

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

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- 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				
Age	Over	Best Time Holder	Gun	Chip	Event	Date	Host	Source
Band	an age	Men	Time	Time				
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	Noah Woolgar	0:20:01	0:19:54	Christleton	13/05/2022	Chester Tri	https://www.niftyentries.com/Results
5 Km	u13	u13 Leon Betteridge	0:19:10	0:19:06	Christleton	17/05/2024	Chester Tri	https://chestertri.niftyentries.com/Results/Christleton-5k-2024
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	~	Champs, B'head Park	24/02/2019	Northern Athletics	https://www.race-results.co.uk/results/2019/nau1719.pdf
5 Km	u15	Lewis Morris	0:16:54	0:16:54	Running GP	26/11/2023	Run Through Oulton Park	https://results.runthrough.co.uk/Results.aspx?Cid=16487&RId=5008
5 Km	u15	Lewis Morris	0:16:56	0:16:54	Running GP	05/03/2024	Run Through Oulton Park	https://www.runthrough.co.uk/results/
5 Km	u15	u17 Lewis Morris	0:15:49	0:15:49	Christleton	17/05/2024	Chester Tri	https://chestertri.niftyentries.com/Results/Christleton-5k-2024
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	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/
##	u20	SM Jamie Richardson	0:15:08	0:15:04	Christleton	19/05/2023	Chester Tri	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	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	0:17:46	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 Wullie McGarrell	0:17:50	0:17:44	Christleton	17/05/2024	Chester Tri	https://chestertri.niftyentries.com/Results/Christleton-5k-2024
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	David Bish	0:23:23	~	Capenhurst	21/08/2013	Ellesmere Port RC	https://www.ellesmereportrunningclub.org.uk/ellesmere-port-rc-5k/results/
5 Km	M70	o70 Brian Wright	0:22:41	0:22:19	Sale Sizzler	20/06/2024	Sale H Man	https://sale-harriers.niftyentries.com/Results/Sale-Sizzler-1-2024
5 Km	M75	o75 David Bish	0:25:51	0:25:30	Christleton	17/05/2001	Chester Tri	https://www.niftyentries.com/Results

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

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##	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		Siôn 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		Neil Hershaw	0:29:39	0:29:36	Birkenhead Park	05/06/2019	Wirral AC	https://www.niftyentries.com/Results
5 Miles	M55	o55	Wullie McGarrell	0:29:20	0:29:18	Alsager	04/02/2024	Alsager	https://results.sportlive.com/for/frsystems
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		David Bish	0:41:00	~	BL Mold (Bus. Pk. Finish)	17/04/2016	BL Buckley	http://www.bordersleague.org.uk/results-archive/
5 Miles	M70	o70	Brian Wright	0:37:16	0:37:00	Rhyl 5	25/02/2024	Run Wales	https://www.runwales.com/calendars/sport-events/results
5 Miles	M75	o75	Peter Povey	0:54:55	~	Run the Bridge	24/04/2011	Halton BC	www.runhalton.co.uk/

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10 Km	u17		Matthew Broad	0:38:13	~	Sutton 6	25/09/2005	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	u17		Chris Goodwin †	0:36:08	~	Fardon	07/03/2010	Wrexham AAC	www.wrexhamroadrunners.org.uk/
10 Km	u17		Cameron Weaver	0:34:46	~	Caernarfon BL	12/04/2015	BL Eryri H	http://www.bordersleague.org.uk/
10 Km	u17	u17	Sion Roberts	0:33:12	0:33:12	Arley Hall, Cheshire**	23/03/2019	Run Through	http://results.racetimers.co.uk/results.aspx?CId=16487&RId=2056
10 Km	u20		Alec Beaney	0:34:34	~	Sutton 6	20/09/2008	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	u20		Alec Beaney	~	0:34:34	Gt Manchester Run	17/05/2009	Great Run	www.greatrun.org/Results/FullSearch.aspx
10 Km	u20		Joseph Morrison	0:33:33	~	Caernarfon BL	13/01/2019	BL Eryri H	http://www.bordersleague.org.uk/results/
10 Km	u20		Sammy Hollins	0:33:26	0:33:23	Ribble Valley	27/12/2022	Blackburn Harriers	https://results.runthrough.co.uk/results.aspx?CId=16487&RId=4821
10 Km	u20		Sammy Hollins	0:33:10	0:32:56	Trafford	05/03/2023	Run North West	https://run-northwest.niftyentries.com/Results/Trafford-10K-2023
##	u20	SM	Jamie Richardson	~	0:31:46	European Road Race	16/09/2023	Odeza, Italy	https://www.runbritainrankings.com/results/results.aspx?meetingid=56311
10 Km	SM		Mark Orford	0:43:20	~	Air Products	12/04/1998	South Cheshire H	www.southcheshireharriers.org.uk/
10 Km	SM		Mark Orford	0:40:59	~	Croxtheth Park	24/04/1998	LPS	http://www.woldsvets.co.uk/OLDRESULTS-TEST.htm
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	https://www.westcheshireac.co.uk/races/races-results-archive/
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	BL Eryri H	*MJL result sheet
10 Km	SM		Darragh Staunton	0:33:45	~	Caernarfon BL	28/11/2004	BL Eryri H	*MJL result sheet
10 Km	SM		Michael Young	0:33:04	0:33:00	Tatton Park	05/12/2020	Run Through - Tatton	https://results.racetimers.co.uk/results.aspx?CId=16487&RId=2126
10 Km	SM		Michael Young	~	0:32:30	Helena Tipping	25/07/2021	Run Cheshire	https://runcheshire.niftyentries.com/Results
10 Km	SM		Michael Young	0:32:29	0:32:29	Watersons Hale 10k	20/02/2022	Hale & Astley Series	https://www.tdlevntservices.co.uk/event-results/events?event=3678
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	~	Croxtheth Park	24/04/1998	LPS	http://www.woldsvets.co.uk/OLDRESULTS-TEST.htm
10 Km	M35		Graham Jenkins	0:35:25	~	Birchwood	23/08/1998	Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html
10 Km	M35		Paul Spencer	0:33:14	~	Sutton 6	20/09/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	M35		Andy Starkey	0:32:43	~	Zoo, Chester	25/10/1998	Capenhurst RC	*MJL result sheet
10 Km	M35	o35	Michael Young	~	0:32:25	Battersea Park	18/05/2022	CSSC Jubilee Challenge	https://www.runbritainrankings.com/results/results.aspx?meetingid=465705
10 Km	M40		Dave Crawford	0:38:31	~	Air Products	12/04/1998	South Cheshire H	www.southcheshireharriers.org.uk/
10 Km	M40		Dave Crawford	0:36:58	~	Crewe 10k	03/05/1998	Crewe & Nantwich AC	http://www.ukresults.net/1998/crewe10k.html
10 Km	M40		Gary Withers	0:34:23	~	Sutton 6	20/09/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	M40		Graham MacNeil	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	www.southcheshireharriers.org.uk/
10 Km	M45		John Fidler	0:33:34	~	Eddie Faure Memorial	21/06/1998	Prestatyn RC	www.race-results.co.uk/results/
10 Km	M45	o40	John Fidler	0:33:24	~	Sutton 6	20/09/1998	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	M50		Brian Beattie	0:42:38	~	City of Liverpool 10k	11/10/1998	Run Liverpool	*MJL result sheet
10 Km	M50	o50	John Fidler	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	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	M55		John McGill	0:39:35	~	Caernarfon BL	28/11/2004	BL Eryri H	*MJL result sheet
10 Km	M55		Robert Freeman	0:39:01	0:38:58	Mersey Tunnel	09/06/2013	BTR Liverpool Ltd	https://www.tdlevntservices.co.uk/event-results
10 Km	M55		Robert Freeman	0:38:52	0:38:44	Arley Hall, Cheshire**	29/09/2013	Greenwood Ltd	http://www.cheshire10k.com/results/
10 Km	M55		Neil Hershaw	0:36:59	0:36:55	Liverpool Spring	05/05/2019	Mersey Races	https://www.niftyentries.com/Results
10 Km	M55		Wullie McGarrell	0:36:53	0:36:49	Cheshire Elite	24/03/2024	Run Cheshire	https://runcheshire.niftyentries.com/
10 Km	M60		Sam R Fletcher	0:42:58	~	Ellesmere	14/06/1998	Oswestry Olympians	AW June 17 1998 - Vol.52 no.25
10 Km	M60		Sam R Fletcher	0:42:08	~	Birchwood	23/08/1998	Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html
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	https://spectrumstriders.org.uk/archive/2019/our-races.html
10 Km	M60		Robert Freeman	0:40:37	0:40:34	Sutton 6	20/09/2015	West Cheshire AC	https://www.westcheshireac.co.uk/races/races-results-archive/
10 Km	M60		Joe Foy	0:39:24	0:39:18	Arley Hall, Cheshire**	10/04/2016	Cheshire Run Ltd	http://www.cheshire10k.com/
10 Km	M60	o55	Wullie McGarrell	0:38:51	0:36:47	Colshaw Hall	16/06/2024	Run Cheshire	
10 Km	M65		Peter Povey	1:03:50	~	Birchwood	21/08/2005	Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html
10 Km	M65		Brian Beattie	0:47:17	~	Capenhurst	06/06/2010	Capenhurst RC	http://www.capenhurstcc.co.uk/results.html
10 Km	M65		Dave Hough	0:45:00	~	Helena Tipping	30/03/2014	Wrexham AAC	http://www.ukresults.net/2014/tipping.html
10 Km	M65	o65	Brian Wright	0:46:23	0:44:02	Goodwood GP	25/04/2021	Run Through	https://www.runthrough.co.uk/results/
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	http://www.oswestryolympians.com/
10 Km	M70		David Bish	0:49:36	0:49:04	Baxters River Ness	25/09/2016	Loch Ness Marathon	http://www.lochnessmarathon.com/pages/results/
10 Km	M70	o70	Brian Wright	0:50:46	0:47:27	Wilmslow Festival	24/03/2024	Wilmslow RC	http://www.niftyentries.com/Results
10 Km	M75		Peter Povey	1:14:13	1:12:19	Mersey Tunnel	12/06/2011	Run Liverpool	https://www.tdlevntservices.co.uk/event-results
10 Km	M75		Peter Povey	1:13:19	1:12:45	Birchwood	01/08/2011	Spectrum Striders	https://spectrumstriders.org.uk/archive/2019/our-races.html
10 Km	M75		Peter Povey	1:10:20	1:07:46	Mersey Tunnel	09/06/2013	BTR Liverpool Ltd	https://www.tdlevntservices.co.uk/event-results
10 Km	M75	o75	David Bish	0:55:06	<i>of 55.40</i>	Evasion Benicassim	12/01/2019	Sportmaniacs	https://sportmaniacs.com/en/races/10k-platges-benicassim

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						
Age	Over	Best Time Holder	Gun	Chip	Event	Date	Host	Source	
Band	an age	Men	Time	Time					
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