

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	Age	Over	Best Time	Holder	Gun	Chip	Event	Date	Host	Source
Distance	Band	an age	Men	Time	Time	Time	Time				http://www.westcheshireac.co.uk/club-records/
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	0:20:45		Llandudno Easter	15/04/2017	Nice Work	https://www.nice-work.org.uk/races/Llandudno5K/2017
5 Km	u13	u13		Noah Woolgar	0:20:01	0:19:54		Christleton	13/05/2022	Chester Tri	https://www.niftyentries.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			Jamie Richardson	0:17:09	~		NA championship	24/02/2019	Northern Athletics	https://www.race-results.co.uk/results/2019/nau1719.pdf
5 Km	u15			Luke Parker	0:17:05	0:17:00		Mid Cheshire (Spring)	29/04/2022	Run Cheshire	https://www.niftyentries.com/Results
5 Km	u15			Lewis Morris	0:17:02	0:16:55		Mid Cheshire (Summer)	25/08/2023	Run Cheshire	https://runcheshire.niftyentries.com/Results/Mid-Cheshire-5k-Summer-2023
5 Km	u15	u15		Lewis Morris	0:16:54	0:16:54		Oulton Park	26/11/233	Running Grand Prix	https://results.runthrough.co.uk/Results.aspx?CId=16487&RId=5008
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			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	0:15:39	0:15:37		Mid Cheshire (Summer)	29/08/2019	Cute Fruit Events	http://www.cutefruitevents.com/
##	u20	SM		Jamie Richardson	0:14:42	0:14:41		Mid Cheshire (Spring)	28/04/2023	Run Cheshire	https://www.niftyentries.com/Results
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	SM			Michael Young	0:15:15	0:15:13		Mid Cheshire (Spring)	29/04/2022	Run Cheshire	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	o35		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	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			Neil Hershaw	0:17:46	0:17:41		Christleton	17/05/2019	Chester Tri	https://www.niftyentries.com/Results
5 Km	M55	o55		Wullie McGarrell	0:17:25	0:17:17		Christleton	19/05/2023	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

*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 31st August prior to the commencement of the Competition Year [1st September each year to the following 31st August.].

##	Club Best at Distance	Find Times and Date in Red at:	Source						
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 Wreccsam 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 Wreccsam 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		Si�n Roberts	0:27:24	~	BL Spring 5	11/11/2018	BL West Cheshire AC	https://www.bordersleague.org.uk/results/
5 Miles	u17		Jamie Richardson	0:25:44	~	BL Capenhurst	14/11/2021	BL Ellesmere Port RC	https://www.bordersleague.org.uk/results/
##=	u17	SM	Jamie Richardson	0:25:23	0:25:21	Spring 5	13/04/2022	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
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		Joseph Morrison	0:26:34	0:26:33	Abergele 5	03/11/2019	Abergele H	https://www.niftyentries.com/Results
5 Miles	u20		Jamie Richardson	0:26:08	0:26:08	Spring 5	12/04/2023	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
5 Miles	u20		Jamie Richardson	0:26:00	~	BL Mold	16/04/2023	BL Wreccsam Tri	http://www.bordersleague.org.uk/
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
##=	SM	SM	Michael Young	0:25:21	~	BL Capenhurst	14/11/2021	Ellesmere Port RC	https://www.bordersleague.org.uk/results/
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	o35	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/

By progression in age bands plus recognition of best over an age

Performances compiled from race results beginning 1st April 1998 when West Cheshire AC was formed.

- By First Claim Members for road running

Early 5k and 10 mile results in 1998 & 1999 yet to be seen!

Which ones? Link on page: <http://www.westcheshireac.co.uk/races/road/>

The operative date for determining membership of age groups for all athletes under the age of 17 shall be for **Road Running**, the 31st August prior to the commencement of the Competition Year [1st September each year to the following 31st August.].

##	Club Best at Distance	Find Times and Date in Red at:	Source						
Distance	Age Band	Over an age	Best Time Holder Men	Gun Time	Chip Time	Event	Date	Host	Source
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
Marathon	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	SM		Michael Young	2:27:32	2:27:31	Chester	03/10/2021	Active Leisure Events	http://www.niftyentries.com/Results
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		Jon Park	2:38:31	2:38:21	Valencia	01/12/2019	Valencia Marathon	https://www.runbritainrankings.com/results/results.aspx?meetingid=317792
Marathon	M35		Michael Young	2:29:37	2:29:36	Milton Keynes	02/05/2022	MK Marathon	https://resultsbase.net/event/6279/results
Marathon	M35		Michael Young	2:27:14	2:27:11	Chester	02/10/2022	Active Leisure Events	http://www.niftyentries.com/Results
##	M35	SM	Michael Young	2:24:37	2:24:33	Valencia	03/12/2023	Valencia City of Running	https://www.runbritainrankings.com/results/results.aspx?meetingid=579239
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		Chris Shaw	2:48:46	2:48:39	Oulton Park	06/12/2020	Run Through	https://www.runthrough.co.uk/results/
Marathon	M45	o45	Graham Wells	~	2:48:34	Manchester	16/04/2023	Manchester Marathon	https://results.sportive.com/events/7039548795219704576
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		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	M55		Wullie McGarrell	~	2:57:55	Manchester	03/04/2022	Manchester Marathon	https://results.sportive.com/events/6908056816784834560
Marathon	M55	o55	Wullie McGarrell	~	2:56:38	London	02/10/2022	London Marathon	https://results.tclondonmarathon.com/2022/?pid=list
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.tdleventsservices.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.tdleventsservices.co.uk/event-results