

South Cheshire Harriers
Men's Best Times : 2011

Name	Event	Date	Time
5K			
U17 Boys			
Henry Valentine	Bowden 5K	09 Jun 2011	00:16:05
Henry Valentine	Dunham Massey Park 5K (race 1)	27 May 2011	00:16:06
Henry Valentine	Dunham Massey Park 5K (race 2)	17 Jun 2011	00:16:19
Henry Valentine	Hollins Green 5K	04 Jun 2011	00:16:25
Henry Valentine	Lymm 5K	25 Jun 2011	00:18:02
Junior Men			
Thomas Haynes	Urengo Capenhurst 5K	24 Aug 2011	00:16:05
Henry Valentine	Urengo Capenhurst 5K	24 Aug 2011	00:16:16
Henry Valentine	Severn Loop 5K	27 Dec 2011	00:16:40
Henry Valentine	Alexandra Park 5K	04 Sep 2011	00:16:43
Adam Soley	Severn Loop 5K	27 Dec 2011	00:17:34
Senior Men			
Richard Baker	Bowden 5K	09 Jun 2011	00:17:08
Richard Baker	Lymm 5K	25 Jun 2011	00:17:12
Richard Baker	Dunham Massey Park 5K (race 2)	17 Jun 2011	00:17:14
Richard Baker	Dunham Massey Park 5K (race 1)	27 May 2011	00:17:15
Richard Baker	Hollins Green 5K	04 Jun 2011	00:17:19
V40			
Peter Mallison	Hollins Green 5K	04 Jun 2011	00:17:13
Peter Mallison	Bowden 5K	09 Jun 2011	00:17:16
Peter Mallison	Dunham Massey Park 5K (race 2)	17 Jun 2011	00:17:23
Peter Mallison	Lymm 5K	25 Jun 2011	00:17:28
Peter Mallison	Dunham Massey Park 5K (race 1)	27 May 2011	00:17:35
V45			
Mike Hatton	Dunham Massey Park 5K (race 1)	27 May 2011	00:17:19
Mike Hatton	Hollins Green 5K	04 Jun 2011	00:17:23
Mike Hatton	Bowden 5K	09 Jun 2011	00:17:35
V50			
Mike Hatton	Severn Loop 5K	27 Dec 2011	00:17:04
Michael Cutler	Severn Loop 5K	27 Dec 2011	00:24:07
Michael Cutler	Dougie Mac 5K	03 Apr 2011	00:24:18
Michael Cutler	Dunham Massey Park 5K (race 1)	27 May 2011	00:24:21
Michael Cutler	Tipton 5K	20 Nov 2011	00:24:25
V55			
Chris Walsh	Dunham Massey Park 5K (race 1)	27 May 2011	00:24:27
Chris Walsh	Bowden 5K	09 Jun 2011	00:24:59
Chris Walsh	Dunham Massey Park 5K (race 2)	17 Jun 2011	00:25:26
V60 (+)			
Colin Earp	Severn Loop 5K	27 Dec 2011	00:23:50
4 Miles			
Senior Men			
James Simpson	Cheadle 4	10 Jul 2011	00:23:45
Mathew Smith	Cheadle 4	10 Jul 2011	00:24:09
Martin Packham	Cheadle 4	10 Jul 2011	00:24:53
David Morris	Cheadle 4	10 Jul 2011	00:25:15
V40			
Peter Mallison	Cheadle 4	10 Jul 2011	00:22:27
Andy Mayers	Cheadle 4	10 Jul 2011	00:23:47
Terry Barker	Cheadle 4	10 Jul 2011	00:25:05
Nick Dunning	Cheadle 4	10 Jul 2011	00:25:55
Charles Rowlands	Cheadle 4	10 Jul 2011	00:28:09
V45			
Robert Mayers	Cheadle 4	10 Jul 2011	00:27:52
V50			
Michael Cutler	Cheadle 4	10 Jul 2011	00:33:25
V55			
Ivor Twiss	Cheadle 4	10 Jul 2011	00:26:24
Melvyn Cole	Cheadle 4	10 Jul 2011	00:29:47
Martin Stima	Cheadle 4	10 Jul 2011	00:32:20
5 Miles			
U17 Boys			
Henry Valentine	Chester Spring 5	06 Apr 2011	00:27:47
Henry Valentine	Runcorn Bridge 5	24 Apr 2011	00:28:54
Henry Valentine	Alsager 5	06 Feb 2011	00:29:48
Daniel Allcock	Chester Spring 5	06 Apr 2011	00:35:15
Junior Men			
Thomas Haynes	Runcorn Bridge 5	24 Apr 2011	00:27:05
Russell Gibbons	Runcorn Bridge 5	24 Apr 2011	00:29:40
Sean Dyer	Runcorn Bridge 5	24 Apr 2011	00:30:07
Sean Dyer	Alsager 5	06 Feb 2011	00:30:17
Russell Gibbons	Alsager 5	06 Feb 2011	00:30:59
Senior Men			
Richard Baker	Runcorn Bridge 5	24 Apr 2011	00:28:35
Richard Baker	Chester Spring 5	06 Apr 2011	00:29:42
James Simpson	Runcorn Bridge 5	24 Apr 2011	00:29:24
Pat Hudson	Alsager 5	06 Feb 2011	00:29:43
David Morris	Runcorn Bridge 5	24 Apr 2011	00:29:58
V40			
Peter Mallison	Runcorn Bridge 5	24 Apr 2011	00:27:52
Peter Mallison	Westbridge 5	05 Jun 2011	00:28:54
Peter Mallison	JCS 5	14 Jul 2011	00:29:00
Peter Mallison	Alsager 5	06 Feb 2011	00:29:09
Peter Mallison	Ipsstones 5	10 Sep 2011	00:29:56
V45			
Mike Hatton	Runcorn Bridge 5	24 Apr 2011	00:28:22
Mike Hatton	Westbridge 5	05 Jun 2011	00:29:47
Robert Cummings	Westbridge 5	05 Jun 2011	00:34:30
Robert Mayers	Alsager 5	06 Feb 2011	00:35:24
Robert Mayers	Chester Spring 5	06 Apr 2011	00:35:46
V50			
Neil Ridgway	Alsager 5	06 Feb 2011	00:33:48
Neil Ridgway	Runcorn Bridge 5	24 Apr 2011	00:33:56
Neil Ridgway	Staffs Knot 5	10 Aug 2011	00:34:13
Neil Ridgway	Westbridge 5	05 Jun 2011	00:34:44
Neil Ridgway	Ipsstones 5	10 Sep 2011	00:37:10
V55			
Ivor Twiss	Staffs Knot 5	10 Aug 2011	00:32:39
John Booth	Alsager 5	06 Feb 2011	00:34:29
Martin Stima	Alsager 5	06 Feb 2011	00:39:30
Martin Stima	Westbridge 5	05 Jun 2011	00:39:50
Martin Stima	Chester Spring 5	06 Apr 2011	00:40:38
V60 (+)			
Colin Earp	Westbridge 5	05 Jun 2011	00:39:32
Colin Earp	Abergele 5	06 Nov 2011	00:40:13
Colin Earp	Alsager 5	06 Feb 2011	00:40:30
Colin Wynne	Westbridge 5	05 Jun 2011	00:44:09
Colin Wynne	Alsager 5	06 Feb 2011	00:44:47
10K			
U17 Boys			
Henry Valentine	BUPA Great Manchester Run	15 May 2011	00:33:50
Henry Valentine	Trafford 10K	13 Mar 2011	00:34:22
Henry Valentine	Air Products 10K	10 Apr 2011	00:34:23
Henry Valentine	Helena Tipping	09 Jan 2011	00:37:21
Junior Men			
Thomas Haynes	Air Products 10K	10 Apr 2011	00:33:32
Henry Valentine	Sutton 6	18 Sep 2011	00:34:16
Henry Valentine	Telford 10K	18 Dec 2011	00:34:37
Thomas Haynes	Nick Beer 10K	13 Feb 2011	00:35:18
Henry Valentine	Helena Tipping	04 Dec 2011	00:35:26
Senior Men			
Mathew Smith	Helena Tipping	04 Dec 2011	00:35:10
Richard Baker	Air Products 10K	10 Apr 2011	00:35:40
Mathew Smith	Cheddleton Xmas Pudding Race	27 Nov 2011	00:35:59
Pat Hudson	Air Products 10K	10 Apr 2011	00:36:17
Nicholas Hackett	Telford 10K	18 Dec 2011	00:36:20
V40			
Peter Mallison	Air Products 10K	10 Apr 2011	00:34:45
Peter Mallison	Sutton 6	18 Sep 2011	00:34:53
Neil Jones	Telford 10K	18 Dec 2011	00:35:59
Peter Mallison	Stone St Michaels 10K	26 Jun 2011	00:36:06
Peter Mallison	Berryhill 10K	05 Jul 2011	00:36:30
V45			
Robert Cummings	Stone St Michaels 10K	26 Jun 2011	00:43:26
Robert Cummings	Berryhill 10K	05 Jul 2011	00:43:45
Robert Mayers	Sutton 6	18 Sep 2011	00:44:42
Robert Mayers	Berryhill 10K	05 Jul 2011	00:44:53
Robert Mayers	Stone St Michaels 10K	26 Jun 2011	00:45:50
V50			
Mike Hatton	Sutton 6	18 Sep 2011	00:36:00
Neil Ridgway	Stone St Michaels 10K	26 Jun 2011	00:45:00
Neil Ridgway	Berryhill 10K	05 Jul 2011	00:45:03
Michael Cutler	Fradley 10K	13 Mar 2011	00:49:20
Michael Cutler	Helena Tipping	09 Jan 2011	00:50:15
V55			
Ivor Twiss	Sutton 6	18 Sep 2011	00:39:56
Paul Brownbill	Helena Tipping	04 Dec 2011	00:40:56
Melvyn Cole	Nick Beer 10K	13 Feb 2011	00:44:29
Melvyn Cole	Market Drayton 10K	08 May 2011	00:45:12
Melvyn Cole	Helena Tipping	09 Jan 2011	00:46:15
V60 (+)			
Melvyn Cole	Telford 10K	18 Dec 2011	00:42:40
Ian Ankers	Cheddleton Xmas Pudding Race	27 Nov 2011	00:47:12
Colin Earp	Stone St Michaels 10K	26 Jun 2011	00:49:35
Colin Earp	Cheddleton Xmas Pudding Race	27 Nov 2011	00:50:47
Colin Earp	Helena Tipping	09 Jan 2011	00:51:09
7 Miles			
V55			
John Booth	Newcastle 7	10 Apr 2011	00:48:21
Melvyn Cole	Newcastle 7	10 Apr 2011	00:52:08
Martin Stima	Newcastle 7	10 Apr 2011	00:57:00
V60 (+)			
Colin Earp	Newcastle 7	10 Apr 2011	00:55:34
Colin Wynne	Newcastle 7	10 Apr 2011	01:04:02
10 Miles			
Junior Men			
Adian Soley	Flying Fox 10	06 Nov 2011	01:05:07
Senior Men			
Mathew Smith	Flying Fox 10	06 Nov 2011	00:58:38
Nicholas Hackett	Preston 10	20 Nov 2011	00:58:40
Nicholas Hackett	Flying Fox 10	06 Nov 2011	01:00:05
James Simpson	Flying Fox 10	06 Nov 2011	01:01:55
James Simpson	Trentham 10	17 Jul 2011	01:02:37
V40			
Peter Mallison	Flying Fox 10	06 Nov 2011	00:57:40
Peter Mallison	Trentham 10	17 Jul 2011	01:00:00
Neil Jones	Flying Fox 10	06 Nov 2011	01:01:45
Andy Mayers	Flying Fox 10	06 Nov 2011	01:01:55
Andy Mayers	Trentham 10	17 Jul 2011	01:04:40
V45			
Stephen Dawson	Flying Fox 10	06 Nov 2011	01:09:55
Robert Mayers	Trentham 10	17 Jul 2011	01:13:30
Robert Mayers	Llandudno 10	22 May 2011	01:14:26
Robert Mayers	Flying Fox 10	06 Nov 2011	01:15:58
Andy Aiken	Flying Fox 10	06 Nov 2011	01:20:37
V50			
Mike Hatton	Flying Fox 10	06 Nov 2011	00:59:46
Stephen Whincup	Flying Fox 10	06 Nov 2011	01:13:18
Neil Ridgway	Trentham 10	17 Jul 2011	01:13:24
Neil Ridgway	Flying Fox 10	06 Nov 2011	01:14:28
V55			
Ivor Twiss	Trentham 10	17 Jul 2011	01:07:47
Ivor Twiss	Flying Fox 10	06 Nov 2011	01:12:21
Martin Stima	Trentham 10	17 Jul 2011	01:24:12
Martin Stima	Flying Fox 10	06 Nov 2011	01:32:05
V60 (+)			
Colin Earp	Trentham 10	17 Jul 2011	01:25:18
Colin Wynne	Trentham 10	17 Jul 2011	01:34:17
Half Marathon			
Junior Men			
Thomas Haynes	Wilmslow Half Marathon	27 Mar 2011	01:13:05
Senior Men			
Richard Baker	4 Villages Half Marathon	23 Jan 2011	01:18:20
Richard Baker	Wilmslow Half Marathon	27 Mar 2011	01:19:43
Mathew Smith	Lake Vymwy Half Marathon	11 Sep 2011	01:20:17
James Simpson	Lake Vymwy Half Marathon	11 Sep 2011	01:20:51
Nicholas Hackett	Congleton Half Marathon	09 Oct 2011	01:20:53
V40			
Peter Mallison	Wilmslow Half Marathon	27 Mar 2011	01:16:20
Peter Mallison	Stafford Half Marathon	20 Mar 2011	01:16:23
Peter Mallison	Congleton Half Marathon	09 Oct 2011	01:19:33
Peter Mallison	4 Villages Half Marathon	23 Jan 2011	01:19:53
Neil Jones	4 Villages Half Marathon	23 Jan 2011	01:20:58
V45			
Mike Hatton	Wilmslow Half Marathon	27 Mar 2011	01:16:51
Mike Hatton	Stafford Half Marathon	20 Mar 2011	01:19:19
Robert Cummings	Patter's 'Arf	12 Jun 2011	01:35:01
Robert Mayers	Chester Half Marathon	15 May 2011	01:36:38
Robert Cummings	Congleton Half Marathon	09 Oct 2011	01:38:13
V50			
Mike Hatton	Lake Vymwy Half Marathon	11 Sep 2011	01:16:40
Owen Evans	Cadiff Half Marathon	16 Oct 2011	01:22:19
Neil Ridgway	4 Villages Half Marathon	23 Jan 2011	01:34:26
Neil Ridgway	Stafford Half Marathon	20 Mar 2011	01:34:41
Neil Ridgway	Village Bakeries Half Marathon	27 Feb 2011	01:36:44
V55			
John Booth	Stafford Half Marathon	20 Mar 2011	01:29:37
Ivor Twiss	Congleton Half Marathon	09 Oct 2011	01:30:30
Ivor Twiss	Lake Vymwy Half Marathon	11 Sep 2011	01:31:05
Ivor Twiss	Macclesfield Half Marathon	25 Sep 2011	01:32:30
Ivor Twiss	Leek Half Marathon	21 Aug 2011	01:36:20
V60 (+)			
Colin Earp	Stafford Half Marathon	20 Mar 2011	01:48:13
Colin Earp	Congleton Half Marathon	09 Oct 2011	01:52:58
Colin Earp	Patter's 'Arf	12 Jun 2011	01:56:46
Colin Wynne	Stafford Half Marathon	20 Mar 2011	02:02:43
Colin Wynne	Patter's 'Arf	12 Jun 2011	02:06:33
20 Miles			
Senior Men			
Pat Hudson	Trimpell 20	06 Mar 2011	02:11:16
David Morris	Trimpell 20	13 Mar 2011	02:14:03
James Simpson	Stafford 20	13 Mar 2011	02:18:09
Lee Riley	Stafford 20	13 Mar 2011	02:40:06
Stephen Carter	Stafford 20	13 Mar 2011	03:42:10
V40			
Peter Mallison	Stafford 20	13 Mar 2011	02:01:58
Terry Barker	Stafford 20	13 Mar 2011	02:13:18
Andy Mayers	Stafford 20	13 Mar 2011	02:17:32
Paul Hancock	Stafford 20	13 Mar 2011	02:17:39
Nick Dunning	Stafford 20	13 Mar 2011	02:26:17
V45			
Mike Hatton	Stafford 20	13 Mar 2011	02:02:32
V55			
John Booth	Stafford 20	13 Mar 2011	02:27:58
Martin Stima	Stafford 20	13 Mar 2011	