOUNG	M30	0:53:53	c	City of Preston	08-Aug	5.1	55:32	*Fastest in Cheshire 2021*
Julian TEGG	M50	01:24:40	c	Tour of Merseyside	29-Jun	29.8		

Half-marathon

Michael YOUNG	M30	1:11:22	c	Chester	19-Sep	4.8	1:11:41	*2nd fastest in Cheshire*
		1:12:12	*c*	*Conwy*	*21-Nov*	5.4		
David SHEARER	M35	1:16:45	c	Run Aintree	09-May	8.8		
Neil FINEGAN	M45	1:17:51	c	Chester	19-Sep	9.6		
Steve FERNYHOUGH	M35	1:19:44	c	Village Bakery, Wrexham	05-Sep	10.9	1:23:55	
Ian GLOYNE-PHILLIPS	M45	1:22:21	c	Village Bakery, Wrexham	05-Sep	12.6	1:25:46	
Steve DUFFY	M40	1:22:35	c	Conwy	21-Nov	12.8		
Lewis TANDY	M	1:23:32	c	Run Aintree	09-May	13.4		
Steven KING	M45	1:23:35	c	Chester	19-Sep	13.4		
Wullie McGARRELL	M55	1:24:20	c	Run GP Oulton Park	08-Aug	13.9	1:25:50	
Graham WELLS	M45	1:24:30	c	Chester	19-Sep	14.0	1:21:38	
Jack GANNON	M30	1:25:04		Liverpool 'Rock'n'Roll'	24-Oct	14.4		
Phil WOODLEY	M30	1:26:03	c	Southport	27-Jun	15.0		
Ben McKEAN	M35	1:28:30	c	Chester	19-Sep	16.5		
James ROBINSON	M20	1:28:45	c	Run through Warrington	26-Sep	16.7		
Andrew CARTER	M50	1:28:59	c	Chester	19-Sep	16.8	1:27:18	
Andrew CLAGUE	M50	1:29:30	c	Chester	19-Sep	17.2	1:25:27	
Mark DAVIES	M40	1:30:12	c	Run Aintree	09-Jan	17.6		
Danny PADDOCK	M30	1:35:26	c	Chester	19-Sep	20.7		
Ian ACKROYD	M60	1:42:57	c	Village Bakery, Wrexham	05-Sep	24.8		
Brian WRIGHT	M65	1:44:12	c	Reading	07-Nov	25.5	1:42:31	
Stephen HILLIER	M40	1:45:50	c	Chester	19-Sep	26.3	1:37:50	
David IRVING	M35	1:47:58	c	Chester	19-Sep	27.4	1:41:01	
Stephen BALL	M40	1:48:44	c	Chester	19-Sep	27.8		
Julian TEGG	M50	1:53:01	c	Southport	27-Jun	29.9	1:48:36	
David SEFTON	M35	1:58:22	c	Chester	19-Sep	32.4		
Mark POVEY	M50	2:25:03	c	Chester	19-Sep	43.5	2:11:12	

20 mile

Richard HUNT	M45	3:19:30	c	Run GP Oulton Park	08-Aug	35.9		

Marathon

Michael YOUNG	M30	2:27:31	c	Chester	03-Oct	3.0	02:34:54	*2nd Fastest in Cheshire*
		2:31:06	*c*	*Cheshire Elite, Pulford*	*25-Apr*	4.3		*3rd fastest in Cheshire*
		2:39:12	*c*	*Valencia*	*05-Dec*	7.2		
		2:46:57	*c*	*Manchester*	*10-Oct*	9.7		
David SHEARER	M35	2:52:34	c	Chester	03-Oct	11.6		
Steve FERNYHOUGH	M40	2:52:37	c	Chester	03-Oct	11.6		
Wullie McGARRELL	M55	2:58:05	c	Cheshire Elite, Pulford	25-Apr	13.3		
Ian GLOYNE-PHILLIPS	M45	2:59:43	c	Manchester	10-Oct	13.8		
Steve DUFFY	M40	3:00:14	c	Chester	03-Oct	13.9		
Chris SHAW	M45	3:03:17	c	London	03-Oct	14.8	02:48:39	
Richard HAYES	M50	3:19:34	c	Boston (Lincs)	31-May	19.5		
Lewis TANDY	M	3:39:50	c	Manchester	10-Oct	24.8		
Neil FIELD	M45	4:14:29	c	Chester	03-Oct	32.7		
Danny PADDOCK	M30	4:14:57	c	Manchester	10-Oct	32.8		
Mark DAVIES	M45	4:19:51	c	Chester	03-Oct	33.9		