

**South Cheshire Harriers**  
**Men's Best Times : 2009**

Name	Event	Date	Time
<b>5K</b>			
<b>Junior Men</b>			
Liam Wilkinson	Lymm 5k	20 Jun 2009	00:17:27
<b>Senior Men</b>			
Richard Baker	Lymm 5k	20 Jun 2009	00:17:27
Pete Marquis-Jones	Lymm 5k	20 Jun 2009	00:17:28
Pat Hudson	Lymm 5k	20 Jun 2009	00:17:37
Pat Hudson	Longton city parks 5k	12 May 2009	00:17:52
James Simpson	Lymm 5k	20 Jun 2009	00:18:47
<b>V40</b>			
Neil Jones	Longton city parks 5k	12 May 2009	00:18:05
Neil Jones	Lymm 5k	20 Jun 2009	00:18:18
<b>V45</b>			
Mike Hatton	Lymm 5k	20 Jun 2009	00:17:15
Alasdair Dyde	Lymm 5k	20 Jun 2009	00:20:21
Philip Cliff	Longton city parks 5k	12 May 2009	00:21:15
<b>V50</b>			
Andy Godfrey	Longton city parks 5k	12 May 2009	00:21:17
<b>V55</b>			
Melvyn Cole	Lymm 5k	20 Jun 2009	00:20:46
<b>4 Miles</b>			
<b>U17 Boys</b>			
Russell Gibbons	Cheadle 4	12 Jul 2009	00:26:48
<b>Senior Men</b>			
Pete Marquis-Jones	Cheadle 4	12 Jul 2009	00:23:37
Pat Hudson	Cheadle 4	12 Jul 2009	00:23:42
James Simpson	Cheadle 4	12 Jul 2009	00:25:12
Robert Rowlands	Cheadle 4	12 Jul 2009	00:28:06
<b>V40</b>			
Neil Jones	Cheadle 4	12 Jul 2009	00:23:47
Andy Mayers	Cheadle 4	12 Jul 2009	00:25:32
Charles Rowlands	Cheadle 4	12 Jul 2009	00:26:50
Robert Cummings	Cheadle 4	12 Jul 2009	00:27:19
<b>V45</b>			
Mike Hatton	Cheadle 4	12 Jul 2009	00:22:53
Alasdair Dyde	Cheadle 4	12 Jul 2009	00:27:57
Robert Mayers	Cheadle 4	12 Jul 2009	00:28:41
Philip Cliff	Cheadle 4	12 Jul 2009	00:29:26
<b>V50</b>			
Ivor Twiss	Cheadle 4	12 Jul 2009	00:25:22
Michael Cutler	Cheadle 4	12 Jul 2009	00:33:42
<b>V55</b>			
Melvyn Cole	Cheadle 4	12 Jul 2009	00:28:36
Martin Stirna	Cheadle 4	12 Jul 2009	00:31:45
<b>5 Miles</b>			
<b>U17 Boys</b>			
Russell Gibbons	Chester Spring 5	08 Apr 2009	00:31:31
Russell Gibbon	Alsager 5	01 Feb 2009	00:32:09
Daniel Allcock	Pie n Peas	05 Aug 2009	00:36:14
<b>Senior Men</b>			
Richard Baker	Chester Spring 5	08 Apr 2009	00:29:01
Richard Baker	Alsager 5	01 Feb 2009	00:29:02
Pat Hudson	Chester Spring 5	08 Apr 2009	00:29:22
Pete Marquis-Jones	Staffs Knot 5	12 Aug 2009	00:29:30
Pete Marquis-Jones	Alsager 5	01 Feb 2009	00:29:52
<b>V40</b>			
Neil Jones	Chester Spring 5	08 Apr 2009	00:28:40
Neil Jones	Alsager 5	01 Feb 2009	00:29:25
Neil Jones	Staffs Knot 5	12 Aug 2009	00:29:41
Andy Mayers	Chester Spring 5	08 Apr 2009	00:30:35
Nick Dunning	Staffs Knot 5	12 Aug 2009	00:31:15
<b>V45</b>			
Mike Hatton	Alsager 5	01 Feb 2009	00:27:52
Alasdair Dyde	Chester Spring 5	08 Apr 2009	00:34:46
Robert Mayers	Chester Spring 5	08 Apr 2009	00:35:39
Philip Cliff	Staffs Knot 5	12 Aug 2009	00:36:31
Robert Mayers	Alsager 5	01 Feb 2009	00:36:43
<b>V50</b>			
Ivor Twiss	Alsager 5	01 Feb 2009	00:30:51
Ivor Twiss	Chester Spring 5	08 Apr 2009	00:31:22
Ivor Twiss	Staffs Knot 5	12 Aug 2009	00:31:58
Ivor Twiss	Pie n Peas	05 Aug 2009	00:32:47
Michael Cutler	Alsager 5	01 Feb 2009	00:35:12
<b>V55</b>			
Melvyn Cole	Alsager 5	01 Feb 2009	00:33:23
Melvyn Cole	Chester Spring 5	08 Apr 2009	00:33:37
Martin Stirna	Chester Spring 5	08 Apr 2009	00:36:47
Martin Stirna	Alsager 5	01 Feb 2009	00:37:46
Philip Cooper	Alsager 5	01 Feb 2009	00:37:50
<b>V60 (+)</b>			
Colin Earp	Alsager 5	01 Feb 2009	00:38:30
<b>10K</b>			
<b>U17 Boys</b>			
Russell Gibbons	Helena Tipping	06 Dec 2009	00:39:32
Daniel Allcock	Helena Tipping	06 Dec 2009	00:41:08
Daniel Allcock	Cheddleton Pudding Run	28 Nov 2009	00:42:11
Russell Gibbons	Birchwood 10k	23 Aug 2009	00:42:35
Daniel Allcock	Birchwood 10k	23 Aug 2009	00:43:37
<b>Senior Men</b>			
Gareth Carless	Sutton Six	20 Sep 2009	00:36:06
Pete Marquis-Jones	Stone St Michaels 10k	21 Jun 2009	00:36:19
Pete Marquis-Jones	Clayton 10k	06 May 2009	00:36:45
Pat Hudson	Stone St Michaels 10k	21 Jun 2009	00:36:55
Pat Hudson	Sutton Six	20 Sep 2009	00:37:06
<b>V40</b>			
Neil Jones	Stone St Michaels 10k	21 Jun 2009	00:36:24
Neil Jones	Birchwood 10k	23 Aug 2009	00:36:35
Neil Jones	Sutton Six	20 Sep 2009	00:36:39
Neil Jones	Helena Tipping	06 Dec 2009	00:36:58
Neil Jones	Sandbach Super Six	13 Sep 2009	00:37:04
<b>V45</b>			
Mike Hatton	Sutton Six	20 Sep 2009	00:35:07
Mike Hatton	Stone St Michaels 10k	21 Jun 2009	00:35:44
Stephen Dawson	Stone St Michaels 10k	21 Jun 2009	00:39:56
Alasdair Dyde	Stone St Michaels 10k	21 Jun 2009	00:42:28
Alasdair Dyde	Sutton Six	20 Sep 2009	00:44:08
<b>V50</b>			
Ivor Twiss	Helena Tipping	06 Dec 2009	00:37:52
Ivor Twiss	Sutton Six	20 Sep 2009	00:38:45
Ivor Twiss	Stone St Michaels 10k	21 Jun 2009	00:38:50
Ivor Twiss	Cheddleton Pudding Run	28 Nov 2009	00:39:02
Ivor Twiss	Birchwood 10k	23 Aug 2009	00:39:14
<b>V55</b>			
Melvyn Cole	Sutton Six	20 Sep 2009	00:42:17
Melvyn Cole	Sandbach Super Six	13 Sep 2009	00:42:38
Melvyn Cole	Cheddleton Pudding Run	28 Nov 2009	00:43:01
Melvyn Cole	Stone St Michaels 10k	21 Jun 2009	00:43:06
Melvyn Cole	Helena Tipping	06 Dec 2009	00:43:29
<b>V60 (+)</b>			
Colin Earp	Sandbach Super Six	13 Sep 2009	00:49:21
Colin Wynne	Cheddleton Pudding Run	28 Nov 2009	01:02:16
<b>7 Miles</b>			
<b>Senior Men</b>			
James Simpson	Newcastle7	19 Apr 2009	00:44:34
Charles Rowlands	Newcastle7	19 Apr 2009	00:46:19
Pat Hudson	Newcastle7	19 Apr 2009	00:47:43
Peter Cooper	Newcastle7	19 Apr 2009	00:49:32
<b>V40</b>			
Neil Jones	Newcastle7	19 Apr 2009	00:41:38
Nick Dunning	Newcastle7	19 Apr 2009	00:44:44
Robert Cummings	Newcastle7	19 Apr 2009	00:49:12
<b>V45</b>			
Alasdair Dyde	Newcastle7	19 Apr 2009	00:51:05
Philip Cliff	Newcastle7	19 Apr 2009	00:52:36
Mick Tobin	Newcastle7	19 Apr 2009	00:54:27
<b>V50</b>			
Ivor Twiss	Newcastle7	19 Apr 2009	00:44:57
<b>V55</b>			
Melvyn Cole	Newcastle7	19 Apr 2009	00:47:56
Philip Cooper	Newcastle7	19 Apr 2009	00:54:01
Martin Stirna	Newcastle7	19 Apr 2009	00:54:06
<b>V60 (+)</b>			
Colin Earp	Newcastle7	19 Apr 2009	00:54:58
<b>10 Miles</b>			
<b>Senior Men</b>			
Pete Marquis-Jones	Trentham 10 miler	19 Jul 2009	00:59:44
Pete Marquis-Jones	Great Warford 10	16 Aug 2009	01:01:25
Peter Mallison	Trentham 10 miler	19 Jul 2009	01:02:50
Pat Hudson	Trentham 10 miler	19 Jul 2009	01:03:03
James Simpson	Great Warford 10	16 Aug 2009	01:04:18
<b>V40</b>			
Neil Jones	Great Warford 10	16 Aug 2009	00:59:54
Neil Jones	Trentham 10 miler	19 Jul 2009	01:02:16
Nick Dunning	Trentham 10 miler	19 Jul 2009	01:05:35
Andy Mayers	Trentham 10 miler	19 Jul 2009	01:07:05
Andy Mayers	Flying Fox 10	01 Nov 2009	01:09:28
<b>V45</b>			
Mike Hatton	Trentham 10 miler	19 Jul 2009	00:59:02
Stephen Dawson	Trentham 10 miler	19 Jul 2009	01:08:13
Alasdair Dyde	Trentham 10 miler	19 Jul 2009	01:14:34
Robert Mayers	Trentham 10 miler	19 Jul 2009	01:16:48
Philip Cliff	Great Warford 10	16 Aug 2009	01:18:41
<b>V50</b>			
Ivor Twiss	Great Warford 10	16 Aug 2009	01:05:40
Ivor Twiss	Flying Fox 10	01 Nov 2009	01:07:35
Michael Cutler	Great Warford 10	16 Aug 2009	01:17:41
Michael Cutler	Flying Fox 10	01 Nov 2009	01:18:31
<b>V55</b>			
Martin Stirna	Great Warford 10	16 Aug 2009	01:17:30
Martin Stirna	Trentham 10 miler	19 Jul 2009	01:22:06
Martin Stirna	Flying Fox 10	01 Nov 2009	01:22:38
<b>Half Marathon</b>			
<b>Senior Men</b>			
Pete Marquis-Jones	Potters 'Arf	14 Jun 2009	01:19:30
Pat Hudson	Village Bakeries 1/2 Mthn	15 Feb 2009	01:21:47
Richard Baker	4 villages half Mthn	18 Jan 2009	01:22:11
Pete Marquis-Jones	Congleton Half Marathon	11 Oct 2009	01:22:58
Pete Marquis-Jones	4 villages half Mthn	18 Jan 2009	01:23:47
<b>V40</b>			
Neil Jones	Village Bakeries 1/2 Mthn	15 Feb 2009	01:18:50
Neil Jones	Stafford half marathon	15 Mar 2009	01:20:28
Colin Simpson	4 villages half Mthn	18 Jan 2009	01:24:08
Neil Jones	Potters 'Arf	14 Jun 2009	01:24:31
Nick Dunning	Congleton Half Marathon	11 Oct 2009	01:24:32
<b>V45</b>			
Mike Hatton	Village Bakeries 1/2 Mthn	15 Feb 2009	01:15:31
Mike Hatton	4 villages half Mthn	18 Jan 2009	01:16:10
Mike Hatton	Stafford half marathon	15 Mar 2009	01:17:22
Mike Hatton	Congleton Half Marathon	11 Oct 2009	01:18:57
Mike Hatton	Potters 'Arf	14 Jun 2009	01:21:14
<b>V50</b>			
Ivor Twiss	Congleton Half Marathon	11 Oct 2009	01:24:52
Ivor Twiss	Village Bakeries 1/2 Mthn	15 Feb 2009	01:24:55
Ivor Twiss	Stafford half marathon	15 Mar 2009	01:29:03
David McGrath	Village Bakeries 1/2 Mthn	15 Feb 2009	01:31:51
David McGrath	Stafford half marathon	15 Mar 2009	01:32:28
<b>V55</b>			
Melvyn Cole	Congleton Half Marathon	11 Oct 2009	01:32:26
Melvyn Cole	Village Bakeries 1/2 Mthn	15 Feb 2009	01:33:45
Melvyn Cole	4 villages half Mthn	18 Jan 2009	01:36:56
Martin Stirna	Stafford half marathon	15 Mar 2009	01:44:05
Martin Stirna	Congleton Half Marathon	11 Oct 2009	01:46:33
<b>V60 (+)</b>			
Colin Earp	Stafford half marathon	15 Mar 2009	01:49:13
Colin Earp	Congleton Half Marathon	11 Oct 2009	01:49:40
Colin Earp	Potters 'Arf	14 Jun 2009	01:52:53
<b>20 Miles</b>			
<b>Senior Men</b>			
Pat Hudson	Stafford 20	08 Mar 2009	02:10:40
Richard Baker	Stafford 20	08 Mar 2009	02:10:47
Pete Marquis-Jones	Stafford 20	08 Mar 2009	02:11:18
Andrew Painter	Stafford 20	08 Mar 2009	02:35:37
Charles Rowlands	Stafford 20	08 Mar 2009	02:36:03
<b>V40</b>			
Stephen Dawson	Stafford 20	08 Mar 2009	02:29:42
Robert Cummings	Stafford 20	08 Mar 2009	02:37:05
<b>V45</b>			
Mike Hatton	Stafford 20	08 Mar 2009	02:04:42
<b>V50</b>			
David McGrath	Stafford 20	08 Mar 2009	02:30:31
Michael Cutler	Stafford 20	08 Mar 2009	02:57:45
<b>V55</b>			
John Booth	Stafford 20	08 Mar 2009	02:38:09
Martin Stirna	Stafford 20	08 Mar 2009	02:47:55
<b>Marathon</b>			
<b>Senior Men</b>			
Richard Baker	ANY MARATHON	31 Dec 2009	02:56:46
Pete Marquis-Jones	London Marathon **	26 Apr 2009	02:56:56
Pat Hudson	London Marathon **	26 Apr 2009	03:11:19
Anthony Hatfield	London Marathon **	26 Apr 2009	03:24:08
Andrew Painter	London Marathon **	26 Apr 2009	03:33:49
<b>V40</b>			
Colin Simpson	London Marathon **	26 Apr 2009	03:14:03
Stephen Dawson	London Marathon **	26 Apr 2009	03:26:48
Simon Walker	ANY MARATHON	31 Dec 2009	04:19:17
<b>V45</b>			
Mike Hatton	ANY MARATHON	31 Dec 2009	02:43:28
Alasdair Dyde	London Marathon **	26 Apr 2009	04:20:20
Stephen Whincup	ANY MARATHON	31 Dec 2009	04:40:48
<b>V50</b>			
David McGrath	London Marathon **	26 Apr 2009	03:16:48
<b>V55</b>			
John Booth	London Marathon **	26 Apr 2009	03:18:30
Martin Stirna	London Marathon **	26 Apr 2009	04:06:36