

Liverpool Running Club Records – Men

	NAME	TIME	VENUE	DATE
5K				
U20	Jack Atkins	18.15	Liverpool	4th September 2011
OPEN	Paul Sankey	15.41	Manchester Sizzler 5k	6th August 2009
V40	Paul Sankey	16.01	Wavertree Mystery	3rd August 2010
V45	Jimmy Price	16.51	Croxteth Park	26th August 1999
V50	Robert Frodsham	16.53	Wavertree	17th July 2002
V55	Robert Frodsham	17.16	Croxteth Park	28th June 2006
V60	Stan Fitzpatrick	18.4	Croxteth Park	22nd August 2000
V65	Joe Maxwell	23.08	Croxteth Park	26th August 1999
V70	Joe Maxwell	25.12	Croxteth Park	26th June 2002
4 Mile				
U20	Derek Broadfoot	45.29	Haigh Hall, Wigan	8th June 2011
OPEN	Paul Sankey	20.45	Southport	29th March 2002
V40	Paul Sankey	21.00	Southport	10th April 2009
V45	Maurice Collins	22.36	Southport	10th April 2009
V50	Philip Bailey	22.25	Southport	29th March 2002
V55	Chris Slavin	24.27	Walton Park	2nd December 2001
V60	Frank Green	28.47	Southport	1st April 2007
V65	Joe Maxwell	30.49	Walton Park	3rd December 2000
V70	N/A	N/A	N/A	N/A
5 Mile				
U20	Sean Hassall	28.16	Walton Park	27th May 2003
OPEN	Paul Sankey	26.01	Halton 5	12th April 2009
V40	Paul Sankey	26.24	Sefton Park	21st July 2010
V45	Tony Wilcox	28.03	Walton Park	18th May 2010
V50	Robert Frodsham	27.45	Sefton Park	24th July 2002
V55	Robert Frodsham	28.44	Birkenhead	7th June 2006
V60	Stan Fitzpatrick	30.44	Southport	1st October 2000
V65	Joe Maxwell	36.42	Sefton Park	22nd July 1998
V70	Joe Maxwell	40.48	Sefton Park	24th July 2002
10K				
U20	Jack Atkins	39.22	Speke Hall	2nd October 2011
OPEN	Paul Sankey	32.32	Chester Zoo	28th October 2001
V40	Paul Sankey	33.09	Trafford	13th March 2011
V45	Jimmy Price	34.26	Southport	2nd April 1999
V50	Robert Frodsham	34.35	Penny Lane	21st July 2002
V55	Robert Frodsham	35.55	Partington	10th September 2006
V60	Stan Fitzpatrick	37.36	Croxteth Park	29th April? 2001
V65	Joe Maxwell	45.02	Southport	2nd April 1999
V70	Joe Maxwell	51.02	Liverpool	13th October 2002

15K

U20	Derek Broadfoot	1.41.10	Southport	2nd May 2011
OPEN	Paul Sankey	52.08	Southport	7th May 2002
V40	Maurice Collins	53.4	Southport	5th May 2003
V45	Bill Fairclough	55.31	Southport	1st May 2000
V50	Philip Bailey	57.44	Southport	5th May 2003
V55	Chris Slavin	59.26	Southport	7th May 2002
V60	Chris Slavin	59.32	Southport	2nd May 2005
V65	Tom O'Connor	1.23.10	Southport	2nd May 2005
V70	N/A	N/A	N/A	N/A

10 Mile

U20	Steven Troake	1.15.50	Llandudno	12th November 2000
OPEN	Paul Sankey	53.10	Sale	1 August 2010
V40	Paul Sankey	53.10	Sale	1st August 2010
V45	Jimmy Price	56.25	Leyland	1st November 1998
V50	Robert Frodsham	57.37	Llandudno	10th November 2002
V55	Philip Bailey	59.08	Llandudno	13th November 2005
V60	Stan Fitzpatrick	1.01.03	Llandudno	12th November 2000
V65	Joe Maxwell	1.12.57	Llandudno	1st November 1998
V70	N/A	N/A	N/A	N/A

Half Marathon

U20	N/A	N/A	N/A	N/A
OPEN	Maurice Collins	1.09.37	Chester	17th May 1998
V40	Paul Sankey	1.12.28	Lake Vyrnwy	12th September 2010
V45	David McKenna	1.14.59	Freckleton	22nd June 1997
V50	Robert Frodsham	1.16.58	Liverpool	1st September 2002
V55	Robert Frodsham	1.19.41	Helsby	21st January 2007
V60	Stan Fitzpatrick	1.22.01	Lake Vyrnwy	17th September 2000
V65	John Newbury	2.13.40	Carlisle	30th September 2001
V70	N/A	N/A	N/A	N/A

20 Mile

U20	N/A	N/A	N/A	N/A
OPEN	Colin Potts	1.53.13	Morecambe	2nd March 2008
V40	Stephen Price	2.22.14	Trimpell	21st March 2004
V45	Dave Edwards	2.09.40	Halewood	28th August 2011
V50	Jimmy Price	2.17.30	Trimpell	21st March 2004
V55	William Willmitt	2.14.47	Trimpell	21st March 2004
V60	N/A	N/A	N/A	N/A
V65	N/A	N/A	N/A	N/A
V70	N/A	N/A	N/A	N/A

Marathon

U20	N/A	N/A	N/A	N/A
OPEN	Colin Potts	2.32.35	London	13th April 2008
V40	Paul Sankey	2.37.30	London	17th April 2011
V45	Jimmy Price	2.48.59	London	22nd April 2001
V50	John Bebbington	2.53.38	Manchester	23rd September 2001
V55	Stan Fitzpatrick	2.56.22	Manchester	11th October 1998
V60	Frank Hughes	3.19.36	London	13th April 2008
V65	N/A	N/A	N/A	N/A
V70	N/A	N/A	N/A	N/A