

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: | http://www.westcheshireac.co.uk/club-records/ | | | | | |
|----------|-----------------------|-------------|---------------------------|---|-----------|---------------------|------------|-------------------------|---|
| Distance | Age Band | Over an age | Best Time Holder | Gun Time | Chip Time | Event | Date | Host | Source |
| 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 | u17 | | Lewis Morris | 0:16:56 | 0:16:55 | Alton Towers | 17/11/2024 | Run Through | https://results.runthrough.co.uk/results.aspx?CId=16487&RId=5281&EId=3&dt=0 |
| 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 | u20 | 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 | 18/08/2011 | Ellesmere Port RC | https://www.niftyentries.com/Results |
| ## | SM | SM | Joseph Morrison | 0:14:47 | 0:14:47 | Leicester | 15/03/2025 | Podium | https://www.runbritainrankings.com/results/results.aspx?meetingid=686859 |
| 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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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 | 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 | | 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 | | Robert Freeman | 0:32:27 | ~ | BL Capenhurst | 11/10/2015 | BL Ellesmere Port RC | http://www.bordersleague.org.uk/ |
| 5 Miles | M60 | o60 | Neil Hershaw | 0:30:48 | 0:30:44 | Birkenhead Park | 24/07/2024 | Wirral AC | https://wirralac.niftyentries.com/Results/Birkenhead-Park-5-Mile-2024 |
| 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 | | Peter Povey † | 0:54:55 | ~ | Run the Bridge | 24/04/2011 | Halton BC | www.runhalton.co.uk/ |
| 5 Miles | M75 | o75 | Brian Beattie | 0:46:28 | 0:46:15 | Spring 5 | 10/04/2019 | West Cheshire AC | https://www.westcheshireac.co.uk/races/races-results-archive/ |

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| # | Club | Best at Distance | Find | Times and Date in Red at: | Source | | | | |
|----------|------|------------------|--------------------|---------------------------|----------|------------------------|------------|------------------------|---|
| Age | Over | Best Time Holder | Gun | Chip | Event | Date | Host | Source | |
| Distance | Band | an age | Time | Time | | | | | |
| 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 | | Sion Roberts | 0:33:12 | 0:33:12 | Arley Hall, Cheshire** | 23/03/2019 | Run Through | http://results.racetimers.co.uk/results.aspx?ClId=16487&RId=2056 |
| 10 Km | u17 | u17 | Lewis Morris | 0:32:25 | 0:32:22 | Pulford 10k | 23/03/2025 | Run Cheshire | https://runcheshire.niftyentries.com/Results/Pulford-10K-2025 |
| 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?ClId=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=563311 |
| 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 | ~ | Croxeth Park | 24/04/1998 | LPS | http://www.woldsvets.co.uk/OLDRRESULTS-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?ClId=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.tdlevenservices.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 | ~ | Croxeth Park | 24/04/1998 | LPS | http://www.woldsvets.co.uk/OLDRRESULTS-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 | | Michael Young | ~ | 0:32:25 | Battersea Park | 18/05/2022 | CSSC Jubilee Challenge | https://www.runbritainrankings.com/results/results.aspx?meetingid=465705 |
| 10 Km | M35 | o35 | Michael Young | 0:32:28 | 0:32:23 | Pulford 10k | 23/03/2025 | Run Cheshire | https://runcheshire.niftyentries.com/Results/Pulford-10K-2025 |
| 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.tdlevenservices.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 | 0:36:51 | 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.tdlevenservices.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.tdlevenservices.co.uk/event-results |
| 10 Km | M75 | o75 | David Bish | 0:55:06 | at 55:40 | Evasion Benicàssim | 12/01/2019 | Sportmaniacs | https://sportmaniacs.com/en/races/10k-platges-benicassim |

WCAC Road Best Performances

Note: Must have been a member when the time was set

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.]

Table with columns: ##, Club Best at Distance, Age, Over, Best Time, Holder, Gun Time, Chip Time, Event, Date, Host, Source. Rows include 10 Miles, 1/2 Mar, and 5k results for various clubs and athletes.

*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 |
| 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.sportshive.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.sportshive.com/events/6908056816784834560 |
| Marathon | M55 | | Wullie McGarrell | ~ | 2:56:48 | London | 02/10/2022 | London Marathon | https://results.tclslondonmarathon.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 | M60 | o55 | Wullie McGarrell | 2:56:51 | 2:56:35 | Eindhoven | 13/10/2024 | ASML Marathon Eindhoven | https://results.sportshive.com/events/7249382119669006336/races/491064 |
| 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 | o65 | 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.tdlevntservices.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.tdlevntservices.co.uk/event-results |
| | M35 | | Michael Young | 2:37:25 | 2:37:24 | Snowdonia | 26/10/2024 | Marathon Eryri Marathon | https://www.tdlevntservices.co.uk/ |