

South Cheshire Harriers
Men's Best Times - 2013

Name	Event	Date	Time
5K			
Junior Men			
Henry Valentine	Christleton 5K	17 May 2013	00:16:28
Oliver Williams	Christleton 5K	17 May 2013	00:16:31
Henry Valentine	Dunham Massey 5K (Race 2)	13 Jun 2013	00:16:38
Oliver Williams	Dunham Massey 5K (Race 2)	13 Jun 2013	00:16:51
Henry Valentine	Lymm 5K	22 Jun 2013	00:17:01
Senior Men			
Craig Mooney	South Cheshire 5K - Race 3	30 Aug 2013	00:17:02
Thomas Haynes	Lymm 5K	22 Jun 2013	00:17:04
Craig Mooney	South Cheshire 5K - Race 2	25 Jul 2013	00:17:19
Adam Soley	Congleton Park 5K	27 Apr 2013	00:17:24
Thomas Haynes	South Cheshire 5K - Race 3	30 Aug 2013	00:17:28
V40			
Matthew Smith	South Cheshire 5K - Race 2	26 Jul 2013	00:16:35
Matthew Smith	Lymm 5K	22 Jun 2013	00:16:37
Matthew Smith	Congleton Park Run 5K	19 Oct 2013	00:16:41
Matthew Smith	Congleton Park Run 5K	21 Dec 2013	00:16:47
Peter Mallison	Hollins Green 5K	01 Jun 2013	00:16:47
V45			
Darren Danton	South Cheshire 5K - Race 1	28 Jun 2013	00:18:25
Tony Wardle	Congleton Park Run 5K	02 Nov 2013	00:19:13
Tony Wardle	Hartley Park Run 5K	23 Nov 2013	00:19:42
Terry Barker	Congleton Park Run 5K	10 Aug 2013	00:19:47
Terry Barker	Congleton Park Run 5K	12 Oct 2013	00:19:50
V50			
Owen Evans	Lymm 5K	22 Jun 2013	00:18:21
Ian Williams	South Cheshire 5K - Race 3	30 Aug 2013	00:21:21
Ian Williams	Delamere Park Run 5K	17 Aug 2013	00:22:05
Ian Williams	Congleton Park Run 5K	21 Dec 2013	00:22:20
Ian Williams	Delamere Park Run 5K	04 May 2013	00:22:46
V55			
Alan Brookes	Dunham Massey 5K	24 May 2013	00:19:15
Alan Brookes	Bowden 5K	06 Jun 2013	00:19:30
Alan Brookes	Congleton Park 5K	06 Apr 2013	00:19:35
Alan Brookes	Congleton Park Run 5K	10 Aug 2013	00:19:35
Alan Brookes	South Cheshire 5K - Race 1	28 Jun 2013	00:19:44
V60 (+)			
Melvyn Cole	Dunham Massey 5K	24 May 2013	00:20:12
Melvyn Cole	Congleton Park 5K	18 May 2013	00:20:56
Melvyn Cole	Congleton Park Run 5K	25 May 2013	00:21:29
Martin Stima	South Cheshire 5K - Race 2	26 Jul 2013	00:29:31
Martin Stima	South Cheshire 5K - Race 3	30 Aug 2013	00:31:02
4 Miles			
Senior Men			
Lee Wilkinson	Cheadle 4	14 Jul 2013	00:24:19
Andrew Jones	Cheadle 4	14 Jul 2013	00:24:22
V40			
David Bettleley	Cheadle 4	14 Jul 2013	00:23:08
Andy Mayers	Cheadle 4	14 Jul 2013	00:24:05
James Simpson	Cheadle 4	14 Jul 2013	00:24:11
V45			
Nick Dunning	Cheadle 4	14 Jul 2013	00:26:24
Neil Jones	Cheadle 4	14 Jul 2013	00:26:28
Terry Barker	Cheadle 4	14 Jul 2013	00:26:49
Nigel Baskerville	Cheadle 4	14 Jul 2013	00:26:57
Philp Cliff	Cheadle 4	14 Jul 2013	00:29:40
V55			
Alan Brookes	Cheadle 4	14 Jul 2013	00:26:29
Neil Ridgway	Cheadle 4	14 Jul 2013	00:28:23
5 Miles			
Junior Men			
Oliver Williams	Burtonwood 5	20 Jul 2013	00:29:26
Henry Valentine	Alsager 5	03 Feb 2013	00:28:42
Oliver Williams	Pie n Peas	31 Jul 2013	00:29:19
Josh Edge	Alsager 5	03 Feb 2013	00:32:02
Senior Men			
Adam Soley	Burtonwood 5	20 Jul 2013	00:28:17
Nicholas Hackett	Alsager 5	03 Feb 2013	00:28:36
Adam Soley	Alsager 5	03 Feb 2013	00:28:44
Craig Mooney	Pie n Peas	31 Jul 2013	00:29:00
Daniel Williams	Chester Spring 5	03 Apr 2013	00:29:16
V40			
Matthew Smith	Chester Spring 5	03 Apr 2013	00:26:51
Matthew Smith	Burtonwood 5	20 Jul 2013	00:26:54
Matthew Smith	Alsager 5	03 Feb 2013	00:27:17
Peter Mallison	Chester Spring 5	03 Apr 2013	00:27:40
Peter Mallison	Alsager 5	03 Feb 2013	00:28:07
V45			
Neil Jones	Chester Spring 5	03 Apr 2013	00:29:15
Neil Jones	Alsager 5	03 Feb 2013	00:30:01
Darren Danton	Alsager 5	03 Feb 2013	00:30:24
Darren Danton	Cheadle Spring 5	03 Mar 2013	00:30:28
Neil Jones	Westbridge 5	02 Jun 2013	00:31:49
V50			
Ian Williams	Alsager 5	03 Feb 2013	00:36:39
Mick Tobin	Staffs Knot 5	14 Aug 2013	00:38:27
V55			
Alan Brookes	Chester Spring 5	03 Apr 2013	00:31:52
Alan Brookes	Westbridge 5	02 Jun 2013	00:32:21
Ivor Twiss	Alsager 5	03 Feb 2013	00:32:33
Alan Brookes	Staffs Knot 5	14 Aug 2013	00:32:55
Alan Brookes	Pie n Peas	31 Jul 2013	00:33:04
V60 (+)			
Melvyn Cole	Chester Spring 5	03 Apr 2013	00:34:03
Melvyn Cole	Ipstones 5	07 Sep 2013	00:37:01
Colin Earp	Alsager 5	03 Feb 2013	00:42:36
Colin Earp	Burtonwood 5	20 Jul 2013	00:43:27
Colin Earp	Ipstones 5	07 Sep 2013	00:43:36
10K			
Junior Men			
Henry Valentine	Cardiff 10K	08 Sep 2013	00:34:34
Oliver Williams	Market Drayton 10K	12 May 2013	00:35:15
Henry Valentine	Sutton 6 10K	15 Sep 2013	00:35:25
Oliver Williams	BUPA Great Manchester 10K	26 May 2013	00:36:10
Oliver Williams	Sutton 6 10K	15 Sep 2013	00:37:04
Senior Men			
Craig Mooney	Birchwood 10K	18 Aug 2013	00:35:38
Craig Mooney	Sutton 6 10K	15 Sep 2013	00:36:13
Nicholas Hackett	Ellesmere 10K	25 Aug 2013	00:36:24
David Morris	Market Drayton 10K	12 May 2013	00:36:30
Adam Soley	Market Drayton 10K	12 May 2013	00:36:37
V40			
Matthew Smith	Air Products 10K	31 Mar 2013	00:33:37
Peter Mallison	Market Drayton 10K	12 May 2013	00:34:10
Matthew Smith	Clayton 10K	15 May 2013	00:34:13
Peter Mallison	Air Products 10K	31 Mar 2013	00:34:46
Andy Mayers	Air Products 10K	31 Mar 2013	00:35:12
V45			
Neil Jones	Market Drayton 10K	12 May 2013	00:36:49
Neil Jones	Clayton 10K	15 May 2013	00:37:56
Darren Danton	Air Products 10K	31 Mar 2013	00:37:58
Neil Jones	Stone St Michaels 10K	23 Jun 2013	00:39:08
Neil Jones	Newcastle 10K	14 Apr 2013	00:39:43
V50			
Owen Evans	Clayton 10K	15 May 2013	00:38:33
Owen Evans	Newcastle 10K	14 Apr 2013	00:39:07
Owen Evans	Bethyhill 10K	02 Jul 2013	00:39:08
Stephen Whincup	Birchwood 10K	18 Aug 2013	00:44:07
Ian Williams	Market Drayton 10K	12 May 2013	00:44:11
V55			
Alan Brookes	Air Products 10K	31 Mar 2013	00:39:41
Alan Brookes	Market Drayton 10K	12 May 2013	00:39:44
Ivor Twiss	Air Products 10K	31 Mar 2013	00:39:52
Alan Brookes	Stone St Michaels 10K	23 Jun 2013	00:40:10
Alan Brookes	Clayton 10K	15 May 2013	00:40:35
V60 (+)			
Melvyn Cole	Market Drayton 10K	12 May 2013	00:41:43
Melvyn Cole	Air Products 10K	31 Mar 2013	00:43:02
Melvyn Cole	Clayton 10K	15 May 2013	00:43:06
John Booth	Stone St Michaels 10K	23 Jun 2013	00:43:31
Melvyn Cole	Newcastle 10K	14 Apr 2013	00:43:57
7 Miles			
Senior Men			
Nicholas Hackett	St Thomas 7	22 Sep 2013	00:41:01
V40			
David Bettleley	St Thomas 7	22 Sep 2013	00:41:29
Andy Mayers	St Thomas 7	22 Sep 2013	00:42:59
James Simpson	St Thomas 7	22 Sep 2013	00:43:50
V45			
Neil Jones	St Thomas 7	22 Sep 2013	00:47:06
Terry Barker	St Thomas 7	22 Sep 2013	00:47:15
Nigel Baskerville	St Thomas 7	22 Sep 2013	00:48:37
Tony Wardle	St Thomas 7	22 Sep 2013	00:49:40
V55			
Alan Brookes	St Thomas 7	22 Sep 2013	00:48:23
Clive Heathcock	St Thomas 7	22 Sep 2013	00:54:49
V60 (+)			
Melvyn Cole	St Thomas 7	22 Sep 2013	00:51:00
Colin Earp	St Thomas 7	22 Sep 2013	01:00:22
10 Miles			
Junior Men			
Russell Gibbons	Great Warford 10	11 Aug 2013	01:06:33
Senior Men			
Nicholas Hackett	Pocklington Snake Lane 10	24 Feb 2013	00:56:45
Craig Mooney	Great Warford 10	11 Aug 2013	00:58:14
Nicholas Hackett	Great Warford 10	11 Aug 2013	01:01:54
David Phillips	Great Warford 10	11 Aug 2013	01:02:03
Andrew Jones	Great Warford 10	11 Aug 2013	01:02:37
V40			
Matthew Smith	Great Warford 10	11 Aug 2013	00:55:08
Peter Mallison	Great Warford 10	11 Aug 2013	00:56:38
Matthew Smith	Trentham 10	21 Jul 2013	00:57:18
Andy Mayers	Great Warford 10	11 Aug 2013	00:58:59
Peter Mallison	Flying Fox 10	03 Nov 2013	00:59:10
V45			
Nigel Baskerville	Great Warford 10	11 Aug 2013	01:07:55
Neil Jones	Flying Fox 10	03 Nov 2013	01:08:14
Terry Barker	Trentham 10	21 Jul 2013	01:09:03
Tony Wardle	Flying Fox 10	03 Nov 2013	01:09:24
Nigel Baskerville	Flying Fox 10	03 Nov 2013	01:10:00
V50			
Owen Evans	Trentham 10	21 Jul 2013	01:03:49
Stephen Whincup	Wagon and Horses 10	04 Aug 2013	01:12:45
V55			
Alan Brookes	Great Warford 10	11 Aug 2013	01:07:45
Alan Brookes	Trentham 10	21 Jul 2013	01:10:10
Alan Brookes	Flying Fox 10	03 Nov 2013	01:10:26
Ben Gregory	Flying Fox 10	03 Nov 2013	01:18:23
V60 (+)			
Martin Stima	Great Warford 10	11 Aug 2013	01:45:45
Half Marathon			
Senior Men			
Adam Soley	Lake Vyrnwy Half Marathon	15 Sep 2013	01:16:42
Craig Mooney	English Half Marathon	08 Sep 2013	01:17:42
Nicholas Hackett	Village Bakeries Half Marathon	17 Feb 2013	01:18:49
Nicholas Hackett	Stafford Half Marathon	17 Mar 2013	01:19:19
Craig Mooney	Wilmslow Half Marathon	24 Mar 2013	01:21:06
V40			
Matthew Smith	Village Bakeries Half Marathon	17 Feb 2013	01:13:42
Matthew Smith	Blackpool Half Marathon	01 Sep 2013	01:13:56
Matthew Smith	Stafford Half Marathon	17 Mar 2013	01:14:27
Matthew Smith	Chester Half Marathon	12 May 2013	01:15:09
Peter Mallison	Liverpool Half Marathon	17 Mar 2013	01:15:39
V40, 3-Legged			
Andy Mayers / James Simpson	Chester Half Marathon	12 May 2013	01:42:36
V45			
Neil Jones	Stafford Half Marathon	17 Mar 2013	01:23:44
Neil Jones	Uttoxeter Half Marathon	05 May 2013	01:26:41
Rob Valentine	Stafford Half Marathon	17 Mar 2013	01:27:39
Nigel Baskerville	Blackpool Half Marathon	01 Sep 2013	01:28:58
Rob Valentine	Pollensa Half Marathon	07 Apr 2013	01:29:08
V50			
Owen Evans	Potters Arf	09 Jun 2013	01:24:38
Stephen Whincup	Congleton Half Marathon	06 Oct 2013	01:38:27
Stephen Whincup	Conwy Half Marathon	24 Nov 2013	01:39:27
Mick Tobin	Chester Half Marathon	12 May 2013	01:42:30
Mick Tobin	Shifnal Half Marathon	06 Jul 2013	01:50:14
V55			
Ivor Twiss	Pollensa Half Marathon	07 Apr 2013	01:29:10
Ivor Twiss	Stafford Half Marathon	17 Mar 2013	01:30:13
Ivor Twiss	Village Bakeries Half Marathon	17 Feb 2013	01:30:18
Alan Brookes	Blackpool Half Marathon	01 Sep 2013	01:31:42
Alan Brookes	Potters Arf	09 Jun 2013	01:32:18
V60 (+)			
John Booth	Stafford Half Marathon	17 Mar 2013	01:35:14
Melvyn Cole	Stafford Half Marathon	17 Mar 2013	01:35:51
John Booth	Potters Arf	09 Jun 2013	01:38:52
John Booth	Uttoxeter Half Marathon	05 May 2013	01:39:30
Melvyn Cole	Congleton Half Marathon	06 Oct 2013	01:41:51
20 Miles			
Senior Men			
Nicholas Hackett	South Cheshire 20	15 Sep 2013	02:02:14
Andrew Jones	Stafford 20	10 Mar 2013	02:10:12
Nicholas Hackett	Stafford 20	10 Mar 2013	02:14:31
David Morris	Stafford 20	10 Mar 2013	02:18:59
Andrew Durrant	South Cheshire 20	15 Sep 2013	02:19:05
V40			
Matthew Smith	South Cheshire 20	15 Sep 2013	01:57:29
David Bettleley	Stafford 20	10 Mar 2013	02:05:37
Andy Mayers	South Cheshire 20	15 Sep 2013	02:07:14
David Bettleley	South Cheshire 20	15 Sep 2013	02:08:37
Andy Mayers	Stafford 20	10 Mar 2013	02:09:43
V45			
Rob Valentine	Stafford 20	10 Mar 2013	02:19:12
Terry Barker	South Cheshire 20	15 Sep 2013	02:26:04
Nick Dunning	South Cheshire 20	15 Sep 2013	02:31:31
Nigel Baskerville	South Cheshire 20	15 Sep 2013	02:33:57
Jonathan Tate	South Cheshire 20	15 Sep 2013	02:36:20
V50			
Stephen Whincup	South Cheshire 20	15 Sep 2013	02:37:36
V55			
Chris Walsh	South Cheshire 20	15 Sep 2013	02:52:07
Clive Heathcock	South Cheshire 20	15 Sep 2013	02:52:09
Paul Brownbill	South Cheshire 20	15 Sep 2013	02:55:56