

South Cheshire Harriers

Men's Best Times : 2010

Name	Event	Date	Time
5K			
U17 Boys			
Henry Valentine	Hollins Green 5k	05 Jun 2010	00:17:30
Junior Men			
Sean Dyer	Hollins Green 5k	05 Jun 2010	00:18:40
Liam Dyer	Hollins Green 5k	05 Jun 2010	00:20:45
Senior Men			
Richard Baker	Hollins Green 5k	05 Jun 2010	00:17:36
James Simpson	Hollins Green 5k	05 Jun 2010	00:18:07
Pete Marquis-Jones	Hollins Green 5k	05 Jun 2010	00:18:57
V40			
Neil Jones	Bowden 5K	10 Jun 2010	00:16:50
Neil Jones	Hollins Green 5k	05 Jun 2010	00:17:24
V45			
Mike Hatton	Hollins Green 5k	05 Jun 2010	00:17:03
Alasdair Dyde	Hollins Green 5k	05 Jun 2010	00:21:14
V50			
Neil Ridgway	Hollins Green 5k	05 Jun 2010	00:19:55
V55			
Melvyn Cole	Hollins Green 5k	05 Jun 2010	00:22:18
Martin Stirna	Hollins Green 5k	05 Jun 2010	00:28:58
4 Miles			
Senior Men			
James Simpson	Cheadle 4	11 Jul 2010	00:24:51
Mark Wilson	Cheadle 4	11 Jul 2010	00:30:47
V40			
Neil Jones	Cheadle 4	11 Jul 2010	00:23:07
Andy Mayers	Cheadle 4	11 Jul 2010	00:24:58
Paul Hancock	Cheadle 4	11 Jul 2010	00:25:32
V45			
Mike Hatton	Cheadle 4	11 Jul 2010	00:23:22
Robert Mayers	Cheadle 4	11 Jul 2010	00:28:06
Alasdair Dyde	Cheadle 4	11 Jul 2010	00:28:16
Philip Cliff	Cheadle 4	11 Jul 2010	00:31:19
V55			
Melvyn Cole	Cheadle 4	11 Jul 2010	00:27:42
Martin Stirna	Cheadle 4	11 Jul 2010	00:32:42
Chris Walsh	Cheadle 4	11 Jul 2010	00:37:21
5 Miles			
U17 Boys			
Thomas Haynes	Alsager 5	07 Feb 2010	00:29:01
Henry Valentine	Chester Spring 5	07 Apr 2010	00:29:04
Sean Dyer	Alsager 5	07 Feb 2010	00:31:00
Daniel Allcock	Alsager 5	07 Feb 2010	00:32:05
Daniel Allcock	Chester Spring 5	07 Apr 2010	00:33:09
Senior Men			
Gareth Carless	Alsager 5	07 Feb 2010	00:28:07
Pete Marquis-Jones	Alsager 5	07 Feb 2010	00:29:22
Pete Marquis-Jones	Chester Spring 5	07 Apr 2010	00:29:37
James Simpson	Alsager 5	07 Feb 2010	00:29:52
Pat Hudson	Chester Spring 5	07 Apr 2010	00:30:00
V40			
Neil Jones	Alsager 5	07 Feb 2010	00:28:18
Neil Jones	JCB 5 mile	15 Jul 2010	00:28:50
Neil Jones	Staffs Knot 5	11 Aug 2010	00:29:23
Nick Dunning	Alsager 5	07 Feb 2010	00:30:31
Paul Hancock	Staffs Knot 5	11 Aug 2010	00:30:36
V45			
Mike Hatton	Alsager 5	07 Feb 2010	00:27:27
Mike Hatton	Chester Spring 5	07 Apr 2010	00:27:38
Mike Hatton	Staffs Knot 5	11 Aug 2010	00:28:23
Mike Hatton	JCB 5 mile	15 Jul 2010	00:28:40
Simon Walker	Alsager 5	07 Feb 2010	00:33:40
V50			
Ivor Twiss	Alsager 5	07 Feb 2010	00:30:09
Ivor Twiss	Chester Spring 5	07 Apr 2010	00:30:44
Paul Brownbill	Chester Spring 5	07 Apr 2010	00:33:38
Neil Ridgway	Chester Spring 5	07 Apr 2010	00:34:16
Neil Ridgway	JCB 5 mile	15 Jul 2010	00:34:25
V55			
Melvyn Cole	JCB 5 mile	15 Jul 2010	00:34:06
John Booth	Staffs Knot 5	11 Aug 2010	00:35:39
John Booth	Alsager 5	07 Feb 2010	00:35:45
Martin Stirna	JCB 5 mile	15 Jul 2010	00:40:23
Martin Stirna	Staffs Knot 5	11 Aug 2010	00:40:53
V60 (+)			
Colin Earp	Alsager 5	07 Feb 2010	00:38:05
Colin Wynne	Alsager 5	07 Feb 2010	00:48:20
10K			
U17 Boys			
Henry Valentine	Sutton Six	19 Sep 2010	00:36:15
Thomas Haynes	Farndon 10k	07 Mar 2010	00:36:19
Thomas Haynes	Whiteley 10k	18 Apr 2010	00:36:29
Henry Valentine	Muller 10k	09 May 2010	00:36:34
Henry Valentine	Whiteley 10k	18 Apr 2010	00:37:05
Junior Men			
Sean Dyer	Muller 10k	09 May 2010	00:38:22
Sean Dyer	Warrington RR 10K	20 Jun 2010	00:39:00
Russell Gibbons	Sutton Six	19 Sep 2010	00:39:34
Sean Dyer	Farndon 10k	07 Mar 2010	00:39:51
Liam Dyer	Muller 10k	09 May 2010	00:42:45
Senior Men			
Gareth Carless	Whiteley 10k	18 Apr 2010	00:35:00
Gareth Carless	Warrington RR 10K	20 Jun 2010	00:36:21
Richard Baker	Warrington RR 10K	20 Jun 2010	00:36:21
Peter Mallison	Whiteley 10k	18 Apr 2010	00:36:24
Richard Baker	Whiteley 10k	18 Apr 2010	00:37:08
V40			
Neil Jones	Telford 10K	24 Jan 2010	00:35:41
Neil Jones	Warrington RR 10K	20 Jun 2010	00:36:18
Neil Jones	Muller 10k	09 May 2010	00:36:41
Paul Hancock	Sutton Six	19 Sep 2010	00:38:13
Terry Barker	Farndon 10k	07 Mar 2010	00:38:21
V45			
Mike Hatton	Warrington RR 10K	20 Jun 2010	00:35:42
Mike Hatton	Whiteley 10k	18 Apr 2010	00:37:08
Robert Mayers	Muller 10k	09 May 2010	00:43:55
Michael Goldstein	Muller 10k	09 May 2010	00:43:58
Simon Walker	Muller 10k	09 May 2010	00:44:18
V50			
Ivor Twiss	Muller 10k	09 May 2010	00:38:18
Ivor Twiss	Farndon 10k	07 Mar 2010	00:38:28
Ivor Twiss	Whiteley 10k	18 Apr 2010	00:38:29
Ivor Twiss	Warrington RR 10K	20 Jun 2010	00:39:36
Neil Ridgway	Muller 10k	09 May 2010	00:42:46
V55			
Melvyn Cole	Sutton Six	19 Sep 2010	00:41:54
Melvyn Cole	Warrington RR 10K	20 Jun 2010	00:42:44
Paul Brownbill	Cheddleton Pudding Run	28 Nov 2010	00:45:06
David McGrath	Cheddleton Pudding Run	28 Nov 2010	00:45:38
Martin Stirna	Warrington RR 10K	20 Jun 2010	00:48:45
V60 (+)			
Ian Ankers	Cheddleton Pudding Run	28 Nov 2010	00:42:37
Colin Earp	Muller 10k	09 May 2010	00:45:40
Colin Earp	Cheddleton Pudding Run	28 Nov 2010	00:50:49
Colin Wynne	Muller 10k	09 May 2010	00:53:44
Colin Wynne	Cheddleton Pudding Run	28 Nov 2010	00:56:38
10 Miles			
U17 Boys			
Henry Valentine	Great Warford 10	08 Aug 2010	01:08:55
Senior Men			
Peter Mallison	Great Warford 10	08 Aug 2010	01:01:28
Richard Baker	Great Warford 10	08 Aug 2010	01:02:38
Pat Hudson	Flying Fox 10	01 Nov 2010	01:03:56
David Morris	Great Warford 10	08 Aug 2010	01:04:13
James Simpson	Great Warford 10	08 Aug 2010	01:04:33
V40			
Neil Jones	Great Warford 10	08 Aug 2010	00:59:35
Neil Jones	Trentham 10 miler	18 Jul 2010	00:59:59
Paul Hancock	Great Warford 10	08 Aug 2010	01:03:23
Paul Hancock	Flying Fox 10	01 Nov 2010	01:04:17
Andy Mayers	Great Warford 10	08 Aug 2010	01:04:25
V45			
Mike Hatton	Trentham 10 miler	18 Jul 2010	00:58:05
Mike Hatton	Flying Fox 10	01 Nov 2010	01:02:18
Robert Mayers	Great Warford 10	08 Aug 2010	01:18:16
Philip Cliff	Flying Fox 10	01 Nov 2010	01:19:28
Philip Cliff	Great Warford 10	08 Aug 2010	01:22:18
V50			
Neil Ridgway	Flying Fox 10	01 Nov 2010	01:13:25
Neil Ridgway	Trentham 10 miler	18 Jul 2010	01:16:28
V55			
Melvyn Cole	Trentham 10 miler	18 Jul 2010	01:10:51
Paul Brownbill	Great Warford 10	08 Aug 2010	01:10:56
Melvyn Cole	Flying Fox 10	01 Nov 2010	01:14:56
Martin Stirna	Trentham 10 miler	18 Jul 2010	01:22:45
Martin Stirna	Flying Fox 10	01 Nov 2010	01:22:51
V60 (+)			
Colin Earp	Flying Fox 10	01 Nov 2010	01:20:27
Colin Earp	Trentham 10 miler	18 Jul 2010	01:20:32
Half Marathon			
Senior Men			
Peter Mallison	Potters Arf	13 Jun 2010	01:20:07
Richard Baker	Macclesfield Half Marathon	26 Sep 2010	01:20:28
Richard Baker	Chester Half Marathon	16 May 2010	01:21:32
Peter Mallison	Macclesfield Half Marathon	26 Sep 2010	01:21:36
James Simpson	Chester Half Marathon	16 May 2010	01:24:00
V40			
Neil Jones	Great North Western Half Marathon	21 Feb 2010	01:17:33
Neil Jones	Stafford Half marathon	21 Mar 2010	01:19:10
Neil Jones	Chester Half Marathon	16 May 2010	01:20:11
Neil Jones	Potters Arf	13 Jun 2010	01:20:34
Neil Jones	4 Villages Half Marathon	17 Jan 2010	01:20:55
V45			
Mike Hatton	4 Villages Half Marathon	17 Jan 2010	01:15:38
Mike Hatton	Macclesfield Half Marathon	26 Sep 2010	01:17:45
Mike Hatton	Stafford half marathon	21 Mar 2010	01:23:58
Stephen Dawson	4 Villages Half Marathon	17 Jan 2010	01:31:23
Simon Walker	Stafford half marathon	21 Mar 2010	01:37:16
V50			
Ivor Twiss	4 Villages Half Marathon	17 Jan 2010	01:25:01
Ivor Twiss	Chester Half Marathon	16 May 2010	01:25:24
Ivor Twiss	Stafford half marathon	21 Mar 2010	01:26:00
Ivor Twiss	Uttometer Half Marathon	02 May 2010	01:26:13
Owen Evans	Chester Half Marathon	16 May 2010	01:27:25
V55			
Melvyn Cole	Macclesfield Half Marathon	26 Sep 2010	01:32:53
John Booth	Potters Arf	13 Jun 2010	01:33:09
John Booth	Uttometer Half Marathon	02 May 2010	01:35:08
John Booth	Leek Half Marathon	22 Aug 2010	01:39:06
David McGrath	Potters Arf	13 Jun 2010	01:39:24
Paul Brownbill	Potters Arf	13 Jun 2010	01:39:24
V60 (+)			
Colin Earp	Potters Arf	13 Jun 2010	01:47:56
Colin Earp	Stafford half marathon	21 Mar 2010	01:48:05
Colin Wynne	Potters Arf	13 Jun 2010	01:59:11
Colin Earp	Leek Half Marathon	22 Aug 2010	01:59:33
Colin Wynne	Uttometer Half Marathon	02 May 2010	02:03:37
20 Miles			
Senior Men			
Anthony Hadfield	Stafford 20	14 Mar 2010	02:32:28
V40			
Neil Jones	Stafford 20	14 Mar 2010	02:10:04
Terry Barker	Stafford 20	14 Mar 2010	02:24:47
Robert Cummings	Stafford 20	14 Mar 2010	02:45:47
V45			
Mike Hatton	Stafford 20	14 Mar 2010	02:03:44
V50			
Michael Cutler	Stafford 20	14 Mar 2010	02:50:14
Neil Ridgway	Stafford 20	14 Mar 2010	02:54:59
V55			
Martin Stirna	Stafford 20	14 Mar 2010	03:27:07
Marathon			
Senior Men			
Pete Marquis-Jones	London Marathon **	25 Apr 2010	03:02:45
Pat Hudson	Wolverhampton Marathon	05 Sep 2010	03:16:05
Matthew Lewis	London Marathon **	25 Apr 2010	03:55:47
V40			
Neil Jones	Blackpool Marathon	11 Apr 2010	02:56:59
Paul Hancock	Wolverhampton Marathon	05 Sep 2010	03:06:22
Stuart Jones	London Marathon **	25 Apr 2010	03:13:24
Nick Dunning	Blackpool Marathon	11 Apr 2010	03:15:04
Terry Barker	Chester Marathon	31 May 2010	03:18:35
V45			
Mike Hatton	London Marathon **	25 Apr 2010	02:38:58
Simon Walker	Loch Ness Marathon	02 Oct 2010	04:26:30
V50			
David McGrath	Barcelona Marathon	31 Dec 2010	03:14:34
Stephen Whincup	London Marathon **	25 Apr 2010	03:46:47
Paul Brownbill	Wolverhampton Marathon	05 Sep 2010	03:49:54
Neil Ridgway	London Marathon **	25 Apr 2010	04:08:28
V55			
John Booth	Wolverhampton Marathon	05 Sep 2010	03:17:20
Martin Stirna	Wolverhampton Marathon	05 Sep 2010	04:11:06