

**South Cheshire Harriers**  
**Men's Best Times : 2012**

Name	Event	Date	Time
<b>5K</b>			
<b>U17 Boys</b>			
Joshua Edge	Christleton 5K	18 May 2012	00:17:46
Joshua Edge	Queen's Park Quacker - Race 1	29 Jun 2012	00:18:23
<b>Junior Men</b>			
Henry Valentine	Dunham Massey 5K	14 Jun 2012	00:15:52
Henry Valentine	Hollins Green 5K	02 Jun 2012	00:16:05
Henry Valentine	Capenhurst 5K	22 Aug 2012	00:16:08
Henry Valentine	Bowdon 5K	07 Jun 2012	00:16:35
Henry Valentine	Dunham Massey 5K	25 May 2012	00:16:40
<b>Senior Men</b>			
Matthew Smith	Dunham Massey 5K	14 Jun 2012	00:16:28
Matthew Smith	Bowdon 5K	07 Jun 2012	00:17:04
Matthew Smith	Dunham Massey 5K	25 May 2012	00:17:05
Nicholas Hackett	Christleton 5K	18 May 2012	00:17:16
Matthew Smith	Dave Clark 5K	23 Aug 2012	00:17:26
<b>V40</b>			
Peter Mallison	Hollins Green 5K	02 Jun 2012	00:16:53
Peter Mallison	Christleton 5K	18 May 2012	00:17:00
Peter Mallison	Queen's Park Quacker - Race 3	31 Aug 2012	00:17:10
James Simpson	Hollins Green 5K	02 Jun 2012	00:17:21
James Simpson	Dunham Massey 5K	14 Jun 2012	00:17:24
<b>V45</b>			
Rob Valentine	Capenhurst 5K	22 Aug 2012	00:19:42
Nick Dunning	Queen's Park Quacker - Race 1	29 Jun 2012	00:19:44
Nick Dunning	Queen's Park Quacker - Race 2	27 Jul 2012	00:19:46
Rob Valentine	Congleton Park 5K	29 Dec 2012	00:19:51
Rob Valentine	Queen's Park Quacker - Race 1	29 Jun 2012	00:20:01
<b>V50</b>			
Mike Hatton	Hollins Green 5K	02 Jun 2012	00:16:59
Mike Hatton	14 Jun 2012	00:17:08	
Mike Hatton	Dunham Massey 5K	25 May 2012	00:17:28
Mike Hatton	Bowdon 5K	07 Jun 2012	00:17:31
Mike Hatton	Lymm 5K	23 Jun 2012	00:17:43
<b>V55</b>			
Alan Brookes	Queen's Park Quacker - Race 2	27 Jul 2012	00:19:55
Ivor Twiss	Hanley Park 5K	22 Sep 2012	00:19:57
Alan Brookes	Queen's Park Quacker - Race 3	31 Aug 2012	00:19:58
Ivor Twiss	Hanley Park 5K	13 Oct 2012	00:20:08
Alan Brookes	Queen's Park Quacker - Race 1	29 Jun 2012	00:20:31
<b>V60 (+)</b>			
Melvyn Cole	Bowdon 5K	07 Jun 2012	00:20:25
Melvyn Cole	Hollins Green 5K	02 Jun 2012	00:20:45
Melvyn Cole	Lymm 5K	23 Jun 2012	00:20:59
Melvyn Cole	Queen's Park Quacker - Race 1	29 Jun 2012	00:21:00
Melvyn Cole	Queen's Park Quacker - Race 2	27 Jul 2012	00:21:04
<b>4 Miles</b>			
<b>Junior Men</b>			
Thomas Haynes	Cheadle 4	08 Jul 2012	00:23:36
Russell Gibbons	Cheadle 4	08 Jul 2012	00:24:43
<b>Senior Men</b>			
Matthew Smith	Cheadle 4	08 Jul 2012	00:22:49
Nicholas Hackett	Cheadle 4	08 Jul 2012	00:24:12
Martin Packham	Cheadle 4	08 Jul 2012	00:24:37
Pat Hudson	Cheadle 4	08 Jul 2012	00:24:43
Andrew Jones	Cheadle 4	08 Jul 2012	00:26:03
<b>V40</b>			
Andy Mayers	Cheadle 4	08 Jul 2012	00:23:43
James Simpson	Cheadle 4	08 Jul 2012	00:24:00
David Betteley	Cheadle 4	08 Jul 2012	00:25:53
Tony Wardle	Cheadle 4	08 Jul 2012	00:27:45
Terry Barker	Cheadle 4	08 Jul 2012	00:32:00
<b>V45</b>			
Robert Mayers	Cheadle 4	08 Jul 2012	00:27:40
Alasdair Dyde	Cheadle 4	08 Jul 2012	00:31:16
<b>V55</b>			
Ivor Twiss	Cheadle 4	08 Jul 2012	00:26:45
<b>V60 (+)</b>			
Melvyn Cole	Cheadle 4	08 Jul 2012	00:28:08
<b>5 Miles</b>			
<b>U17 Boys</b>			
Oliver Williams	Alsager 5	05 Feb 2012	00:32:06
Robert Poole	Alsager 5	05 Feb 2012	00:33:43
<b>Junior Men</b>			
Thomas Haynes	Burtonwood 5	21 Jul 2012	00:27:41
Thomas Haynes	Alsager 5	05 Feb 2012	00:28:33
Henry Valentine	Chester Spring 5	05 Feb 2012	00:29:11
Adam Soley	Chester Spring 5	04 Apr 2012	00:29:21
Adam Soley	Alsager 5	05 Feb 2012	00:29:58
<b>Senior Men</b>			
Matthew Smith	Chester Spring 5	04 Apr 2012	00:27:14
Nicholas Hackett	Chester Spring 5	04 Apr 2012	00:27:53
Matthew Smith	Westbridge 5	02 Jun 2012	00:28:05
Matthew Smith	Alsager 5	05 Feb 2012	00:28:20
Matthew Smith	Staffs Knot 5	08 Aug 2012	00:28:35
<b>V40</b>			
Neil Jones	Chester Spring 5	04 Apr 2012	00:28:25
James Simpson	Chester Spring 5	04 Apr 2012	00:28:27
Andy Mayers	Westbridge 5	02 Jun 2012	00:29:17
James Simpson	Westbridge 5	02 Jun 2012	00:29:21
Andy Mayers	Chester Spring 5	04 Apr 2012	00:29:35
<b>V45</b>			
Rob Valentine	Chester Spring 5	04 Apr 2012	00:31:45
Robert Cummings	Westbridge 5	02 Jun 2012	00:33:20
Robert Mayers	Chester Spring 5	04 Apr 2012	00:34:12
Robert Cummings	Staffs Knot 5	08 Aug 2012	00:34:13
Alasdair Dyde	Chester Spring 5	04 Apr 2012	00:35:25
<b>V50</b>			
Mike Hatton	Chester Spring 5	04 Apr 2012	00:27:58
Mike Hatton	Alsager 5	05 Feb 2012	00:28:35
Stephen Whincup	Chester Spring 5	04 Apr 2012	00:34:19
Neil Ridgway	Alsager 5	05 Feb 2012	00:35:45
Stephen Whincup	Staffs Knot 5	08 Aug 2012	00:36:34
<b>V55</b>			
Ivor Twiss	Westbridge 5	02 Jun 2012	00:32:22
Michael Cutler	Westbridge 5	02 Jun 2012	00:39:57
Chris Walsh	Chester Spring 5	04 Apr 2012	00:41:59
Martin Simms	Chester Spring 5	04 Apr 2012	00:42:31
Chris Walsh	Alsager 5	05 Feb 2012	00:42:39
<b>V60 (+)</b>			
Melvyn Cole	Chester Spring 5	04 Apr 2012	00:33:24
Melvyn Cole	Westbridge 5	02 Jun 2012	00:33:28
Melvyn Cole	Alsager 5	05 Feb 2012	00:35:37
Melvyn Cole	Staffs Knot 5	08 Aug 2012	00:37:02
Colin Earp	Westbridge 5	02 Jun 2012	00:39:42
<b>10K</b>			
<b>U17 Boys</b>			
Joshua Edge	Air Products 10K	08 Apr 2012	00:38:41
Josh Edge	Market Drayton 10K	13 May 2012	00:40:03
Robert Poole	Air Products 10K	08 Apr 2012	00:40:12
<b>Junior Men</b>			
Henry Valentine	Birchwood 10K	19 Aug 2012	00:34:36
Thomas Haynes	Air Products 10K	08 Apr 2012	00:34:52
Thomas Haynes	Whitley 10K	15 Apr 2012	00:34:57
Henry Valentine	Whitley 10K	15 Apr 2012	00:35:03
Thomas Haynes	Birchwood 10K	19 Aug 2012	00:35:40
<b>Senior Men</b>			
Matthew Smith	Clayton 10K	16 May 2012	00:34:33
Matthew Smith	Stone St Michaels 10K	24 Jun 2012	00:34:33
Matthew Smith	Whitley 10K	15 Apr 2012	00:34:40
Nicholas Hackett	Air Products 10K	08 Apr 2012	00:34:59
Matthew Smith	Birchwood 10K	19 Aug 2012	00:35:05
<b>V40</b>			
Peter Mallison	Sutton 6	16 Sep 2012	00:35:26
Andy Mayers	Telford 10K	16 Dec 2012	00:35:52
Peter Mallison	Market Drayton 10K	13 May 2012	00:35:56
Andy Mayers	Birchwood 10K	19 Aug 2012	00:36:09
James Simpson	Air Products 10K	08 Apr 2012	00:36:09
<b>V45</b>			
Neil Jones	Cheddleton Xmas Pudding Race	24 Nov 2012	00:38:24
Jonathan Tate	Air Products 10K	15 Apr 2012	00:39:43
Rob Valentine	Air Products 10K	08 Apr 2012	00:39:56
Rob Valentine	Whitley 10K	15 Apr 2012	00:40:07
Rob Valentine	Birchwood 10K	19 Aug 2012	00:42:01
<b>V50</b>			
Mike Hatton	Birchwood 10K	19 Aug 2012	00:35:26
Mike Hatton	Clayton 10K	16 May 2012	00:35:27
Stephen Whincup	Market Drayton 10K	13 May 2012	00:42:26
Stephen Whincup	Ellesmere 10K	26 Aug 2012	00:44:05
Stephen Whincup	Birchwood 10K	19 Aug 2012	00:44:12
<b>V55</b>			
Ivor Twiss	Sutton 6	16 Sep 2012	00:40:39
Ivor Twiss	Air Products 10K	08 Apr 2012	00:40:45
Ivor Twiss	Telford 10K	16 Dec 2012	00:40:55
Ivor Twiss	Birchwood 10K	19 Aug 2012	00:41:15
Alan Brookes	Telford 10K	16 Dec 2012	00:41:27
<b>V60 (+)</b>			
Melvyn Cole	Air Products 10K	08 Apr 2012	00:41:59
Melvyn Cole	Cheddleton Xmas Pudding Race	24 Nov 2012	00:43:39
Melvyn Cole	Sandbach Striders 10K	14 Oct 2012	00:44:05
Melvyn Cole	Clayton 10K	16 May 2012	00:45:21
Melvyn Cole	Stone St Michaels 10K	24 Jun 2012	00:46:06
<b>7 Miles</b>			
<b>Senior Men</b>			
Nicholas Hackett	St Thomas 7	16 Sep 2012	00:41:50
Nicholas Hackett	Langley 7	03 Nov 2012	00:43:28
Pat Hudson	Newcastle 7	15 Apr 2012	00:44:51
Martin Packham	St Thomas 7	16 Sep 2012	00:45:08
Martin Packham	Newcastle 7	15 Apr 2012	00:45:15
<b>V40</b>			
Andy Mayers	St Thomas 7	16 Sep 2012	00:42:44
Andy Mayers	Newcastle 7	15 Apr 2012	00:42:53
Paul Hancock	Newcastle 7	15 Apr 2012	00:44:24
David Betteley	St Thomas 7	16 Sep 2012	00:45:01
Anthony Hadfield	Newcastle 7	15 Apr 2012	00:47:14
<b>V45</b>			
Nick Dunning	Newcastle 7	15 Apr 2012	00:47:16
Robert Cummings	Newcastle 7	15 Apr 2012	00:50:18
Robert Mayers	Newcastle 7	15 Apr 2012	00:50:52
Robert Mayers	St Thomas 7	16 Sep 2012	00:52:44
<b>V60 (+)</b>			
Melvyn Cole	Newcastle 7	15 Apr 2012	00:47:58
Melvyn Cole	St Thomas 7	16 Sep 2012	00:52:03
Colin Earp	Newcastle 7	15 Apr 2012	00:56:37
Colin Earp	St Thomas 7	16 Sep 2012	00:58:08
<b>10 Miles</b>			
<b>Junior Men</b>			
Russell Gibbons	Great Warford 10	29 Jul 2012	01:05:07
<b>Senior Men</b>			
Matthew Smith	Great Warford 10	29 Jul 2012	00:56:58
Matthew Smith	Trentham 10	15 Jul 2012	00:58:34
Nicholas Hackett	Flying Fox 10	04 Nov 2012	00:59:22
Nicholas Hackett	Run the Lanes 10	23 Sep 2012	00:59:53
Adam Soley	Flying Fox 10	04 Nov 2012	01:00:02
<b>V40</b>			
Peter Mallison	Great Warford 10	29 Jul 2012	00:59:46
James Simpson	Great Warford 10	29 Jul 2012	01:00:43
Andy Mayers	Flying Fox 10	04 Nov 2012	01:01:19
Andy Mayers	Great Warford 10	29 Jul 2012	01:01:29
James Simpson	Trentham 10	15 Jul 2012	01:02:40
<b>V45</b>			
Neil Jones	Flying Fox 10	04 Nov 2012	01:03:02
Rob Valentine	Flying Fox 10	04 Nov 2012	01:08:37
Nick Dunning	Great Warford 10	29 Jul 2012	01:09:39
Nick Dunning	Trentham 10	15 Jul 2012	01:11:24
Robert Cummings	Trentham 10	15 Jul 2012	01:11:38
<b>V50</b>			
Mike Hatton	Great Warford 10	29 Jul 2012	00:58:16
Mike Hatton	Trentham 10	15 Jul 2012	01:01:13
Stephen Whincup	Flying Fox 10	04 Nov 2012	01:15:59
<b>V55</b>			
Ivor Twiss	Great Warford 10	29 Jul 2012	01:08:56
<b>V60 (+)</b>			
Melvyn Cole	Trentham 10	15 Jul 2012	01:12:04
Colin Earp	Trentham 10	15 Jul 2012	01:23:26
Colin Earp	Flying Fox 10	04 Nov 2012	01:33:26
<b>Half Marathon</b>			
<b>Junior Men</b>			
Thomas Haynes	Uttoxeter Half Marathon	05 May 2012	01:24:26
Russell Gibbons	Village Bakeries Half Marathon	19 Feb 2012	01:25:07
Adam Soley	Wimslow Half Marathon	25 Mar 2012	01:25:16
Thomas Haynes	Village Bakeries Half Marathon	19 Feb 2012	01:27:16
<b>Senior Men</b>			
Nicholas Hackett	Great Birmingham Run	21 Oct 2012	01:16:04
Matthew Smith	Lake Vyrnwy Half Marathon	09 Sep 2012	01:16:15
Matthew Smith	Stafford Half Marathon	25 Mar 2012	01:16:51
Matthew Smith	Central Lancashire Half Marathon	03 Jan 2012	01:16:53
Matthew Smith	Uttoxeter Half Marathon	05 May 2012	01:17:05
<b>V40</b>			
Peter Mallison	Lake Vyrnwy Half Marathon	09 Sep 2012	01:16:30
Neil Jones	Village Bakeries Half Marathon	19 Feb 2012	01:18:50
Neil Jones	Stafford Half Marathon	25 Mar 2012	01:19:12
Neil Jones	4 Villages Half Marathon	22 Jan 2012	01:19:52
James Simpson	Wimslow Half Marathon	25 Mar 2012	01:20:09
<b>V45</b>			
Neil Jones	Congleton Half Marathon	07 Oct 2012	01:21:54
Rob Valentine	Stafford Half Marathon	25 Mar 2012	01:27:11
Rob Valentine	Robin Hood Half Marathon	30 Sep 2012	01:27:55
Rob Valentine	Uttoxeter Half Marathon	05 May 2012	01:32:02
Robert Cummings	Village Bakeries Half Marathon	19 Feb 2012	01:34:28
<b>V50</b>			
Mike Hatton	Great North Run	16 Sep 2012	01:14:50
Mike Hatton	Wimslow Half Marathon	25 Mar 2012	01:16:17
Mike Hatton	4 Villages Half Marathon	22 Jan 2012	01:18:16
Mike Hatton	Potters' Arf	10 Jun 2012	01:19:46
Stephen Whincup	Wimslow Half Marathon	25 Mar 2012	01:32:16
<b>V55</b>			
Ivor Twiss	Congleton Half Marathon	07 Oct 2012	01:29:31
David McGrath	Stafford Half Marathon	25 Mar 2012	01:32:01
Ivor Twiss	Lake Vyrnwy Half Marathon	09 Sep 2012	01:32:03
Ivor Twiss	4 Villages Half Marathon	22 Jan 2012	01:32:44
Ivor Twiss	Stafford Half Marathon	25 Mar 2012	01:33:13
<b>V60 (+)</b>			
Melvyn Cole	Village Bakeries Half Marathon	19 Feb 2012	01:24:34
Melvyn Cole	Betws Y Coed Half Marathon	0	