

Wilmslow Running Club

ALL-TIME CLUB ROAD RACE RECORDS

(based on chip times when used)

24/10/2021

1 Mile (Track Run)

U23		0:00		
MSnr	Stuart Parrott	4:55	Stockport Track	2010
M40	Stuart Parrott	4:55	Stockport Track	2010
M45	Stuart Parrott	4:55	Stockport Track	2010
M50	Bill Heaton	5:47	Macclesfield Track	29/06/2015
M55	Geoff Gilbert	6:22	Macclesfield Track	29/06/2015
M60	Geoff Gilbert	6:22	Macclesfield Track	29/06/2015
M65	Simon Fenton	7:38	Macclesfield Track	29/06/2015
M70	Simon Fenton	7:38	Macclesfield Track	29/06/2015
M75				
FSnr	Diane McVey	5:26	Macclesfield Track	29/06/2015
F35	Diane McVey	5:26	Macclesfield Track	29/06/2015
F40	Sharon Johnstone	5:51	Macclesfield Track	29/06/2015
F45	Janine Ellis	6:11	Macclesfield Track	29/06/2015
F50	Sally Gilliver	6:24	Macclesfield Track	29/06/2015
F55	Nicky Mowat	6:34	Macclesfield Track	29/06/2015
F60				

3000m (Track)

U23	Daniel Bundred	9:18	Trafford Open Series (Stretford)	06/09/2020
		0:00		

5 K

U23	Daniel Bundred	15:35	Mid-Cheshire (Kingsley)	28/8/2021
MSnr	Peter Speake	15:01	Mid-Cheshire (Kingsley)	28/8/2021
M40	Peter Speake	15:01	Mid-Cheshire (Kingsley)	28/8/2021
M45	Peter Speake	15:01	Mid-Cheshire (Kingsley)	28/8/2021
M50	Rob Downs	16:23	Christleton	2014
M55	Tom McGaff	17:26	Sale	2010
M60	Mick Fairs	18:32	Bowdon	2009
M65	Mick Fairs	19:27	Dunham Massey	2014
M70	Mick Fairs	20:34	Mid-Cheshire (Kingsley)	23/8/2018
M75	Peter Watson	25:09	Mid-Cheshire (Kingsley) ??	27/4/2016
FSnr	Diane McVey	17:21	Mid-Cheshire (Kingsley)	28/4/2017
F35	Diane McVey	17:21	Mid-Cheshire (Kingsley)	28/4/2017
F40	Diane McVey	17:21	Mid-Cheshire (Kingsley)	28/4/2017
F45	Kate Ayres	18:25	Christleton	2006
F50	Jane Mulryan	20:14	Capenhurst	2010
F55	Jane Mulryan	20:14	Capenhurst	2010
F60	Nicky Mowat	22:39	Firenze parkrun (Italy)	23/2/2019

4 Mile

U23		0:00		
MSnr	Malcolm Fowler	19:03	Chorley	1992
M40	Martin Ellison	21:06	Timperley	1998
M45	Paul Sanders	22:07	Timperley	1995
M50	Rob Downs	22:31	Buxton Carnival 4	2016
M55	Trevor Morris	23:42	Knowsley Fab Four	2017
M60	Tony Hulme	25:21	Southport	2008
M65	Ron Reed	27:16	Timperley	1996
M70	Simon Fenton	32:34	Buxton Carnival 4	2014
M75	Simon Fenton	35:47	Buxton Carnival 4	14/7/2018
FSnr	Diane McVey	24:02	Buxton Carnival 4	2015
F35	Diane McVey	24:02	Buxton Carnival 4	2015
F40	Sharon Johnstone	24:39	Burnley Christmas Cracker	24/12/2018
F45	Sharon Johnstone	24:39	Burnley Christmas Cracker	24/12/2018
F50	Sally Gilliver	29:02	Buxton Carnival 4	2015
F55	Nicky Mowat	29:33	Buxton Carnival 4	2015
F60		00:00		

5 Mile

U23		0:00		
MSnr	Malcolm Fowler	25:04	Sale Festive 5	1989
M40	Peter Speake	26:15	Alderley Edge By-pass	03/07/2016
M45	Rob Downs	26:24	Sale	2009
M50	Tom McGaff	27:06	Chester	2005
M55	Tom McGaff	28:28	Alderley Edge By-pass	2010
M60	Mick Fairs	30:34	Alsager 5	2009
M65	Mick Fairs	32:44	Green Drive 5	2013
M70	Mick Fairs	35:36	Alsager 5	02/02/2020
M75	Ron Reed	39:09	Chester	2003
FSnr	Diane McVey	28:50	Chester Spring 5	12/04/2017
F35	Diane McVey	28:50	Chester Spring 5	12/04/2017
F40	Diane McVey	28:50	Chester Spring 5	12/04/2017
F45	Kate Ayres	30:52	Alsager 5	2006
F50	Nicky Mowat	35:15	Chester Spring 5	2010
F55	Nicky Mowat	36:16	Green Drive 5	2013
F60	Nicky Mowat	38:25	Pie & Peas	01/08/2018

10 K

U23	Daniel Bundred	34:14	Salford 10K	19/04/2019
MSnr	Malcolm Fowler	31:15	St. James 10K	1993
M40	Peter Speake	32:12	RNW Wilmslow Summer 10K	07/11/2021
M45	Peter Speake	32:12	RNW Wilmslow Summer 10K	07/11/2021
M50	Rob Downs	33:30	Trafford 10K	2014
M55	Rob Downs	35:19	Salford 10K	2019
M60	Tom McGaff	36:36	Crewe AP	05/04/2015
M65	Mick Fairs	39:43	Arley 10K	2014
M70	Mick Fairs	42:20	Trafford 10K	02/09/2018
M75	Ian Ashcroft	51:43	Wilmslow Running Festival	15/9/2021
M80	Peter Watson	55:02	RNW Wilmslow Festive 10K	25/11/2018
FSnr	Claire Clancy	35:44	Trafford 10K	19/9/2021
F35	Claire Clancy	35:44	Trafford 10K	19/9/2021
F40	Diane McVey	36:12	AP South Cheshire 10K	2017
F45	Sharon Johnstone	38:08	RNW Wilmslow Festive 10K	25/11/2018
F50	Nicky Mowat	43:08	Natterjack 10K	2009
F55	Sally Gilliver	43:52	RNW Knutsford 10K	17/10/2021
F60	Sally Gilliver	43:52	RNW Knutsford 10K	17/10/2021
F65				
F70				

10 mile

U23		0:00		
MSnr	Malcolm Fowler	53:30	Llandudno	1989
M40	Rob Downs	54:44	Gt. Warford	2009
M45	Rob Downs	54:44	Gt. Warford	2009
M50	Tom McGaff	57:00	Stockport	2004
M55	Tom McGaff	59:34	Gt. Warford	2013
M60	Mick Fairs	1:02:53	Cabbage Patch	2008
M65	Mick Fairs	1:06:19	Preston 10	16/11/2014
M70	Mick Fairs	1:10:08	Preston 10	17/11/2019
M75	Ron Reed	1:20:21	Llandudno	2001
FSnr	Diane McVey	59:46	Gt. Warford	2013
F35	Diane McVey	59:46	Gt. Warford	2013
F40	Denise Newton	1:03:22	Llandudno	1995
F45	Kate Ayres	1:03:48	Stockport	2005
F50	Nicky Mowat	1:10:45	Stockport	2008
F55	Nicky Mowat	1:14:09	Wrexham	2014
F60	Nicky Mowat	1:18:34	St.Tropez Classic	21/10/2018

Half Marathon

U23		0:00:00		
MSnr	Malcolm Fowler	1:09:36	Wilmslow	1992
M40	Rob Downs	1:11:26	Wilmslow	2009
M45	Rob Downs	1:11:26	Wilmslow	2009
M50	Rob Downs	1:14:12	Wilmslow	2014
M55	Tom McGaff	1:18:14	Wilmslow	2011
M60	Tom McGaff	1:21:30	Wilmslow	2015
M65	Mick Fairs	1:27:42	Wilmslow	2015
M70	Mick Fairs	1:33:08	Manchester	13/10/2019
M75	Ron Reed	1:46:06	Wilmslow	2002
M80	Ron Reed	3:13:13	Wilmslow	2008
FSnr	Diane McVey	1:19:19	Helsby	2014
F35	Diane McVey	1:19:19	Helsby	2014
F40	Sharon Johnstone	1:23:05	Helsby	2014
F45	Sharon Johnstone	1:23:49	Helsby	20/01/2019
F50	Janine Ellis	1:32:53	Wilmslow	24/03/2019
F55	Nicky Mowat	1:34:09	Wilmslow	2014
F60	Nicky Mowat	1:40:05	Wilmslow	24/03/2019

20 Mile

U23		0:00:00		
MSnr	Mike Halman	1:53:10	Bramley 20	2009
M40	Andy Watts	2:01:17	Stafford 20	2005
M45	Andy Watts	2:01:17	Stafford 20	2005
M50	Andy Watts	2:01:17	Stafford 20	2005
M55	Andy Watts	2:23:37	Stafford 20	2006
M60	Patrrick Grannan	2:33:58	South Cheshire 20	2011
M65	Patrrick Grannan	2:44:06	Trimpell 20	20/03/2016
M70				
FSnr	Vicky McKinnon	2:16:43	Trimpell 20	2009
F35	Sharon Johnstone	2:18:51	Stafford 20	2013
F40	Sharon Johnstone	2:18:51	Stafford 20	2013
F45	Nicky Mowat	2:31:23	Trimpell 20	2011
F50	Nicky Mowat	2:31:23	Trimpell 20	2011
F55	Nicky Mowat	2:34:51	Trimpell 20	20/03/2016
F60		0:00:00		

Marathon

U23		0:00:00		
MSnr	Mike Halman	2:29:50	London	2010
M40	Rob Downs	2:33:23	London	2009
M45	Rob Downs	2:33:23	London	2009
M50	Rob Downs	2:35:37	London	2016
M55	Rob Downs	2:43:27	London	28/04/2019
M60	Andy Watts	3:10:46	London	2014
M65	Andy Watts	3:14:52	Paris	2015
M70	Mick Fairs	3:25:07	London	28/04/2019
M75		0:00:00		
FSnr	Diane McVey	2:56:39	Manchester	04/08/2019
F35	Diane McVey	2:56:39	Manchester	04/08/2019
F40	Diane McVey	2:56:39	Manchester	04/08/2019
F45	Sharon Johnstone	3:04:35	Manchester	04/07/2019
F50	Nicky Mowat	3:23:34	Manchester	2015
F55	Nicky Mowat	3:23:34	Manchester	2015
F60	Nicky Mowat	3:47:49	Brighton	14/04/2019