West Cheshire Road Race Rankings. 2022

NOTE : all performances within the top 100 on the 2022 Cheshire rankings are included

Only the best performance for each athlete ***outside*** *the top 100 is given*

Age groups for some are unknown - not all results give 5 year age groups

Male 5km

(c= chip time)

Michael Young	M30	0:15:11	c	Mid-Cheshire (Spring)	29-Apr
Young, Michael (35)		*0:15:47*	*c*	*Capenhurst*	17-Aug
Jon Park	M35	0:16:12	c	Mid-Cheshire (Summer)	26-Aug
Matthew Douglass	MU20	0:16:21	c	Capenhurst	17-Aug
Douglass, Matthew		0:16:21	c	Mid-Cheshire (Summer)	26-Aug
Young, Michael		*0:16:24*	*c*	*Christleton*	13-May
Steven Fernyhough	M40	0:16:25	c	Mid-Cheshire (Spring)	29-Apr
Sam Hollins	MU20	0:16:28	c	Mid-Cheshire (Spring)	29-Apr
Hollins, Sam		*0:16:28*	*c*	*Mid-Cheshire (Summer)*	26-Aug
Graham Wells	M45	0:16:29	c	Mid-Cheshire (Spring)	29-Apr
Neil Finegan	M45	0:16:33	c	Wirral Seaside	25-May
Douglass, Matthew		*0:16:36*	*c*	*Christleton*	13-May
Douglass, Matthew		*0:16:38*	*c*	*Wirral Seaside*	29-Jun
David Shearer	M35	0:16:39	c	Mid-Cheshire (Summer)	26-Aug
Steven King	M45	0:16:51	c	Mid-Cheshire (Spring)	29-Apr
Luke Parker	MU20	0:17:00	c	Mid-Cheshire (Spring)	29-Apr
Steve Duffy	M45	0:17:21	c	Mid-Cheshire (Summer)	26-Aug
Danny Paddock	M30	0:17:42	c	Mid-Cheshire (Spring)	29-Apr
Lewis Tandy	M30	0:17:43	c	Mid-Cheshire (Spring)	29-Apr
Jack Gannon	M30	0:17:44	c	Halewood	06-Aug
Fraser Campbell	MU20	0:17:51	c	Christleton	13-May
Neil Hershaw	M55	0:18:11	c	Mid-Cheshire (Summer)	26-Aug
Paul Morrison	M20	0:18:43	c	Wirral Seaside	27-Apr
Ian Gloyne-Phillips	M50	0:18:43	c	Mid-Cheshire (Spring)	29-Apr
Henry Robinson	MU20	0:18:48	c	Mid-Cheshire (Spring)	29-Apr
Richard Hayes	M50	0:19:01	c	Christleton	13-May
Andrew Clague	M50	0:19:01	c	Capenhurst	17-Aug
Steve Roberts	M45	0:19:05	c	Christleton	13-May
Andrew Carter	M50	0:19:20	c	Capenhurst	17-Aug
Noah Woolgar	MU17	0:19:54	c	Christleton	13-May
Neil Field	M45	0:20:14	c	Capenhurst	17-Aug
Ian Ackroyd	M60	0:22:01	c	Mid-Cheshire (Spring)	29-Apr
Richard Hunt	M50	0:26:06	c	Wirral Seaside	27-Jul
Mark Duffey	M60	0:30:12	c	Wirral Seaside	29-Jun

Female 5km

Keely Smith	F35	0:18:14	c	Mid-Cheshire (Summer)	26-Aug
Smith, Keely		*0:18:15*	*c*	*Mid-Cheshire (Spring)*	*29-Apr*
Smith, Keely		*0:18:22*	*c*	*Capenhurst*	*17-Aug*
Jodi Bemand	FU20	0:18:55	c	Capenhurst	17-Aug
Bemand, Jodi		*0:19:10*	*c*	*Mid-Cheshire (Spring)*	*29-Apr*
Fiona Cook	F35	0:19:11	c	Christleton	13-May
Cosette Weardon	FU20	0:20:24	c	Wirral Seaside	27-Jul
Claire Harris	F30	0:20:30	c	Wirral Seaside	27-Jul
Bemand, Jodi		*0:21:09*	*c*	*Wirral Seaside*	30-Mar
Eleanor Robinson	F50	0:21:27	c	Christleton	13-May
Joy Hickman	F55	0:21:45	c	Christleton	13-May
Traci Shipley	F55	0:21:57	c	Capenhurst	17-Aug
Debra Bemand	F50	0:22:12	c	Mid-Cheshire (Spring)	29-Apr
Claire Mallon	F45	0:23:00	c	Mid-Cheshire (Summer)	26-Aug
Georgina Duffey	FU20	0:23:56	c	Wirral Seaside	27-Apr
Henrietta Duffey	FU20	0:24:23	c	Wirral Seaside	29-Jun
Rosemary Rogers	F70	0:27:44	c	Wirral Seaside	28-Apr
Alex Duffey	F45	0:29:43	c	Wirral Seaside	29-Jun

Male 5 mile

Jamie Richardson	MU20	0:25:21	c	Chester Spring	13-Apr
Richardson, Jamie		*0:25:48*		*Mold (Borders League)*	*27-Mar*
Michael Young	M30	0:25:51	c	Chester Spring	13-Apr
Richardson, Jamie		*0:26:43*		*Anglesey (BL)*	*18-Dec*
Matthew Douglass	MU20	0:26:48	c	Chester Spring	13-Apr
David Shearer	M35	0:26:58	c	Mold (BL)	27-Mar
Graham Wells	M45	0:27:39	c	Chester Spring	13-Apr
Jon Park	M30	0:27:47		Mold (BL)	27-Mar
Steven Fernyhough	M40	0:27:50	c	Chester Spring	13-Apr
Neil Finegan	M45	0:27:56		Mold (BL)	27-Mar
Tom Booth	M25	0:28:09	c	Chester Spring	13-Apr
Wells, Graham		*0:28:33*		*Mold (BL)*	*27-Mar*
Sam Hollins	MU20	0:28:39	c	Chester Spring	13-Apr
Wells, Graham		*0:28:54*		*Anglesey (BL)*	*18-Dec*
Douglass, Matthew		*0:29:15*		*Mold (BL)*	*27-Mar*
Steven King	M45	0:29:45	c	Chester Spring	13-Apr
Neil Hershaw	M55	0:30:25	c	*Chester Spring*	13-Apr
Isaac Tait	MU20	0:30:48	c	Chester Spring	13-Apr
Philip Woodley	M30	0:30:57	c	*Chester Spring*	13-Apr
Hershaw, Neil		*0:31:21*	*c*	*Rhyl*	*19-Feb*
Henry Robinson	MU20	0:31:25		Mold (BL)	27-Mar
Hershaw, Neil		*0:31:34*	*c*	*Birkenhead Park*	*19-Jul*
Danny Paddock	M30	0:31:35	c	Chester Spring	13-Apr
Hershaw, Neil		*0:31:38*		*Mold (BL)*	*27-Mar*
Robinson, Henry		*0:31:40*		*Anglesey (BL)*	*18-Dec*
Nathan Hilditch	M	0:32:00		Mold (BL)	27-Mar
Andrew Clague	M50	0:32:00	c	*Chester Spring*	13-Apr
Ian Gloyne-Phillips	M50	0:32:11		Mold (BL)	27-Mar
Paul Harrison	M20	0:32:18		Anglesey (BL)	18-Dec
Lois Tegg	MU20	0:33:19	c	Chester Spring	13-Apr
Neil Field	M45	0:33:51	c	Chester Spring	13-Apr
Paul Cain	M50	0:34:01	c	Chester Spring	13-Apr
Andy Carter	M50	0:34:07		Anglesey (BL)	18-Dec
Steve Duffy	M40	0:34:16		Mold (BL)	27-Mar
Steve Hillier	M40	0:36:54		Mold (BL)	27-Mar
Phil Gent	M45	0:38:31	c	Chester Spring	13-Apr
Ian Ackroyd	M60	0:39:13		Anglesey (BL)	18-Dec
Julian Tegg	M50	0:39:53		Anglesey (BL)	18-Dec
Dave Tiernan	M55	0:40:18		Mold (BL)	27-Mar
Darren Shillington	M50	0:41:45		Mold (BL)	27-Mar
Elwyn Sharps	M	0:48:51		Anglesey (BL)	18-Dec
Brian Beattie	M75	0:59:17	c	Chester Spring	13-Apr

Female 5 mile

Kate Titlow	F30	00:31:00	c	Chester Spring	13-Apr
Fiona Cook	F35	00:31:34	c	Tour M'side, Otterspool	30-Jun
Jodie Bemand	FU20	00:32:05	c	Chester Spring	13-Apr
Cook, Fiona		*00:33:22*		*Mold (Borders League)*	*27-Mar*
Bemand, Jodie		*00:33:45*		*Mold (BL)*	*27-Mar*
Bemand, Jodie		*00:34:03*		*Anglesey (BL)*	*18-Dec*
Emma Nutt	F	00:35:54		Anglesey (BL)	18-Dec
Claire Harris	F30	00:36:25		Mold (BL)	27-Mar
Joy Hickman	F55	00:36:40	c	Chester Spring	13-Apr
Debra Bemand	F50	00:36:58	c	Chester Spring	13-Apr
Traci Shipley	F55	00:37:24		Mold (BL)	27-Mar
Shipley, Traci		*00:37:28*		*Anglesey (BL)*	*18-Dec*
Bemand, Debra		*00:37:37*		*Mold (BL)*	*27-Mar*
Hickman, Joy		*00:38:57*		*Mold (BL)*	*27-Mar*
Georgina Duffey	FU20	00:39:38	c	Chester Spring	13-Apr
Henrietta Duffey	FU20	00:40:52	c	Chester Spring	13-Apr
Amy Mills	F35	00:41:09		Anglesey (BL)	18-Dec
Angela Tegg	F50	00:42:14	c	Tour M'side, Otterspool	30-Jun
Cathryn Whalley	F50	00:42:49	c	Chester Spring	13-Apr
Rosemary Rogers	F70	00:44:54	c	Hale Village	17-Apr
Sarah Hibbert	F50	00:50:57	c	City of Preston	14-Aug

Men 10km

Michael Young	M30	0:32:25	c	CSSC Challenge, Battersea	18-May
Young, Michael		*0:32:29*	*c*	*Hale*	*20-Feb*
Young, Michael		*0:33:06*	*c*	*Farndon*	*25-Sep*
Young, Michael		*0:33:13*	*c*	*Helena Tipping, Wrexham*	*24-Jul*
Sam Hollins	MU20	0:33:23	c	Ribble Valley, Clitheroe	27-Dec
Young, Michael		*0:33:56*	*c*	*Chester*	*13-Mar*
David Shearer	M35	0:34:06	c	Chester	13-Mar
Neil Finegan	M45	0:34:23	c	Market Drayton	08-May
Finegan, Neil		*0:34:29*	*c*	*Birchwood*	*21-Aug*
Sam Hollins	MU20	0:34:44	c	Trafford	06-Mar
Finegan, Neil		*0:35:04*	*c*	*Helena Tipping, Wrexham*	*24-Jul*
Finegan, Neil		*0:35:14*	*c*	*Chester*	*13-Mar*
Steve Fernyhough	M40	0:35:44		Liverbird, NY Eve	31-Dec
Jon Park	M35	0:36:11	c	Chester	13-Mar
Matthew Douglass	MU20	0:36:21	c	Guilden Sutton	18-Sep
Lewis Tandy	M30	0:36:41	c	Chester	13-Mar
Danny Paddock	M30	0:37:09	c	Helena Tipping, Wrexham	24-Jul
Steve Duffy	M45	0:37:19	c	Wilmslow Summer	10-Jul
Wullie McGarell	M55	0:37:40	c	Helena Tipping, Wrexham	24-Jul
Neil Hershaw	M55	0:37:43	c	Guilden Sutton	18-Sep
Ben McKean	M35	0:37:43	c	Farndon	25-Sep
Henry Robinson	MU20	0:38:36	c	Guilden Sutton	18-Sep
Luke Parker	MU20	0:39:21	c	Guilden Sutton	18-Sep
David Alexander	M50	0:39:28	c	Ellesmere	28-Aug
Andrew Clague	M50	0:39:30	c	Guilden Sutton	18-Sep
Ian Gloyne-Phillips	M50	0:39:37	c	Farndon	25-Sep
Phil Woodley	M30	0:39:38	c	Chester	13-Mar
Ellis Hancock	MU20	0:41:05	c	Farndon	25-Sep
Andrew Carter	M50	0:42:33	c	Wilmslow Summer	10-Jul
Andrew Barratt	MU20	0:42:50	c	Chester	13-Mar
Paul Cain	M50	0:43:02	c	Chester	13-Mar
Colin Berry	M50	0:43:27	c	Chester	13-Mar
Dave Barratt	M45	0:44:10	c	Chester	13-Mar
Steve Hillier	M40	0:44:16	c	Guilden Sutton	18-Sep
David Morris	M35	0:44:21	c	Chester	13-Mar
Stephen Ball	M45	0:45:48	c	Guilden Sutton	18-Sep
Brian Wright	M65	0:47:36	c	Run Jubilee Bridge, Runcorn	05-Jun
Ian Ackroyd	M60	0:47:55	c	Chester	13-Mar
Phil Gent	M50	0:49:33	C	Chester	13-Mar
Richard Hunt	M50	0:52:33	c	Port Sunlight	12-Jun
Mark Povey	M50	1:02:25	c	Chester	13-Mar
Brian Beattie	M75	1:10:04	c	Farndon	25-Sep

Female 10km

Keely Smith	F35	00:38:05	c	Guilden Sutton	18-Sep
Smith, Keely		*00:38:23*	*c*	*Helena Tipping, Wrexham*	*24-Jul*
Smith, Keely		*00:38:35*	*c*	*Birchwood*	*21-Aug*
Jodi Bemand	FU20	00:39:09	c	Trafford	06-Mar
Fiona Cook	F35	00:39:39	c	Helena Tipping, Wrexham	24-Jul
Bemand, Jodi		*00:40:56*	*c*	*Chester*	*13-Mar*
Bemand, Jodi		*00:40:57*	*c*	*Telford*	*11-Dec*
Cook, Fiona		00:41:16	c	*Chester*	13-Mar
Claire Harris	F30	00:42:53	c	Run thro Tatton	05-Nov
Debra Bemand	F50	00:44:35	c	Trafford	06-Mar
Emma Nutt	F	00:45:13	c	Helena Tipping, Wrexham	24-Jul
Claire Harrison	F30	00:45:26	c	Chester	13-Mar
Clare Mallon	F45	00:45:58	c	Guilden Sutton	18-Sep
Amy Mills	F35	00:48:26	c	Chester	13-Mar
Katrina Hughes	F	00:48:46	c	Chester	13-Mar
Cathryn Whalley	F50	00:50:04	c	Wilmslow Festive	27-Nov
Jane Barker	F45	00:50:10	c	Chester	13-Mar
Zoe Smith	F	00:52:07	c	Chester	13-Mar
Kimberley Morris	F45	00:52:27	C	Chester	13-Mar
Dotty Gebska	F35	00:52:47	c	Chester	13-Mar
Isabel Robertson	F55	00:56:19	c	Run Jubilee Bridge, Runcorn	05-Jun
Rosemary Rogers	F70	00:57:16	c	Run thro Chester Zoo	03-Jul
Agnieszka Shaw	F40	00:59:03	c	Helena Tipping, Wrexham	24-Jul
Sarah Hughes	F45	01:07:36	c	Chester	13-Mar

Men 10 mile

Michael Young	M30	0:54:23	c	Cardiff	13-Feb
Lewis Tandy	M30	0:58:13		Rhyl	19-Feb
Wullie McGarrell	M55	1:02:59	c	Myerscough, nr Preston	04-Dec
McGarrell, Wullie		*1:03:02*	*c*	*Preston*	*20-Nov*
McGarrell, Wullie		*1:04:02*	*c*	*City of Preston*	*14-Aug*
Phil Woodley	M30	1:05:08	c	Wigan Festival	20-Mar
Julian Tegg	M50	1:28:22	c	Tour of M/side, Sustrans	28-Jun

Women 10 mile

Fiona Cook	F35	01:05:18	c	Tour M/side, Sustrans	28-Jun
Keely Smith	F35	01:05:33	c	City of Preston	14-Aug
Sarah Hibbert	F55	01:26:34	c	Preston	20-Nov
Angela Tegg	F50	01:28:37	c	Tour M/side, Sustrans	28-Jun

Men Half-marathon

Michael Young	M30	1:09:03	c	Village Bakery, Wrexham	04-Sep
Young, Michael		*1:09:04*	*c*	*Wilmslow Festival*	*20-Mar*
Young, Michael		*1:09:36*	*c*	*Wrexham Elite*	*24-Apr*
Young, Michael		*1:09:45*	*c*	*Chester*	*15-May*
Young, Michael		*1:11:03*	*c*	*Sheffield*	*27-Mar*
Young, Michael		*1:11:32*	*c*	*4 Villages, Helsby*	*16-Jan*
Young, Michael		*1:11:51*		*Great Manchester Run*	*22-May*
Young, Michael		*1:12:17*	*c*	*Cheshire, Siddington*	*11-Sep*
David Shearer	M35	1:12:50	c	*Chester*	15-May
Young, Michael		*1:13:02*	*c*	*Freckleton*	*19-Jun*
Young, Michael		*1:13:56*	*c*	*Run thro Heaton Pk*	*30-Jan*
Young, Michael		*1:14:02*	*c*	*Leeds Running Festival*	*21-Aug*
Shearer, David		*1:14:15*	*c*	*4 Villages, Helsby*	*16-Jan*
Young, Michael		*1:14:17*	*c*	*Conwy*	*20-Nov*
Neil Finegan	M45	1:15:35	c	*Wrexham Elite*	24-Apr
Jon Park	M35	1:15:50	c	*4 Villages, Helsby*	16-Jan
Finegan, Neil		*1:16:01*	*c*	*Chester*	*15-May*
Graham Wells	M45	1:18:05	*c*	*Chester*	15-May
Finegan, Neil		*1:18:47*	*c*	*Village Bakery, Wrexham*	*04-Sep*
Wells, Graham		*1:18:48*	*c*	*4 Villages, Helsby*	*16-Jan*
Jack Gannon	M30	1:19:48	*c*	*Manchester*	09-Oct
Shearer, David		*1:20:18*	*c*	*Village Bakery, Wrexham*	*04-Sep*
Steven King	M45	1:22:38	c	Village Bakery, Wrexham	04-Sep
Ben McKean	M35	1:23:00	c	Wilmslow Festival	20-Mar
Danny Paddock	M30	1:23:29	c	Village Bakery, Wrexham	04-Sep
Steve Duffy	M45	1:23:30	c	Village Bakery, Wrexham	04-Sep
Wullie McGarrell	M55	1:23:35	c	Chester	15-May
Andrew Clague	M50	1:24:25	c	Chester	15-May
Richard Hayes	M50	1:29:52	c	4 Villages, Helsby	16-Jan
Mark Davies	M45	1:37:41	c	Run thro Aintree	02-Oct

Women Half-marathon

Keely Smith	F35	01:22:10	c	Wilmslow Festival	20-Mar
Smith, Keely		*01:22:59*	*c*	*Village Bakery, Wrexham*	*04-Sep*
Fiona Cook	F35	01:25:29	c	Tour M/side, Southport	26-Jun
Smith,Keely		*01:26:54*	*c*	*Chester*	*15-May*
Cook, Fiona		*01:27:04*	*c*	*Chester*	*15-May*
Cook, Fiona		*01:27:28*	*c*	*Village Bakery, Wrexham*	*04-Sep*
Jodi Bemand	FU20	01:30:30		Great Manchester Run	22-May
Kate Titlow	F30	01:33:06	c	Chester	15-May
Ellie Robinson	F50	01:41:48	c	Liverpool	27-Mar
Clare Mallon	F45	01:42:57	c	4 Villages, Helsby	16-Jan
Debra Bemand	F50	01:44:18		Great Manchester Run	22-May
Amy Mills	F35	01:46:25	c	Village Bakery, Wrexham	04-Sep
Sarah Hibbert	F55	01:51:54	c	Liverbird, Liverpool	31-Dec
Kimberley Morris	F45	01:52:40	c	Chester	15-May
Dorota Gebska	F35	01:53:06	c	Liverpool	27-Mar
Cathryn Whalley	F50	01:56:16	c	Conwy	20-Nov
Lorraine McFaul	F55	01:57:28	c	Chester	15-May
Angela Tegg	F50	01:57:52	c	Tour M/side, Southport	26-Jun
Isabel Robertson	F55	02:08:15	c	Liverpool	27-Mar

David Morris	M35	1:39:38	c	Run thro Tatton	05-Nov
Stephen Hillier	M40	1:40:50	c	Robin Hood, Nottingham	25-Sep
Ian Gloyne-Phillips	M50	1:43:11	c	4 Villages, Helsby	16-Jan
Stephen Ball	M40	1:43:19	c	4 Villages, Helsby	16-Jan
Phil Gent	M45	1:49:31	c	4 Villages, Helsby	16-Jan
Robert Boggild	M50	1:52:07	c	Chester	15-May
Julian Tegg	M50	1:57:54	c	Tour/ M-side, Southport	26-Jun
Steven Watkin	M45	2:10:55	c	Chester	15-May
Mark Povey	M50	2:27:31	c	Chester	15-May

Men 20 mile

Michael Young	M30	1:52:53	c	Run Oulton Park GP	06-Mar
Young, Michael		*1:54:06*	*c*	*Run Oulton Park GP*	*07-Aug*
Mark Davies	M45	2:18:34	c	Run Oulton Park GP	20-Nov

Women 20 Mile

Keely Smith	M35	02:12:37	c	Run Oulton Pk GP	06-Mar

Men Marathon

Michael Young	M35	2:27:11	c	Chester	02-Oct
Young, Michael		*2:29:10*		*Stockholm*	*04-Jun*
Young, Michael		*2:29:36*	*c*	*Milton Keynes*	*02-May*
Jon Park	M35	2:35:48	c	Berlin	25-Sep
Young, Michael		*2:38:09*	*c*	*Yorkshire*	*16-Oct*
Park, Jon		*2:40:23*	*c*	*London*	*02-Oct*
Young, Michael		*2:42:03*	*c*	*Manchester*	*03-Apr*
David Shearer	M35	2:47:03	c	*London*	02-Oct
Park, Jon		*2:48:15*		*Liverbird, NY Eve*	*31-Dec*
Park, Jon		*2:54:26*	*c*	*New York*	*06-Nov*
Lewis Tandy	M30	2:55:12	c	Manchester	03-Apr
Wullie, McGarrell	M55	2:56:48	c	London	02-Oct
Steve Duffy	M45	2:57:08	c	London	02-Oct
McGarrell, Wullie		*2:57:55*	*c*	*Manchester*	*03-Apr*
Neil Field	M45	3:47:21	c	Chester	02-Oct
Phil Gent	M50	4:00:26	c	Chester	02-Oct
Paul Cain	M50	4:01:23	c	Chester	02-Oct
Danny Paddock	M30	4:07:40	c	Chester	02-Oct
Richard Hunt	M50	5:18:11		Liverbird, NY Eve	31-Dec

Women Marathon

Keely Smith	F35	02:52:10	c	Manchester	03-Apr
Smith, Keely		*02:55:38*	*c*	*Chester*	*02-Oct*
Fiona Cook	F35	02:58:41	c	Edinburgh Festival	29-May
Cook, Fiona		*03:06:39*	*c*	*Chester*	*02-Oct*
Emma Nutt	F	03:37:04	c	Chester	02-Oct