ROAD RUNNING in CHESHIRE ATHLETIC CLUBS

Since 2008 data on road race participation and performance by first claim members of affiliated Cheshire Clubs has been collected. Summary data for each year has been compiled which allows evaluation of trends.

Two data bases provide the detailed information for the analysis.

Data Base 1
Participation in road races is recorded for each member in each club by distance from 5km upwards, also including road relays even if the legs are sorter than 5km.
The six most frequently run distances (5km, 5 mile, 10km, 10 mile, half and full marathon) are recorded separately from intermediate distances.
This enables analysis by disatnce, by club and by time of year.

Data Base 2
In order to examine performance, ranking lists are compiled at the 6 main distances listed above. The best performance each year for each athlete is recorded and also additional performances for faster runners so that the best 150 performances for men and 100 for women are listed.

Park Runs are treated differently. Note is made of only the best performance by each participant and also recorded on the participation data base.

Using this data graphs have been produced looking at trends from 2008 to 2019.

> a) the numbers of athletes in total and at each of the 6 distances

> b) number of performances in total and at the 6 distances
>   (except for Park Runs)
> c) performance trends at each of the 6 distances showing the fastest, 10th 25th, 50th abd 100th fastest for each year. In addition supplementary information is added showing the fastest athlete each year and the total number of athletes at each distance for that year.
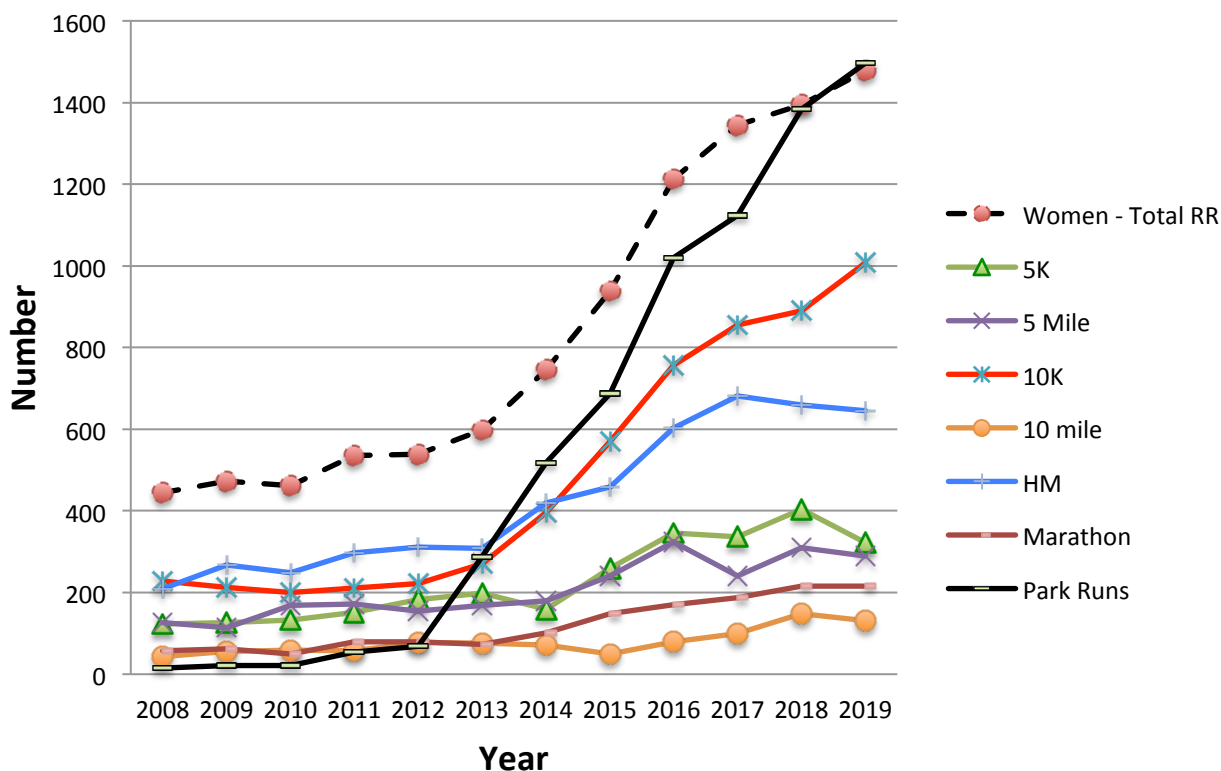
> In most cases data for males and females are shown on separate graphs.

Additional information is avilablke from the compiler : John Driscoll
            jld@sunnyfield.co.uk.

Number of Athletes - Male
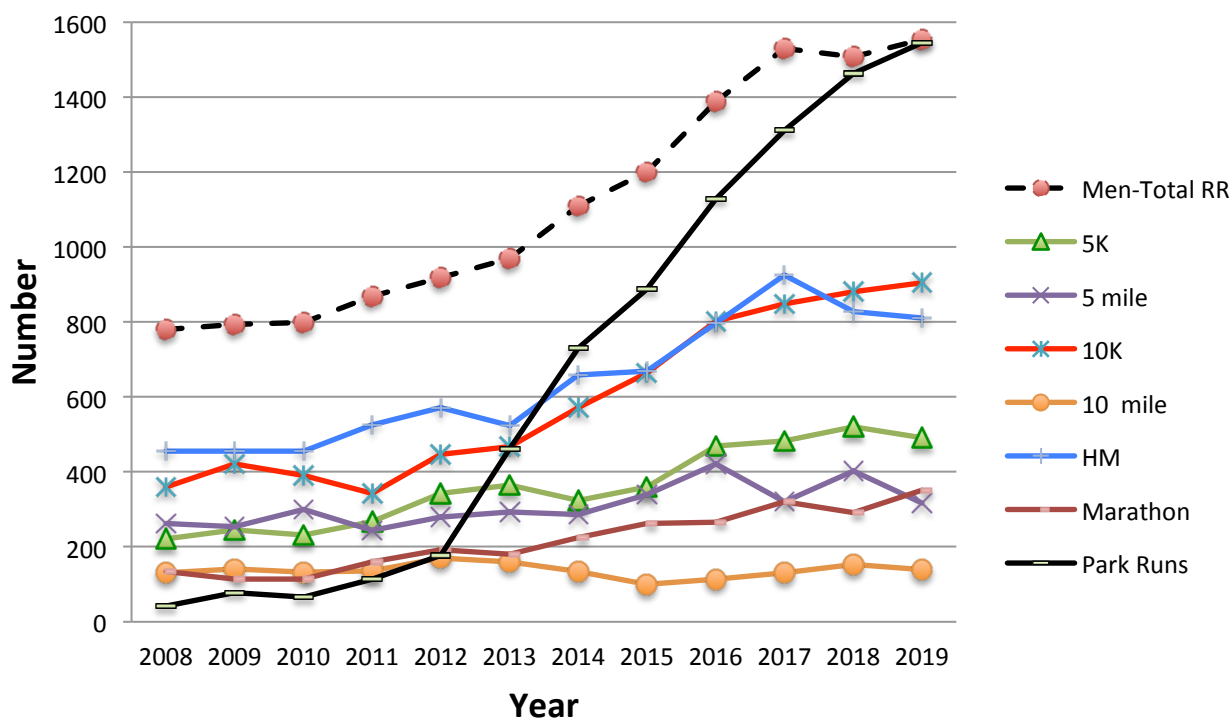
Number of Athletes - Female

Number of performances at different distances - Male

Legend: 5K, 5 mile, 10K, 10 mile, HM, Marathon
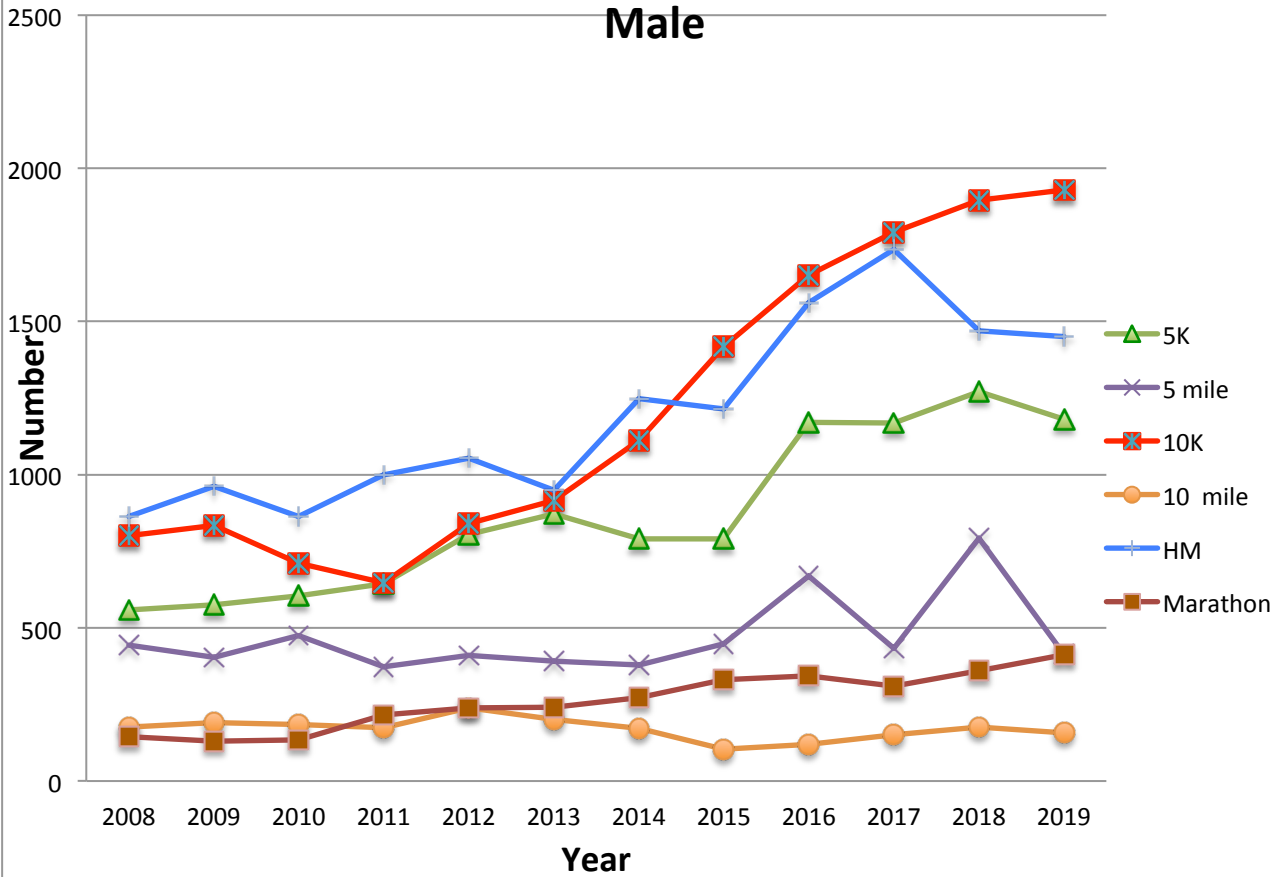
Number of performances at different distances - Female

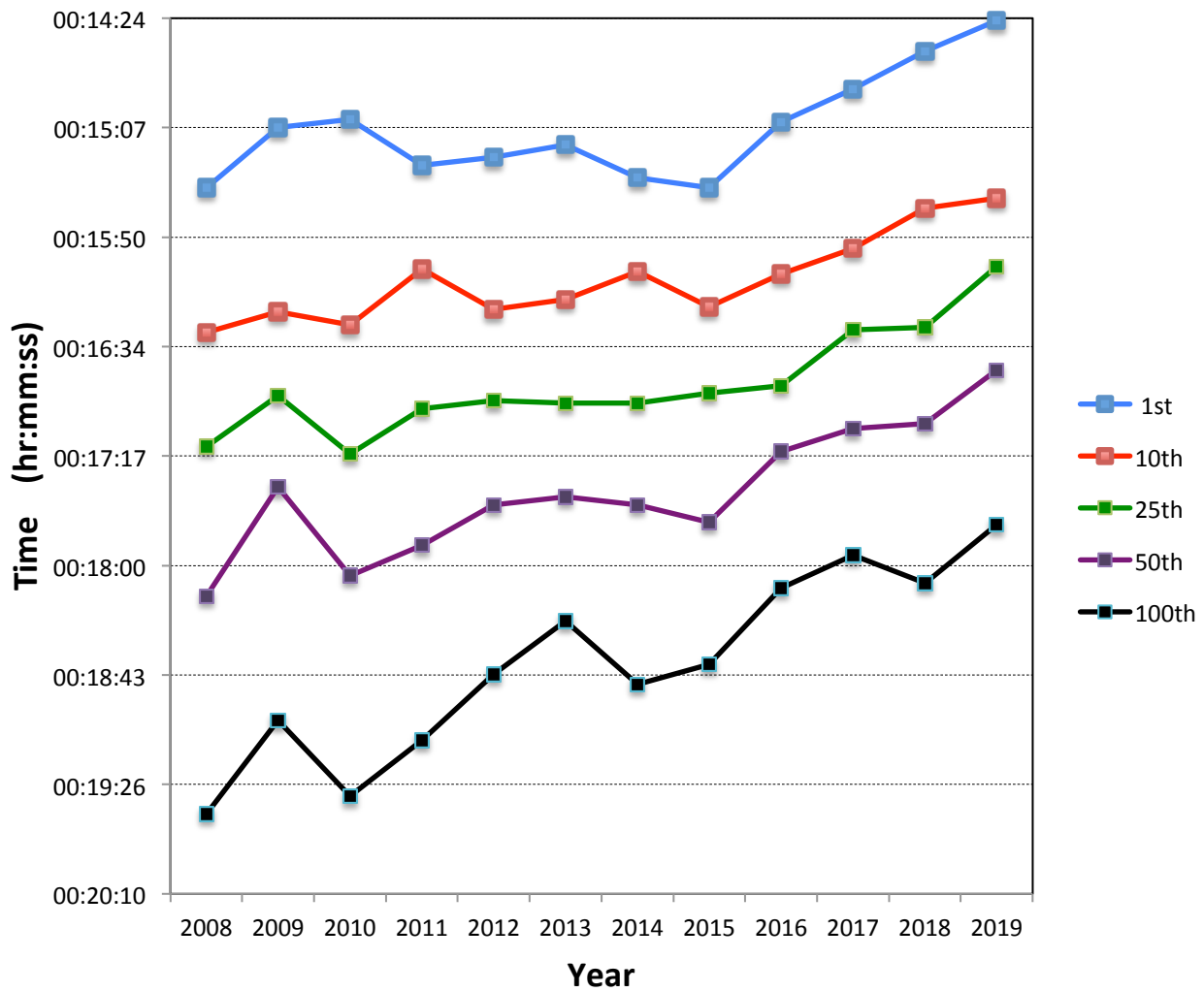Legend: 5K, 5 Mile, 10K, 10 mile, HM, Marathon
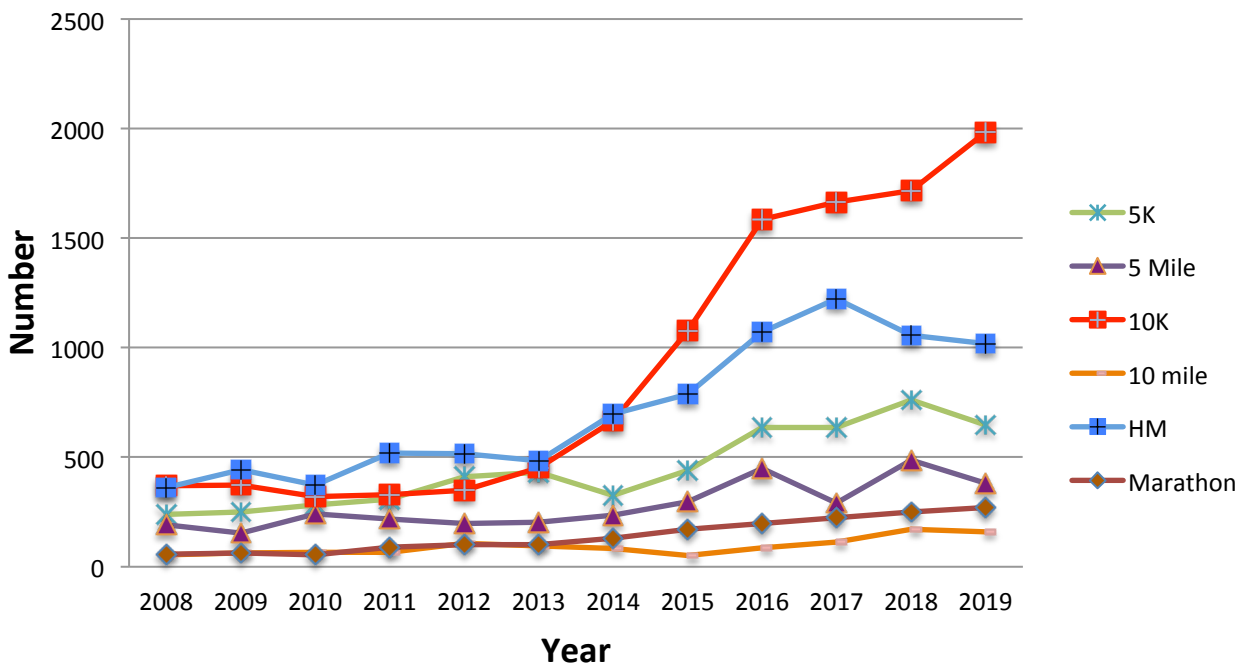
Total RR Performances - Male and Female
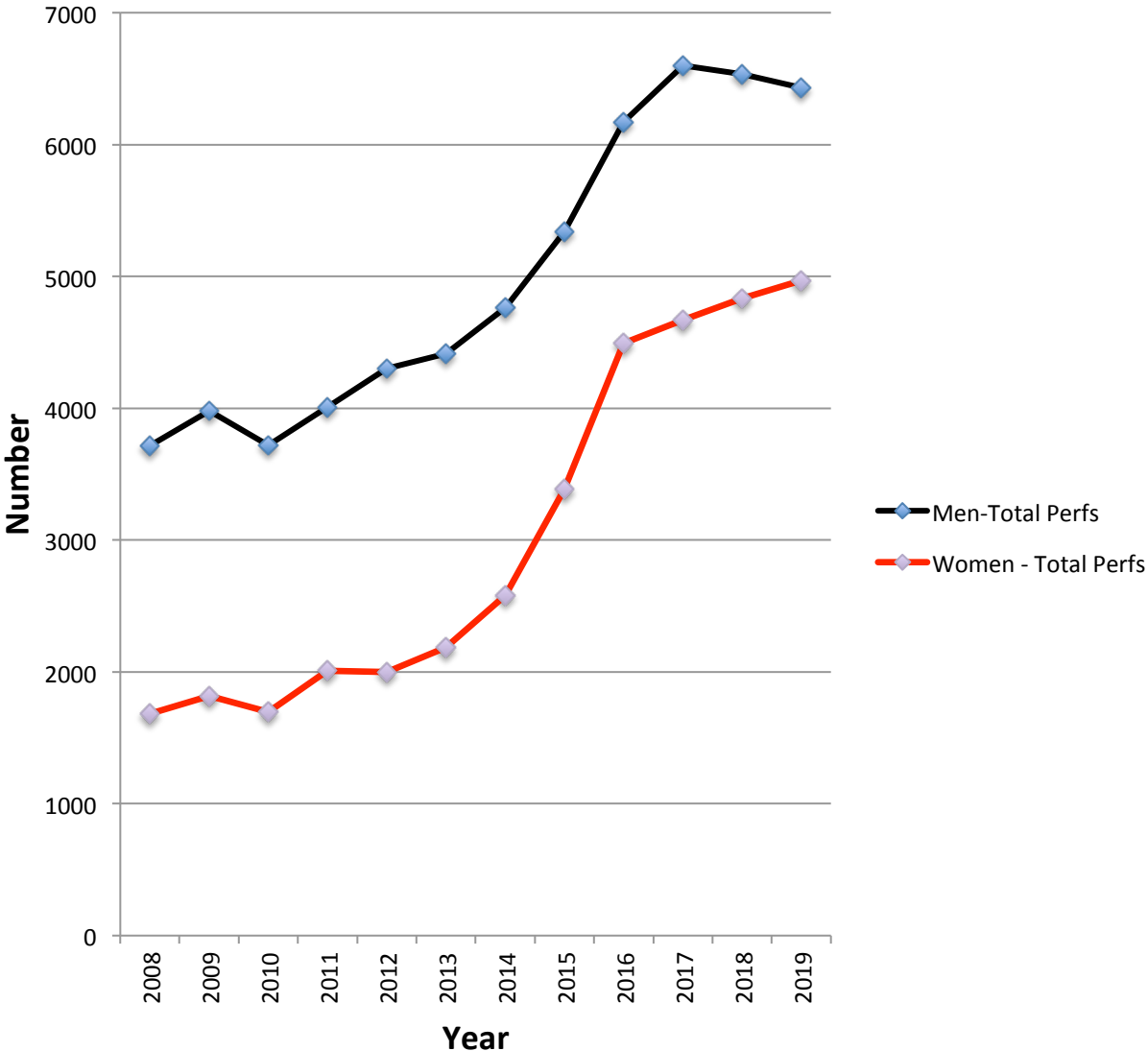
Performance Trends are on the following pages.

Performance Trends,   Men 5km

Fastest and total number of athletes at this distance

Year	Athlete	Club	Number	Note
2008	Damian Nicholls	Wilmslow RC	221	
2009	Damian Nicholls	Wilmslow RC	246	
2010	Damian Nicholls	Wilmslow RC	232	
2011	Dan Cliffe	Warrington AC	266	
2012	Liam Renton	Warrington AC	343	
2013	Mike Venard	Vale Royal AC	364	
2014	Damian Nicholls	Wilmslow RC	324	(Christleton short course)
2015	Matthew Wigglesworth	Warrington AC	359	(Christleton short course)
2016	Matthew Sheen	Vale Royal AC	489	
2017	Chris Perry	Vale Royal AC	483	
2018	Chris Perry	Vale Royal AC	520	
2019	Chris Perry	Vale Royal AC	492	

Performance Trends, Women 5km
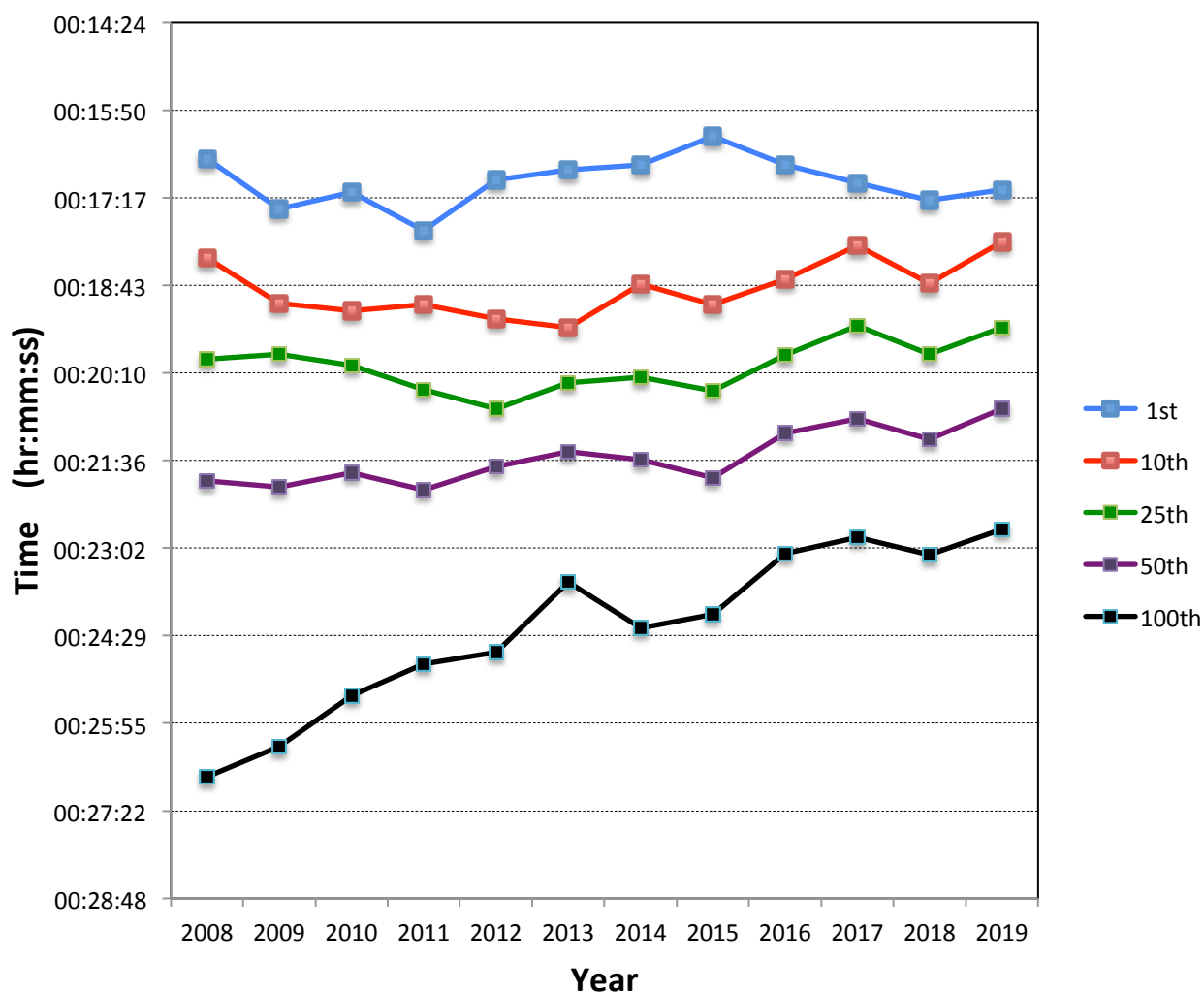
Fastest and total number of athletes at this distance

2008	Nicky Archer	Vale Royal AC	123
2009	Heather Timmins	Warrington AC	126
2010	Marilyn Kitching	Tattenhall R	133
2011	Claire Andrew	Spectrum Striders	151
2012	Katie Brough	Warrington AC	182
2013	Katie Brough	Warrington AC	199
2014	Katie Brough	Vale Royal AC	160
2015	Katie Brough	Vale Royal AC	260
2016	Amelia Pettitt	Vale Royal AC	345
2017	Holly Smith	Vale Royal AC	336
2018	Holly Smith	Vale Royal AC	404
2019	Elizabeth Renondeau	Vale Royal AC	323

Performance Trends,   Men 5 mile
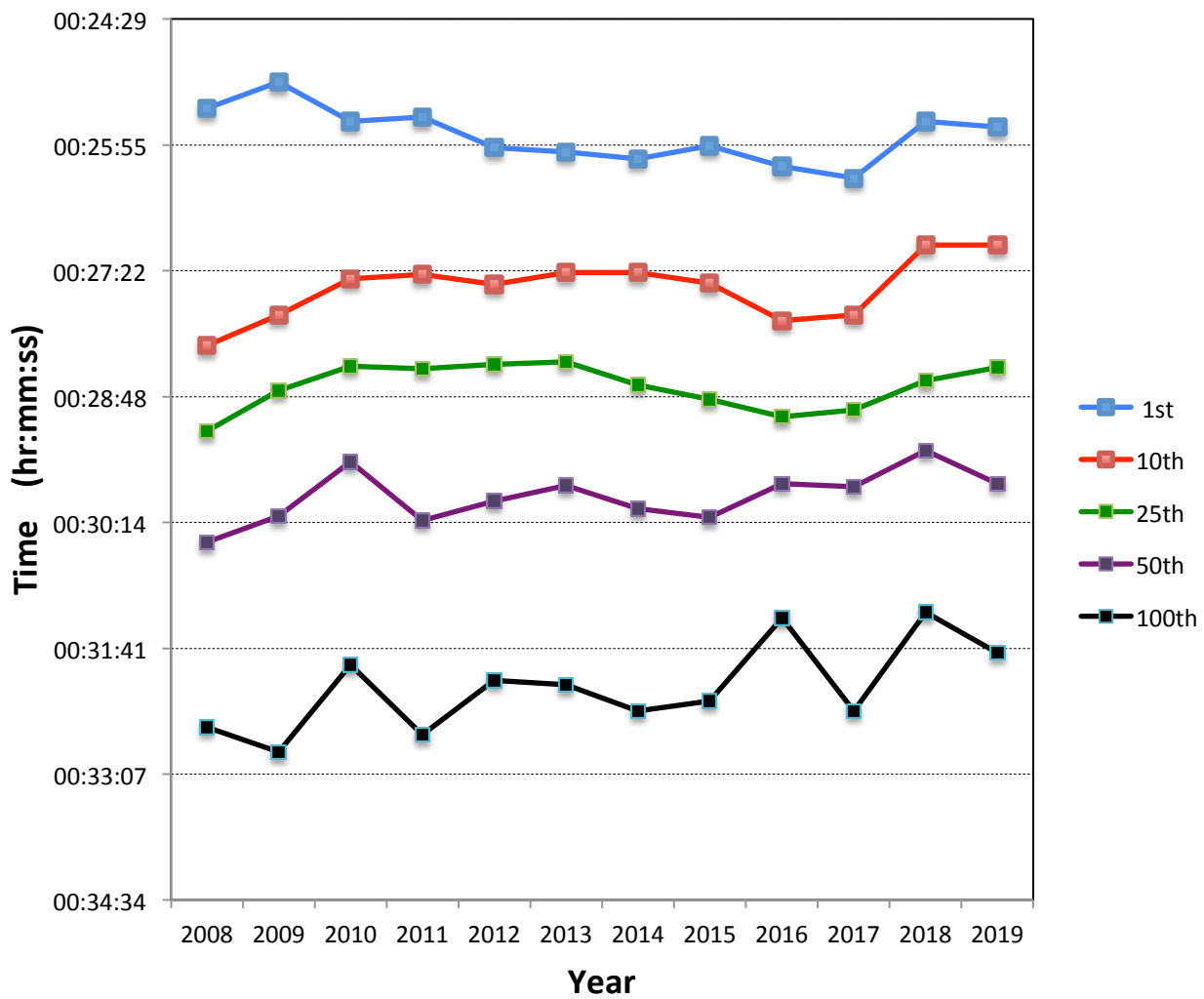
Fastest and total number of athletes at this distance

2008	Damian Nicholls	Wilmslow RC	263
2009	Dan Cliffe	Warrington AC	253
2010	Damian Nicholls	Wilmslow RC	300
2011	Damian Nicholls	Wilmslow RC	244
2012	Christian Prior	Chester Tri Club	280
2013	Damian Nicholls	Wilmslow RC	293
2014	Nick Jones	Warrington AC	286
2015	Chris Perry	Vale Royal	339
2016	Damian Nicholls	Wilmslow RC	421
2017	Matthew Sheen	Vale Royal	320
2018	Matthew Sheen	Vale Royal	402
2019	Ed Flynn	Ellesmere Port RC	317

Performance Trends, Women 5 mile

Fastest and total number of athletes at this distance

Year	Name	Club	Number
2008	Nicky Archer	Vale Royal AC	127
2009	Louisa Wood	Warrington AC	113
2010	Marilyn Kitching	Tattenhall R	168
2011	Liz Whitfield	Spectrum Striders	171
2012	Tessa McCormick	Vale Royal AC	154
2013	Diane McVey	Wilmslow RC	168
2014	Katie Brough	Vale Royal AC	180
2015	Elizabeth Renondeau	Ellesmere Port RC	240
2016	Carol Parsons	Ellesmere Port RC	324
2017	Diane McVey	Wilmslow RC	241
2018	Hannah Cowley	Helsby RC	309
2019	Hannah Cowley	Helsby RC	290

Performance Trends, Men 10K

Chart: Time (hr:mm:ss) vs Year (2008–2019) for positions 1st, 10th, 25th, 50th, 100th.

Y-axis labels: 00:30:14, 00:31:41, 00:33:07, 00:34:34, 00:36:00, 00:37:26, 00:38:53, 00:40:19

Legend: 1st, 10th, 25th, 50th, 100th

Fastest and total number of athletes at this distance
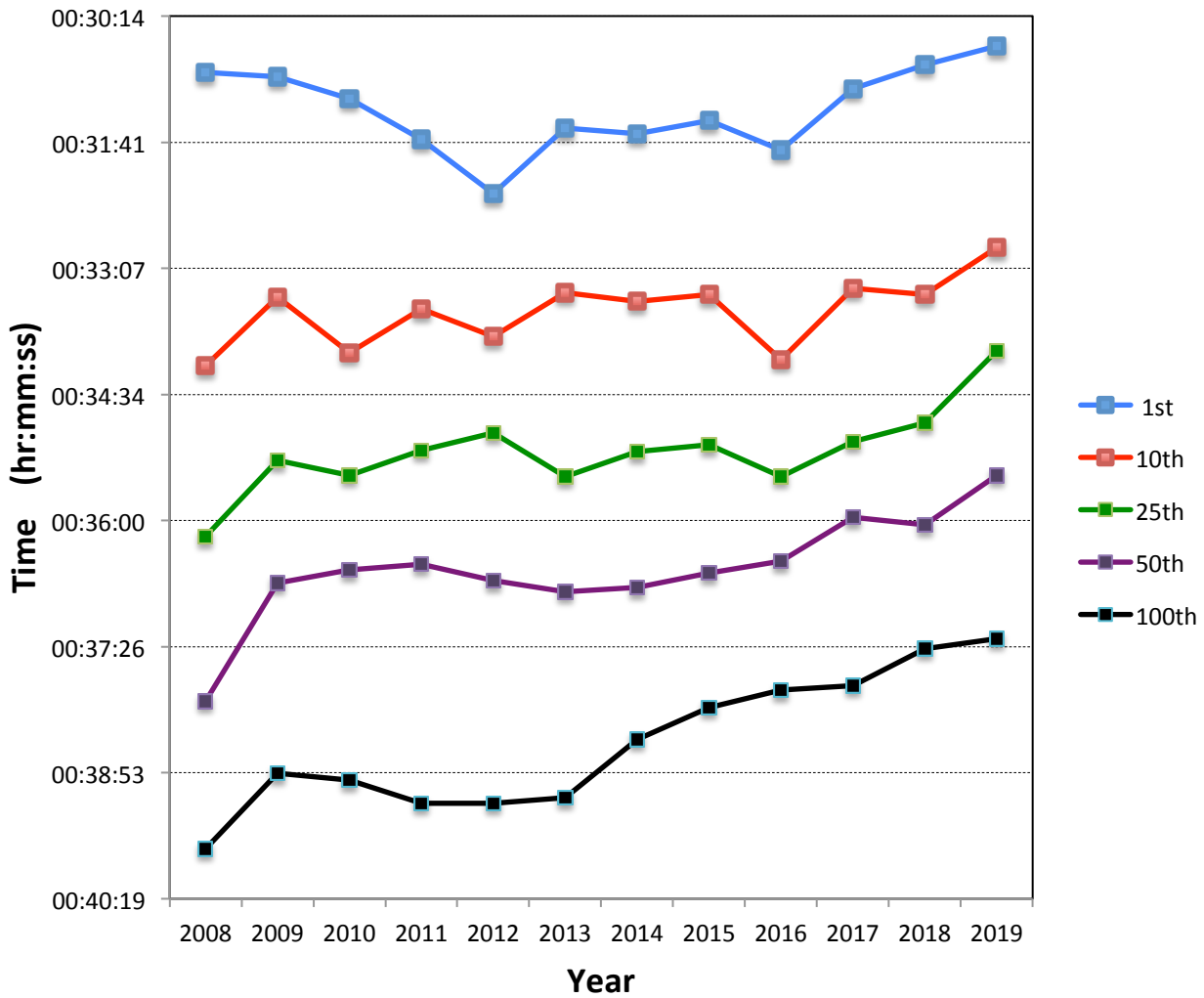
Year	Name	Club	Number
2008	Daniel Cliffe	Warrington AC	359
2009	Daniel Cliffe	Warrington AC	421
2010	Daniel Cliffe	Warrington AC	391
2011	Daniel Cliffe	Warrington AC	343
2012	Tim Pattison	Macclesfield H&AC	447
2013	Christian Prior	Chester Tri Club	468
2014	Chris Perry	Vale Royal AC	572
2015	Tom Jervis	Warrington AC	664
2016	Matthew Sheen	Vale Royal AC	803
2017	Matthew Sheen	Vale Royal AC	848
2018	Chris Perry	Vale Royal AC	881
2019	Joseph Buckley	Warrington AC	904

Performance Trends, Women 10K

Fastest and total number of athletes at this distance
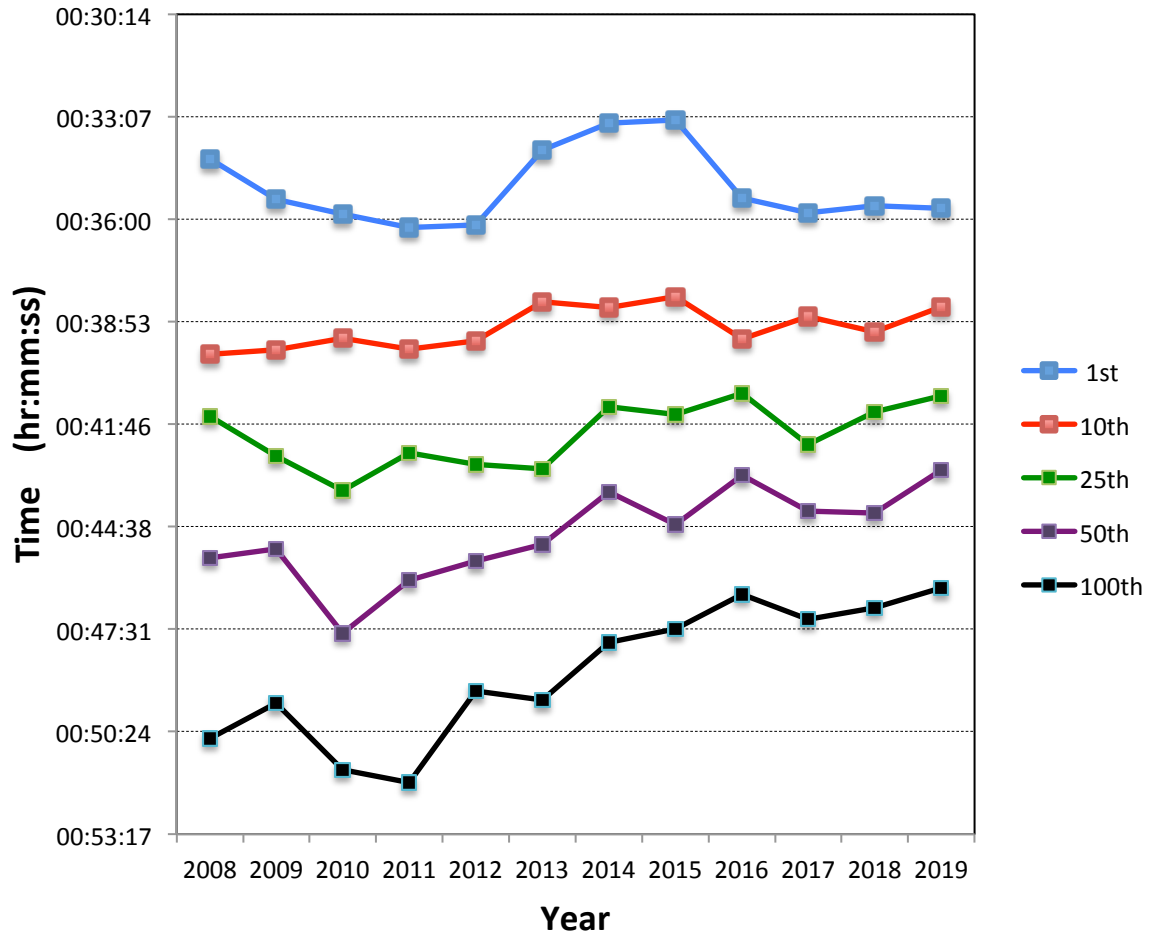
Year	Name	Club	Total
2008	Nicky Archer	Vale Royal AC	228
2009	Nicky Archer	Vale Royal AC	213
2010	Kelly Crickmore	Chester Tri Club	200
2011	Kelly Crickmore	Chester Tri Club	211
2012	Katy Brough	Warrington AC	222
2013	Katy Brough	Warrington AC	270
2014	Stevie Stockton	Vale Royal AC	398
2015	Stevie Stockton	Vale Royal AC	570
2016	Amelia Pettitt	Vale Royal AC	756
2017	Amelia Pettitt	Vale Royal AC	856
2018	Elizabeth Renondeau	Vale Royal AC	890
2019	Elizabeth Renondeau	Vale Royal AC	1007

Performance Trends, Men 10 mile

Legend:
- 1st
- 10th
- 25th
- 50th
- 100th

Fastest and total number of athletes at this distance
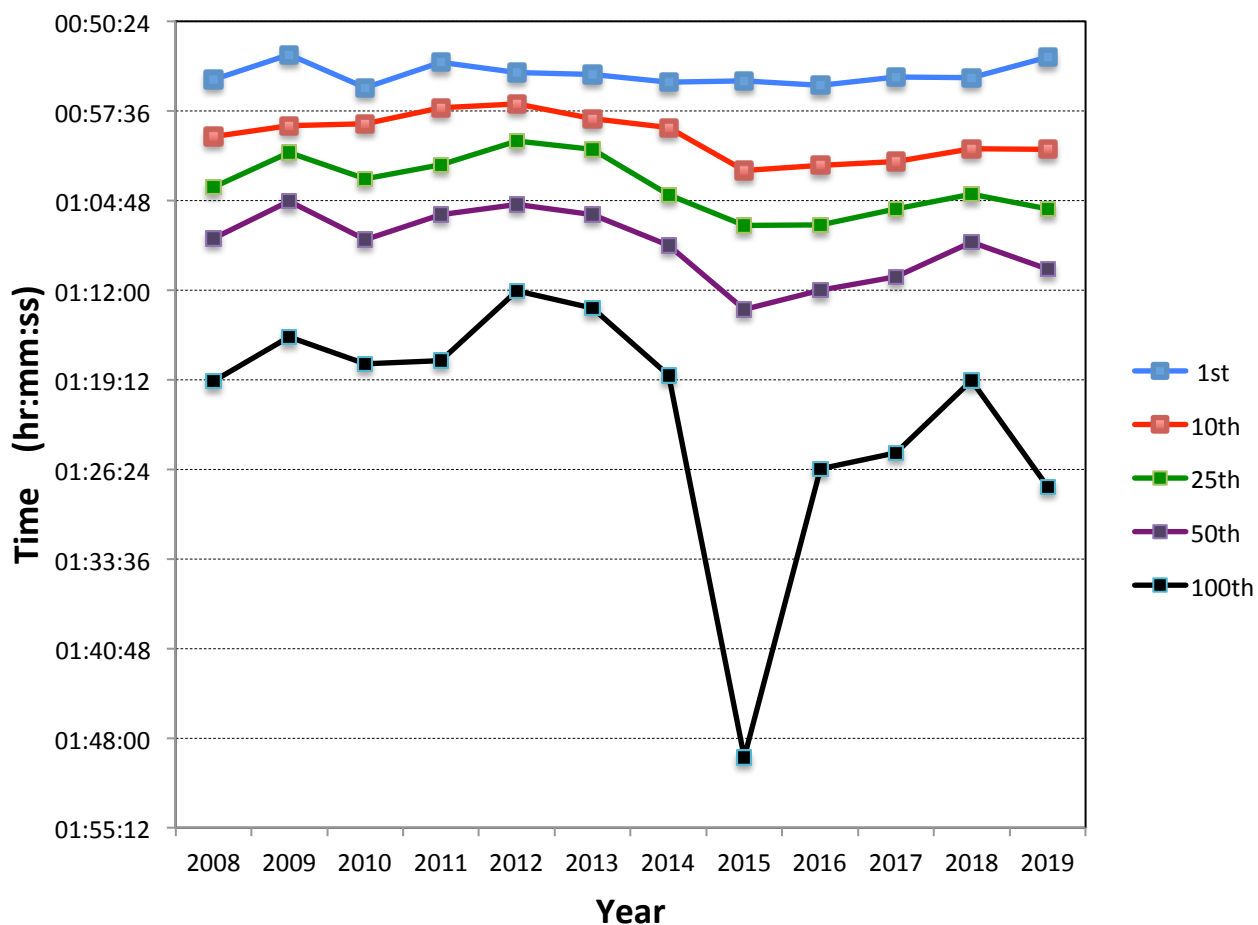
Year	Name	Club	Number
2008	Mike Halman	Wilmslow RC	131
2009	Nick Jones	Spectrum Striders	141
2010	Mike Halman	Wilmslow RC	133
2011	Christian Prior	Chester Tri	136
2012	Stuart Doyle	Vale Royal AC	170
2013	Damian Nicholls	Wilmslow RC	160
2014	Stuart Doyle	Vale Royal AC	135
2015	Clive Moulton	Boalloy RC	100
2016	Nick Jones	Warrington AC	114
2017	Clive Moulton	Boalloy RC	130
2018	Nick Jones	Warrington AC	153
2019	Chris Standidge	Vale Royal AC	140

Note

Great Warford 10 mile was held from 2008 to 2014 inclusive
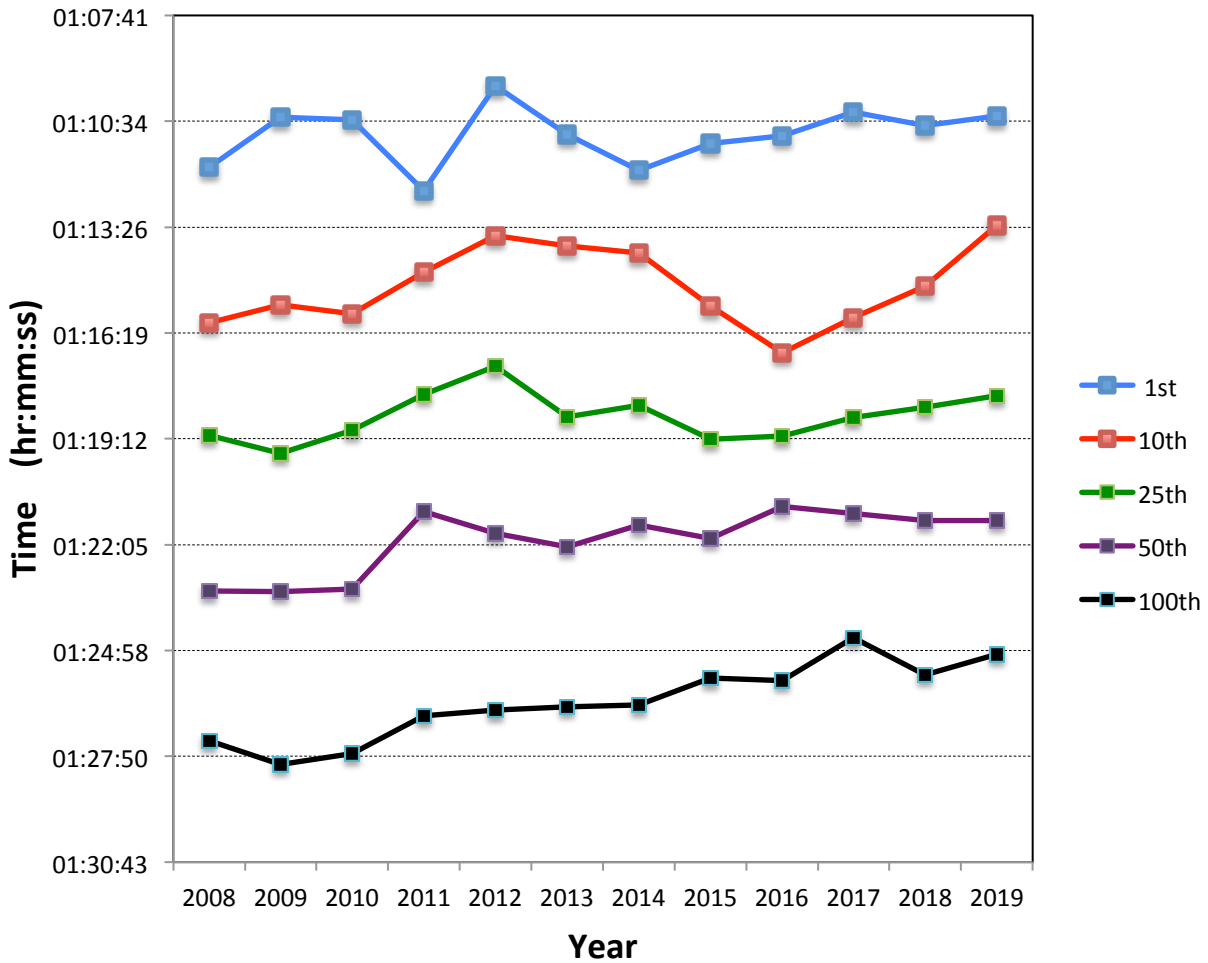
Performance Trends, Women 10 mile

Time (hr:mm:ss)

Y-axis: 00:50:24, 01:04:48, 01:19:12, 01:33:36, 01:48:00, 02:02:24, 02:16:48, 02:31:12, 02:45:36

X-axis (Year): 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019

Legend: 1st, 10th, 25th, 50th, 100th

Fastest and total number of athletes at this distance
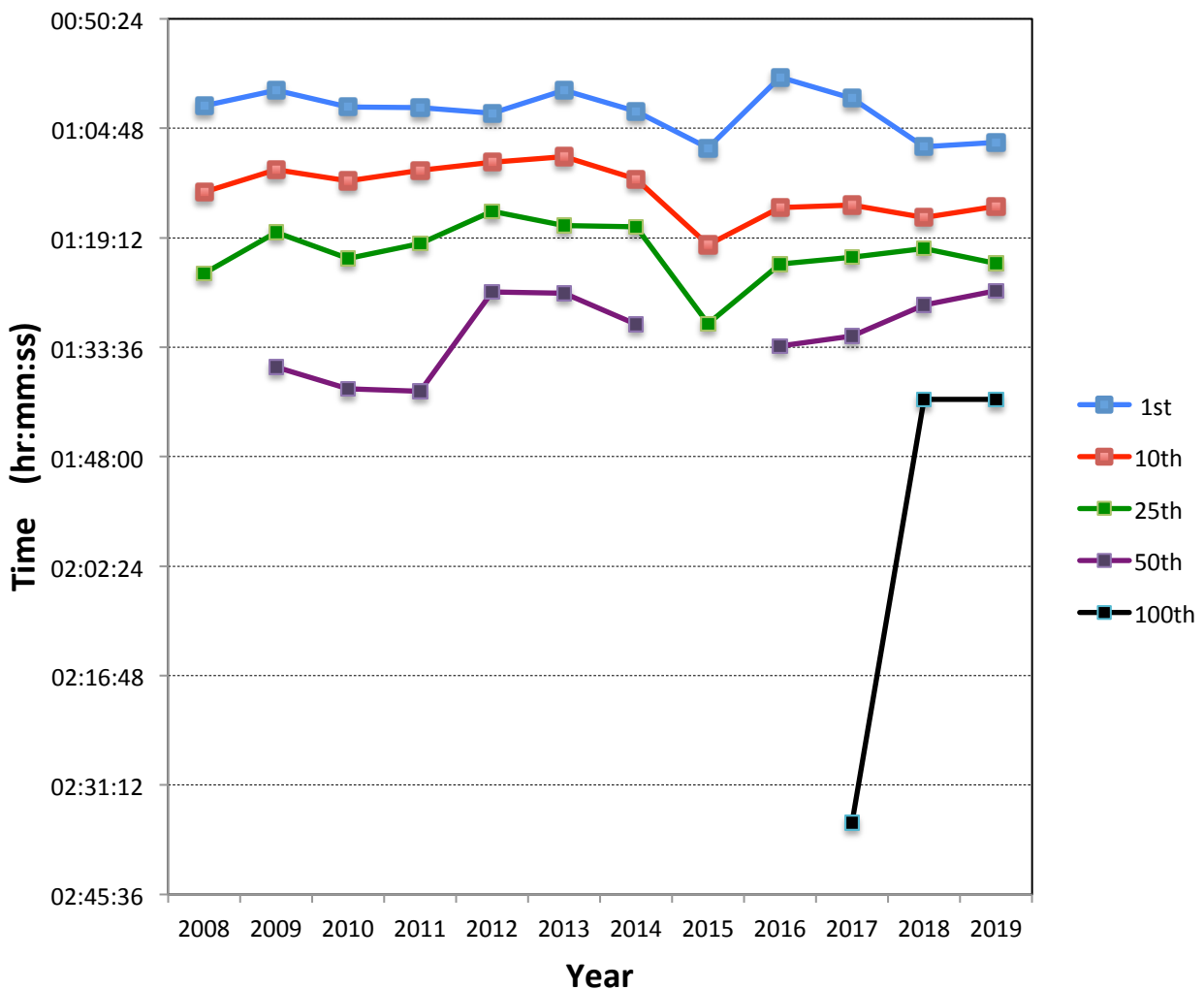
Year	Name	Club	Total
2008	Claire Andrew	Spectrum Striders	43
2009	Kelly Crickmore	Chester Tri Club	56
2010	Marilyn Kitching	Tattenhall RC	59
2011	Marilyn Kitching	Tattenhall RC	58
2012	Tracy Entwistle	Warrington Road R	78
2013	Diane McVey	Wilmslow RC	76
2014	Diane McVey	Wilmslow RC	71
2015	Kristy Gill	Macclesfield H&AC	49
2016	Amelia Pettitt	Vale Royal	80
2017	Diane McVey	Wilmslow RC	100
2018	Kristy Gill	Macclesfield H&AC	148
2019	Gemma Barnett	Vale Royal	131

Note

Great Warford 10 mile was held from 2008 to 2014 inclusive

Performance Trends, Men Half-marathon

Chart: Time (hr:mm:ss) vs Year (2008–2019)

Y-axis labels: 01:07:41, 01:10:34, 01:13:26, 01:16:19, 01:19:12, 01:22:05, 01:24:58, 01:27:50, 01:30:43

Legend: 1st, 10th, 25th, 50th, 100th

Fastest and total number of athletes at this distance

Year	Name	Club	Total
2008	Mike Halman	Wilmslow RC	456
2009	Nick Jones	Spectrum Striders	456
2010	Mike Halman	Wilmslow RC	455
2011	Andrew Lamont	Macclesfield H&AC	526
2012	Tim Pattison	Macclesfield H&AC	572
2013	Clive Moulton	Boalloy EC	524
2014	Stuart Doyle	Vale Royal AC	659
2015	Andrew Green	Warrington AC	669
2016	Clive Moulton	Boalloy EC	797
2017	Tom Jervis	Warrington AC	926
2018	Dave Bennett	Ellesmere Port RC	826
2019	Dave Bennett	Ellesmere Port RC	810

Performance Trends, Women Half-marathon

Fastest and total number of athletes at this distance
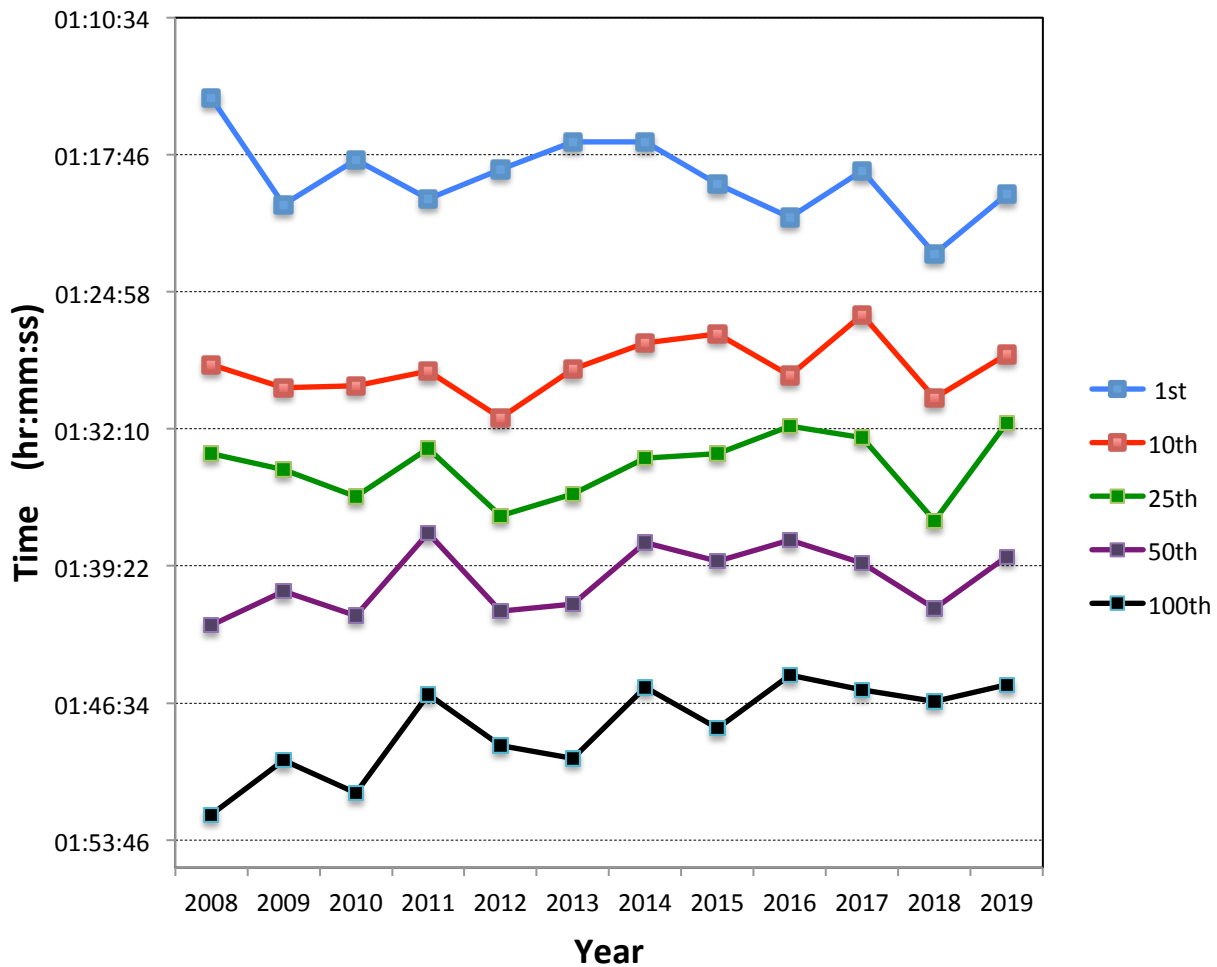
Year	Name	Club	Number
2008	Nicky Archer	Vale Royal AC	209
2009	Nicky Archer	Vale Royal AC	268
2010	Nicky Archer	Vale Royal AC	249
2011	Nicky Archer	Vale Royal AC	297
2012	Kelly Crickmore	Chester Tri Club	312
2013	Kelly Crickmore	Chester Tri Club	308
2014	Kelly Crickmore	Chester Tri Club	420
2015	Katie Brough	Vale Royal AC	458
2016	Diane McVey	Wilmslow RC	603
2017	Diane McVey	Wilmslow RC	681
2018	Diane McVey	Wilmslow RC	660
2019	Hannah Cowley	Helsby RC	645

Performance Trends, Men Marathon

Fastest and total number of athletes at this distance
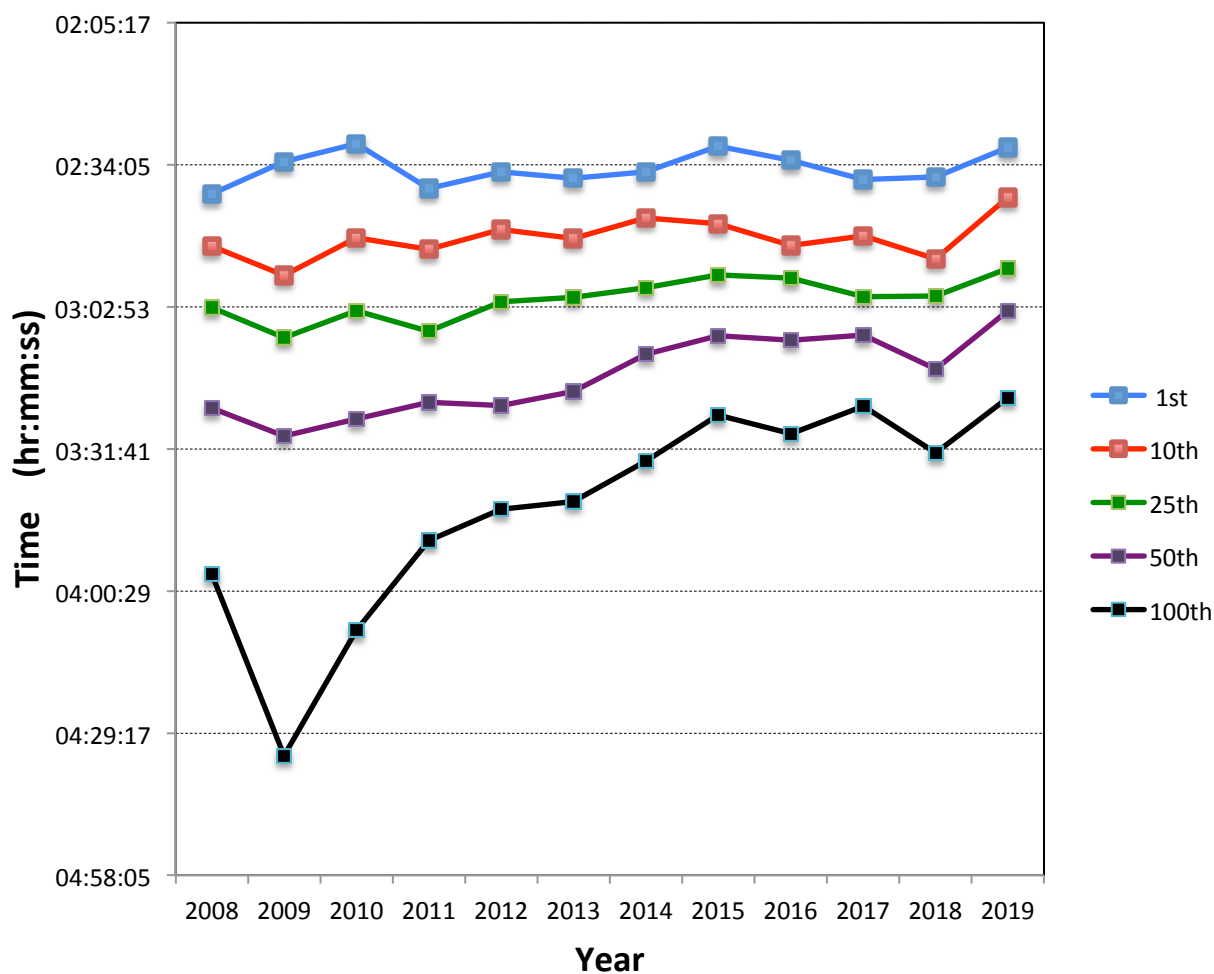
Year	Name	Club	Number
2008	Mike Hatton	South Cheshire H	134
2009	Rob Downes	Wilmslow RC	114
2010	Mike Halman	Wilmslow RC	114
2011	Rob Grantham	Ellesmere Port RC	180
2012	Rob Grantham	Ellesmere Port RC	192
2013	Rob Downes	Wilmslow RC	180
2014	Ben Green	Warrington AC	225
2015	Ben Green	Warrington AC	262
2016	Stuart Doyle	Vale Royal AC	286
2017	Rob Downes	Wilmslow RC	320
2018	Graham Green	Warrington AC	292
2019	David Morris	South Cheshire H	351

Performance Trends, Women Marathon

Legend:
- 1st
- 10th
- 25th
- 50th
- 100th

Y-axis: Time (hr:mm:ss)
X-axis: Year

Fastest and total number of athletes at this distance
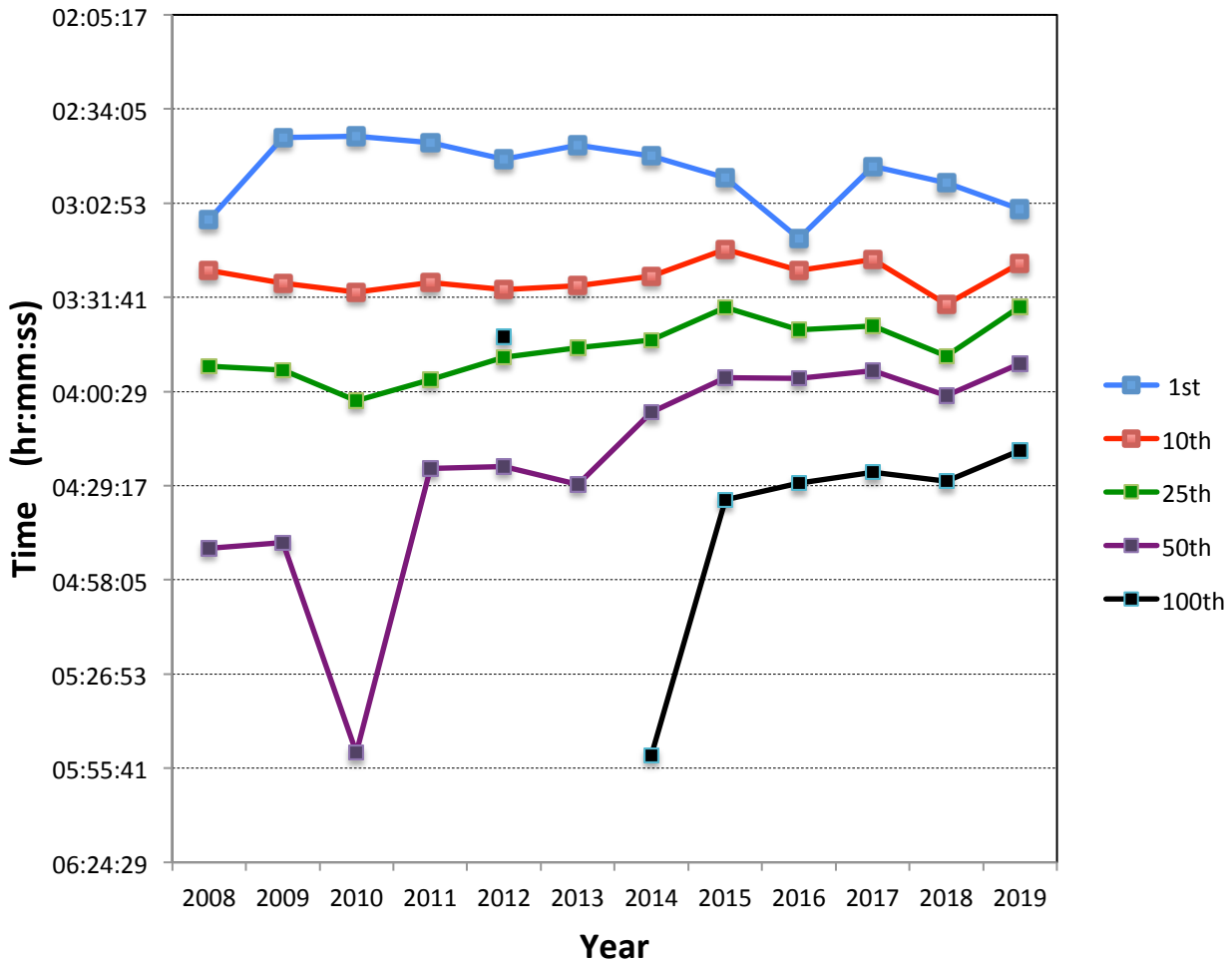
Year	Name	Club	Number
2008	Sue Hool	Wilmslow RC	57
2009	Nicky Archer	Vale Royal AC	52
2010	Nicky Archer	Vale Royal AC	49
2011	Nicky Archer	Vale Royal AC	79
2012	Kelly Crickmore	Chester Tri Club	80
2013	Kelly Crickmore	Chester Tri Club	73
2014	Kelly Crickmore	Chester Tri Club	101
2015	Sarah Murphy	Vale Royal AC	148
2016	Gemma Barnett	Vale Royal AC	170
2017	Zoe McLennan	Chester Tri Club	187
2018	Diane McVey	Wilmslow RC	215
2019	Sharon Johnstone	Wilmslow RC	220