West Cheshire Road Race
Rankings 2023

Best performance ranking lists have been compiled for races at 5km, 5 mile, 10km, 10 mile,
Half-marathon, 20 mile and full Marathon . Additional performances are included for WCAC athletes with performances listed in the top 100 in Cheshire clubs data base (Compiled separaetly by JD)
5-year age groups are given where known. "c" indicates chip time; blank is gun time;
Where athletes have the same time, date of event takes precedence; if same event, order in results takes precedence.

Male 5km

Jamie	RICHARDSON	MU20	14:41	c	Mid-Cheshire, Spring	28-Apr
	Richardson, Jamie		15:04	c	Christleton	19-May
Michael	YOUNG	M35	15:59	c	Capenhurst	16-Aug
Sam	HOLLINS	MU20	16:16	c	Christleton	19-May
	Hollins, Sam		16:17	c	Mid-Cheshire, Spring	28-Apr
Graham	WELLS	M45	16:43	c	Capenhurst	16-Aug
			100th (Cheshire)= 16:43			
Jon	PARK	M35	16:44	c	Mid-Cheshire, Summer	25-Aug
Lewis	MORRIS	MU20	16:54	c	Oulton Pk Run GP	26-Nov
Paul	MORRISON	M20	16:56		Wirral Seaside - 1	29-Mar
Steven	KING	M45	17:13	c	Mid-Cheshire, Spring	28-Apr
Danny	PADDOCK	M35	17:16	c	Capenhurst	16-Aug
Wullie	McGARRALL	M55	17:17	c	Christleton	19-May
Jack	GANNON	M30	17:17		Halewood	08-Oct
Noah	WOOLGAR	MU20	17:43	c	Christleton	19-May
Jacob	OWEN	MU20	17:50	c	Christleton	19-May
Henry	ROBINSON	MU20	17:55	c	Christleton	19-May
Isaac	McKENNA	M20	17:55	c	Capenhurst	16-Aug
Neil	HERSHAW	M55	17:55	c	Capenhurst	16-Aug
Matthew	DOUGLASS	MU20	18:01		Wirral Seaside - 1	29-Mar
Mark	DAVIES	M45	18:32	c	Christleton	19-May
David	ALEXANDER	M50	18:42	c	Christleton	19-May
Kryan	ILICH	M	18:46	c	Christleton	19-May
Richard	HAYES	M50	18:55	c	Christleton	19-May
Jack	SHEPPARD	M40	19:24	c	Christleton	19-May
Andrew	CARTER	M50	19:36	c	Christleton	19-May
Neil	FIELD	M50	20:01	c	Christleton	19-May
Fraser	CAMPBELL	MU20	20:29	c	Christleton	19-May
Ben	NEWALL	MU20	21:12	c	Christleton	19-May
David	MORRIS	M35	21:22	c	Christleton	19-May

Oliver	DOWELL	MU20	21:23	c	Christleton	19-May
Danny	HOOKER	MU15	22:53	c	Run the Lights, Blackpool	19-Aug
Brian	WRIGHT	M65	23:48	c	Capenhurst	16-Aug
Richard	HUNT	M50	24:45		Wirral Seaside - 6	30-Aug
Jeff	LAMBERT	M	26:10	c	Park Hall, Oswestry	23-Jun
Mark	DUFFEY	M60	29:26	c	Wirral Seaside - 1	29-Mar

Female
5K

Jodie	BEMAND	FU20	18:34	c	Mid-Cheshire, Summer	25-Aug
	Bemand, Jodie		18:43	c	Mid-Cheshire, Spring	18-Apr
Fiona	COOK	F35	18:51	c	Mid-Cheshire, Summer	25-Aug
	Bemand, Jodie		19:02	c	Christleton	19-May
Nancy	FARMER	FU20	19:22	c	Christleton	19-May
	Bemand, Jodie		19:29	c	Even Splits, York	13-Oct
	Bemand, Jodie		19:32	c	Capenhurst	16-Aug
Emilia	PYPER	FU20	19:35	c	Christleton	19-May
Cosette	WEARDEN	FU20	19:39		Wirral Seaside -6	30-Aug
	Pyper, Emilia		19:43	c	Mid-Cheshire, Spring	18-Apr
Claire	HARRIS	F30	20:14	c	Christleton	19-May
Eleanor	WHEELER	FU20	20:41	c	Christleton	19-May
	Wearden, Cosette		20:43		Wirral Seaside -5	26-Jul
Emma	NUTT	F	20:46	c	Capenhurst	16-Aug
			100th (Cheshire)= 21:02			
Nia	MANSON	F	21:35		Wirral Seaside - 6	30-Aug
Joy	HICKMAN	F55	21:44	c	Capenhurst	16-Aug
Anest	MULLER	F40	22:04	c	Mid-Cheshire, Summer	25-Aug
Olivia	HAYWOOD	FU20	22:39	c	Christleton	19-May
Traci	SHIPLEY	F55	22:42	c	Christleton	19-May
Georgina	DUFFEY	FU20	23:17		Wirral Seaside -2	26-Apr
Henrietta	DUFFEY	FU20	23:36		Wirral Seaside -2	26-Apr
Sarah	HIBBERT	F55	23:36	c	Capenhurst	16-Aug
Debra	BEMAND	F50	23:41	c	Capenhurst	16-Aug
Kimberley	MORRIS	F45	26:02		Wirral Seaside - 4	28-Jun
Alex	DUFFEY	F45	27:08		Wirral Seaside -1	29-Mar
Rosemary	ROGERS	F70	28:28		Wirral Seaside - 4	28-Jun

MALE 5 mile

Jamie	RICHARDSON	MU20	26:00		Mold (Borders L)	16-Apr
	Richardson, Jamie		26:08	c	Chester Spring	12-Apr
Graham	WELLS	M45	27:47	c	Birkenhead Park	19-Jul
Sammy	HOLLINS	MU20	27:54	c	Chester Spring	12-Apr
Jon	PARK	M35	28:48	c	Tour M/side, Otterspool	29-Jun
Jack	GANNON	M35	28:51	c	Chester Spring	12-Apr
Steven	FERNYHOUGH	M40	29:52	c	Chester Spring	12-Apr
Henry	ROBINSON	MU20	29:52	c	Chester Spring	12-Apr
Neil	HERSHAW	M55	30:00	c	Birkenhead Park	19-Jul
	Hershaw, Neil		30:22		Mold (Borders L)	16-Apr
	Hershaw, Neil		30:26	c	Chester Spring	12-Apr
Paul	MORRISON	M20	30:48	c	Chester Spring	12-Apr
	Morrison, Paul		30:52		Mold (Borders L)	16-Apr
James	ROBINSON	M20	30:55	c	Chester Spring	12-Apr
			100th (Cheshire) =31:09			
Andrew	CLAGUE	M50	31:48	c	Chester Spring	12-Apr
Andrew	CARTER	M50	34:26	c	Birkenhead Park	19-Jul
Neil	FIELD	M45	35:11		Mold (Borders L)	16-Apr
Steve	HILLIER	M40	35:11		Mold (Borders L)	16-Apr
Brian	CREMIN	M35	35:22	c	Birkenhead Park	19-Jul
Ian	PRITCHARD	M55	36:16	c	Birkenhead Park	19-Jul
Phil	GENT	M50	39:17	c	Birkenhead Park	19-Jul
Brian	WRIGHT	M65	39:46	c	City of Preston	19-Nov
Julian	TEGG	M50	40:04		Mold (Borders L)	16-Apr
Dave	TIERNAN	M55	40:28		Mold (Borders L)	16-Apr
Darren	SHILLINGTON	M50	41:35		Mold (Borders L)	16-Apr

FEMALE 5 mile

Jodie	BEMAND	FU20	32:11	c	Chester Spring	12-Apr
Keely	SMITH	F40	32:12		Mold (BL)	16-Apr
Fiona	COOK	F35	32:15	c	Tour M/side, Otterspool	29-Jun
	Bemand, Jodi		32:51		Mold (BL)	16-Apr
Emma	NUTT	F	35:21		Mold (BL)	16-Apr
Joy	HICKMAN	F55	37:49		Mold (BL)	16-Apr
Debra	BEMAND	F50	38:54	c	Chester Spring	12-Apr
Traci	SHIPLEY	F55	39:02		Mold (BL)	15-Apr
Sarah	HIBBERT	F55	39:48	c	City of Preston	19-Nov
			100th (Cheshire)=39:48			
Amy	MILLS	F35	40:21		Mold (BL)	16-Apr

Angela	TEGG	F50	41:58		Mold (BL)	16-Apr
Angieszka	SHAW	F40	43:05	c	Chester Spring	12-Apr

MALE
10km

Jamie	RICHARDSON	MU20	32:07	c	Telford	10-Dec
	Richardson, Jamie		31:46	c	European U20, Italy	16-Sep
Michael	YOUNG	M35	32:33	c	Telford	10>dec
	Young, Michael		32:40		Caernarfon, BL	01-Oct
Sammy	HOLLINS	MU20	32:56	c	Trafford	05-Mar
	Young, Michael		33:24	c	Hale (Altrincham)	19-Feb
Graham	WELLS	M45	34:43	c	Wilmslow Summer	09-Jul
	Young, Michael		34:52	c	Chester	12-Mar
			100th (Cheshire)=35:12			
Jon	PARK	M35	35:36	c	Chester	12-Mar
Steve	FERNYHOUGH	M40	36:15	c	Liverbird, New Year's Day	01-Jan
David	SHEARER	M35	36:28		Caernarfon, BL	01-Oct
Jack	GANNON	M35	36:33	c	Chester	12-Mar
Steven	KING	M45	36:56	c	Chester	12-Mar
Wullie	McGARRALL	M55	36:56	c	Wilmslow Festive	26-Nov
Isaac	McKENNA	M	36:59		Caernarfon, BL	01-Oct
Robert	LITTLE	M45	37:47	c	Wilmslow Festive	26-Nov
Chris	SHAW	M45	38:00	c	Wilmslow Festive	26-Nov
Neil	HERSHAW	M55	38:07	c	High Legh (R Moffatt)	12-Mar
Mark	DAVIES	M45	38:34	c	Wilmslow Festive	26-Nov
Danny	PADDOCK	M30	38:36		Caernarfon, BL	01-Oct
Andrew	CLAGUE	M55	39:12		Caernarfon, BL	01-Oct
Ellis	HANCOCK	MU20	40:04	c	Guilden Sutton	17-Sep
Phil	WOODLEY	M30	40:18	c	Colshaw Hall (Knutsford)	11-Jun
Andrew	CARTER	M50	40;27	c	Wilmslow Festive	26-Nov
Jeff	CLIFFORD	M55	41:27		Caernarfon, BL	01-Oct
Steve	HILLIER	M45	41:55	c	Wilmslow Summer	09-Jul
Steve	ROBERTS	M45	42:15	c	Chester	12-Mar
Brian	CREMIN	M35	42:47	c	Chester	12-Mar
Andrew	BARRATT	MU20	42:57	c	Chester	12-Mar
Thomas	BOOTH	M25	44:08		Caernarfon, BL	01-Oct
Luke	ELLIS	M35	44:10	c	Chester	12-Mar
Paul	MORRISON	M20	45:31		Caernarfon, BL	01-Oct

Ian	GLOYNE-PHILIPS	M50	45:37	c	Farndon	24-Sep
Dave	BARRATT	M50	45:39	c	Chester	12-Mar
Neil	FIELD	M50	46:30	c	Penny Lane, Liverpool	18-Jun
Paul	CAIN	M50	46:31	c	Chester	12-Mar
David	MORRIS	M35	46:45	c	Chester	12-Mar
Stephen	BALL	M45	46:58	c	Chester	12-Mar
John	BLAKE	M50	47:36	c	Chester	12-Mar
Brian	WRIGHT	M65/70	48:34	c	Scottish, Musselburgh	24-Sep
Joseph	HUGHES	MU20	48:45	c	Nantwich	02-Apr
Phil	GENT	M50	48:48	c	Guilden Sutton	17-Sep
Dave	TIERNAN	M55	50:02		Caernarfon, BL	01-Oct
Richard	HUNT	M50	52:30	c	Helena Tipping, Wrexham	23-Jul
Mark	POVEY	M50	1:00:05	c	Birchwood	20-Aug

FEMALE 10K

Lindsay	FISHER	F35	35:43	c	Helena Tipping, Wrexham	23-Jul
	Fisher, Lindsay		35:44	c	RT Cheshire	22-Oct
	Fisher, Lindsay		36:40	c	Runcorn Bridge	04-Jun
	Fisher, Lindsay		36:51	c	Stone St Michaels	25-Jun
	Fisher, Lindsay		36:56	c	Chester	12-Mar
Keely	SMITH	F40	37:14	c	Wilmlsow Festive	26-Nov
	Smith, Keely		38:17		Borders Lge, Caernarfon	01-Oct
	Smith, Keely		38:30	c	Chester	12-Mar
	Smith, Keely		38:58	c	Farndon	24-Sep
Fiona	COOK	F35	39:02		Borders Lge, Caernarfon	01-Oct
	Cook, Fiona		39:27	c	Helena Tipping, Wrexham	23-Jul
Jodi	BEMAND	FU20	39:29	c	Trafford	05-Mar
	Smith, Keely		39:40	c	Stone St Michaels	25-Jun
			100th (Cheshire)=41:18			
Claire	HARRIS	F35	43:08	c	Helena Tipping, Wrexham	23-Jul
Emma	NUTT	F	43:16	c	Farndon	24-Sep
Joy	HICKMAN	F55	45:15	c	RT Warrington Festival	24-Sep
Ellen	McMAHON	F25	47:35	c	Chester	12-Mar
Debra	BEMAND	F50	48:29	c	Trafford	05-Mar
Sarah	HIBBERT	F55	48:32	c	Scottish, Musselburgh	24-Sep

Amy	MILLS	F35	49:25		Borders Lge, Caernarfon	01-Oct
Cathryn	WHALLEY	F50	50:05	c	Wilmslow Summer	07-Jul
Agnieszka	Shaw	F40	51:29		Borders Lge, Caernarfon	01-Oct
Kimberley	MORRIS	F45	55:39	c	Run thro' Tatton Pk	07-Jan
Susan	BAIRD	F55	57:46	c	Guilden Sutton	17-Sep
Rosemary	ROGERS	F70	58:19	c	Mersey Tunnel	16-Apr
Isabel	ROBERTSON	F55	1:00:03	c	Mersey Tunnel	16-Apr

MALE 10 mile

Michael	YOUNG	M35	53:26	c	Run Thro Cheshire	22-Oct
Jon	PARK	M35	1:00:22	c	Tour of Merseyside	27-Jun
Phil	WOODLEY	M35	1:04:40	c	Nottingham	11-Mar
Steve	HILLIER	M45	1:10:58	c	Stockport	10-Dec
Andrew	CARTER	M50	1:11:15	c	Stockport	10-Dec

FEMALE 10 Mile

Fiona	COOK	F35	1:07:23	c	Tour of Merseyside	27-Jun
Clare	MALLON	F50	1:15:23	c	Run thro Cheshire	22-Oct
Sarah	HIBBERT	F55	1:18:06	c	Liverpool	26-Mar
Isabel	ROBRTSON	F55	1:40:37	c	Liverpool	26-Mar

Short Course

Keely	SMITH	F40	1:01:11	c	Rhyl	19-Feb
	(plus 15 more Cheshire athletes)					

MALE Half-Marathon

Michael	YOUNG	M35	1:11:23	c	Village Bakery, Wrexham	12-Feb
	Young, Michael		1:11:50	c	Manchester	15-Oct
Jamie	RICHARDSON	MU20	1:13:44	c	Run Aintree	07-May
	Young, Michael		1:14:38	c	4 Villages, Helsby	15-Jan
	Young, Michael		1:15:17	c	Sheffield	26-Mar
	Young, Michael		1:15:40	c	Run Alton Towers	12-Nov
Graham	WELLS	M45	1:16:50	c	Village Bakery, Wrexham	12-Feb
	Wells, Graham		1:17:54	c	4 Villages, Helsby	15-Jan
	Wells, Graham		1:18:17	c	Chester	21-May
Jon	PARK	M35	1:18:19	c	4 Villages, Helsby	15-Jan
	Young, Michael		1:18:35	c	Leeds Running Fest	20-Aug

	Paul, Jon		1:20:49	c	Chester	21-May
			100th (Cheshire) 1:21:17			
Danny	PADDOCK	M30	1:21:37	c	Wilmslow	26-Mar
Wullie	McGARRELL	M55	1:21:43	c	Wilmslow	26-Mar
Steven	KING	M45	1:21:55	c	Chester	21-May
Isaac	McKENNAR	M20	1:22:18	c	4 Villages, Helsby	15-Jan
Jack (Sean?)	GANNON	M30	1:22:23		GNR	10-Sep
Neil	HERSHAW	M55	1:22:27	c	Village Bakery, Wrexham	12-Feb
Steve	DUFFY	M45	1:23:23	c	Chester	21-May
David	ALEXANDER	M50	1:25:20	c	Lake Vyrnwy	17-Sep
Andrew	CLAGUE	M50	1:26:00	c	Chester	21-May
Bradley	SPURDENS?	M20	1:29:02	c	GNR	10-Sep
Dave	SUTTON	M45	1:29:20	c	4 Villages, Helsby	15-Jan
Mark	DAVIES	M45	1:32:26	c	Lake Vyrnwy	17-Sep
Steve	ROBERTS	M45	1:33:05	c	Village Bakery, Wrexham	12-Feb
Andrew	CARTER	M50	1:33:29	c	4 Villages, Helsby	15-Jan
Stephen	HILLIER	M45	1:34:26	c	Chester	21-May
Richard	HAYES	M50	1:34:38	c	4 Villages, Helsby	15-Jan
Ian	GLOYNE-PHILIPS	M50	1:36:08	c	4 Villages, Helsby	15-Jan
Brian	CREMIN	M35	1:37:30	c	4 Villages, Helsby	15-Jan
Neil	FIELD	M45	1:38:30	c	4 Villages, Helsby	15-Jan
Stephen	BALL	M45	1:42:51	c	Village Bakery, Wrexham	12-Feb
Phil	GENT	M50	1:43:59	c	4 Villages, Helsby	15-Jan
Tony	SANGHA	M55	1:46:39	c	Conwy	19-Nov
John	BLAKE	M50	1:46:56	c	Chester	21-May
Iain	WOOD	M60	1:47:12	c	Village Bakery, Wrexham	12-Feb
Paul	CAIN	M50	1:47:38	c	Chester	21-May
Brian	WRIGHT	M65	1:50:52	c	Amsterdam	15-Oct
David	MORRIS	M35	1:51:27	c	Chester	21-May
Richard	HUNT	M50	1:55:54	c	RT Warrington Fest	24-Sep
Stuart	HAGUE	M50	1:57:39	c	Conwy	19-Nov
Steve	FERNYHOUGH	M40	1:59:01	c	Chester (pacer)	21-May
Manu	MANAMIL	M40	1:59:29	c	Chester	21-May
Julian	TEGG	M50	2:03:43	c	Conwy (pacer)	19-Nov
FEMALE Half-Marathon						
Lindsay	FISHER	F35	1:20:11	c	RT Warrington Fest	24-Sep
	Fisher, Lindsay		1:20:15	c	Chester	21-May
Keely	SMITH	F40	1:21:48	c	Wilmlsow	26-Mar
Fiona	COOK	F35	1:23:30	c	Chester	21-May

	Fisher, Lindsay		1:27:12	c	4 Villages, Helsby	15-Jan
	Cook, Fiona		1:33:01	c	4 Villages, Helsby	15-Jan
Emma	NUTT	F	1:38:19	c	Chester	21-May
Zara	GAUTIER-PRICE. ??	FU23	1:40:01	c	Berlina	02-Apr
Clare	MALLON	F45	1:40:41	c	Chester	21-May
			100th (Cheshire) =1:41:16			
Sarah	HIBBERT	F55	1:47:00	c	Run Aintree	12-Feb
Amy	MILLS	F35	1:47:24	c	Village Bakery, Wrexham	12-Feb
Claire	WILLIAMS	F45	1:53:13	c	Chester	21-May
Cathryn	WHALLEY	F50	1:55:42	c	Village Bakery, Wrexham	12-Feb
Kimberley	NORRIS	F45	1:59:08	c	Chester	21-May
Angela	TEGG	F50	2:03:43	c	Conwy	19-Nov

MALE 20 mile

Michael	YOUNG	M35	1:58:19	c	South Cheshire	03-Sep
Mark	DAVIES	M45	2:38:08	c	Trimpell, Lancaster	12-Mar

FEMALE 20 mile

Keely	SMITH	F40	2:13:27	c	Knighton	19-Mar
Fiona	COOK	F35	2:17:23	c	Knighton	19-Mar
Eloise	ECCLES	F45	2:29:13	c	Knighton	19-Mar
Anest	MULLER	F40	2:47:30	c	Knighton	19-Mar

MALE Marathon

Michael	YOUNG	M35	2:24:33	c	Valencia	03-Dec
Graham	WELLS	M45	2:48:34	c	Manchester	16-Apr
Jon	PARK	M35	2:49:47	c	Berlin	24-Sep
	Park, Jon		2:53:30	c	Chicago	08-Oct
Steve	DUFFY	M45	2:56:04	c	London	23-Apr
Wullie	McGARRELL	M55	2:56:55	c	London	23-Apr
	Park, Jon		2:57:15	c	Boston, USA	17-Apr
	Park, Jon		2:57:53	c	Liverbird, New Years Day	01-Jan
	Park, Jon		2:58:04	c	London	23-Apr
	McGarrell, Wullie		2:58:32	c	Edinburgh Festival	28-May
	Park, Jon		2:59:16	c	Edinburgh Festival	28-May
Danny	PADDOCK	M35	3:00:32	c	London	23-Apr
Steve	FERNYHOUGH	M40	3:00:41	c	Manchester	16-Apr

	Paddock, Danny		3:08:34	c	Edinburgh Festival	28-May
			100th (Cheshire)= 3:09:16			
Mark	DAVIES	M45	3:15:13	c	London	23-Apr
Steve	ROBERTS	M45	3:19:24	c	London	23-Apr
Brian	CREMIN	M35	4:05:01	c	Manchester	16-Apr
Richard	HAYES	M50	4:11:13	c	Chester	08-Oct
Richard	HUNT	M50	4:27:41	c	Chester	08-Oct
FEMALE Marathon						
Fiona	COOK	F35	2:54:19	c	Berlin	24-Sep
			2:58:03	c	London	23-Apr
	Cook, Fiona		2:59:33	c	Chester	08-Oct
Keely	SMITH	F40	2:50:22	c	London	23-Apr
Katie	CLARKE	F20	3:01:37	c	Chicago	08-Oct
Emma	NUTT	F20	3:30:02	c	Chester	08-Oct
Anest	MULLER	F40	3:38:20	c	London	23-Apr
Clare	MALLON	F45	3:38:59	c	London	23-Apr
Sarah	HIBBERT	F55	3:54:45	c	London	23-Apr
			100th (Cheshire)= 4:12:43)			
Kimberley	MORRIS	F45	5:29:28	c	Manchester	16-Apr