

South Cheshire Harriers
Men's Best Times : 2014

Name	Event	Date	Time
5K			
Junior Men			
Henry Valentine	Christleton 5K	23 May 2014	00:15:57
Oliver Williams	Christleton 5K	23 May 2014	00:16:03
Henry Valentine	Hollins Green 5K	15 Jun 2014	00:16:15
Henry Valentine	Queens Park 5K - Race 1	27 Jun 2014	00:16:31
Henry Valentine	Lymm 5K	21 Jun 2014	00:16:48
Senior Men			
Nicholas Hackett	Christleton 5K	23 May 2014	00:16:42
Henry Valentine	Queens Park 5K - Race 3	29 Aug 2014	00:16:52
David Hook	Christleton 5K	23 May 2014	00:17:07
Nicholas Hackett	Bowden 5K	29 May 2014	00:17:09
David Morris	Hollins Green 5K	15 Jun 2014	00:17:29
V40			
Matthew Smith	Bowden 5K	29 May 2014	00:16:38
James Simpson	Christleton 5K	23 May 2014	00:17:39
James Simpson	Queens Park 5K - Race 2	25 Jul 2014	00:18:13
Paul Hancock	Christleton 5K	23 May 2014	00:19:16
Charles Rowlands	Bowden 5K	29 May 2014	00:20:19
V45			
Andy Mayers	Christleton 5K	23 May 2014	00:16:53
Tony Wardle	Christleton 5K	23 May 2014	00:18:02
Tony Wardle	Queens Park 5K - Race 2	25 Jul 2014	00:18:41
Rob Valentine	Christleton 5K	23 May 2014	00:18:48
Terry Barker	Queens Park 5K - Race 2	25 Jul 2014	00:18:51
V50			
Ian Williams	Christleton 5K	23 May 2014	00:20:05
V55			
Alan Brookes	Christleton 5K	23 May 2014	00:18:53
Alan Brookes	Bowden 5K	29 May 2014	00:19:30
Derek Allen	Queens Park 5K - Race 1	23 May 2014	00:19:45
Neil Ridgway	Christleton 5K	23 May 2014	00:20:58
Chris Walsh	Christleton 5K	23 May 2014	00:21:37
4 Miles			
Senior Men			
Andrew Durrant	Cheadle 4	13 Jul 2014	00:24:00
Nicholas Hackett	Cheadle 4	13 Jul 2014	00:24:11
Matthew Taylor	Cheadle 4	13 Jul 2014	00:24:18
Andrew Deaville	Cheadle 4	13 Jul 2014	00:28:16
V40			
Matthew Smith	Cheadle 4	13 Jul 2014	00:22:19
David Bettleley	Cheadle 4	13 Jul 2014	00:23:20
Paul Hancock	Cheadle 4	13 Jul 2014	00:25:37
Ashley Coates	Cheadle 4	13 Jul 2014	00:32:39
V45			
Andy Mayers	Cheadle 4	13 Jul 2014	00:24:10
Terry Barker	Cheadle 4	13 Jul 2014	00:25:24
V55			
Alan Brookes	Cheadle 4	13 Jul 2014	00:26:39
Ben Gregory	Cheadle 4	13 Jul 2014	00:30:00
V60 (+)			
Colin Earp	Cheadle 4	13 Jul 2014	00:35:23
5 Miles			
Junior Men			
Henry Valentine	Chester Spring 5	16 Apr 2014	00:27:19
Senior Men			
Nicholas Hackett	Westbridge 5	01 Jun 2014	00:28:32
Russell Gibbons	Alsager 5	02 Feb 2014	00:29:41
David Phillips	Chester Spring 5	16 Apr 2014	00:29:51
David Morris	Staffs Knot 5	30 Jul 2014	00:30:01
Nicholas Hackett	Chester Spring 5	16 Apr 2014	00:30:45
V40			
Matthew Smith	Chester Spring 5	16 Apr 2014	00:26:55
Matthew Smith	Alsager 5	02 Feb 2014	00:27:13
Peter Mallison	Alsager 5	02 Feb 2014	00:28:05
David Bettleley	Chester Spring 5	16 Apr 2014	00:28:17
Matthew Smith	Westbridge 5	01 Jun 2014	00:28:26
V45			
Andy Mayers	Chester Spring 5	16 Apr 2014	00:28:24
Tony Wardle	Alsager 5	02 Feb 2014	00:30:23
Andy Mayers	Staffs Knot 5	30 Jul 2014	00:30:52
Darren Donlon	Alsager 5	02 Feb 2014	00:31:26
Rob Valentine	Alsager 5	02 Feb 2014	00:31:29
V50			
Ian Williams	Alsager 5	02 Feb 2014	00:36:14
Philip Cliff	Chester Spring 5	16 Apr 2014	00:36:26
Mick Tobin	Alsager 5	02 Feb 2014	00:36:31
Nigel Haynes	Chester Spring 5	16 Apr 2014	00:39:57
Nigel Haynes	Alsager 5	02 Feb 2014	00:40:26
V55			
Alan Brookes	Chester Spring 5	16 Apr 2014	00:31:50
Alan Brookes	Staffs Knot 5	30 Jul 2014	00:33:36
Alan Brookes	Alsager 5	02 Feb 2014	00:33:41
Ben Gregory	Alsager 5	02 Feb 2014	00:36:05
Ben Gregory	Chester Spring 5	16 Apr 2014	00:36:06
V60 (+)			
John Booth	Alsager 5	02 Feb 2014	00:35:37
John Booth	Westbridge 5	01 Jun 2014	00:36:02
Colin Earp	Staffs Knot 5	30 Jul 2014	00:44:26
Colin Wynne	Westbridge 5	01 Jun 2014	00:49:58
Martin Stima	Chester Spring 5	16 Apr 2014	00:50:05
10K			
Junior Men			
Henry Valentine	Trafford 10K	09 Mar 2014	00:32:55
Henry Valentine	Air Products 10K	20 Apr 2014	00:33:45
Henry Valentine	Warrington 10K	26 Jun 2014	00:35:08
Henry Valentine	Great Manchester Run	18 May 2014	00:35:14
Oliver Williams	Great Manchester Run	18 May 2014	00:36:28
Senior Men			
Henry Valentine	Telford 10K	14 Dec 2014	00:32:33
Andy Lewis	Cheshire 10K	02 Nov 2014	00:33:47
Henry Valentine	Sandbach 10K	21 Sep 2014	00:34:34
Nicholas Hackett	Clayton 10K	14 May 2014	00:35:24
Nicholas Hackett	Market Drayton 10K	11 May 2014	00:35:29
V40			
Matthew Smith	Air Products 10K	20 Apr 2014	00:33:50
Matthew Smith	Clayton 10K	14 May 2014	00:34:12
Matthew Smith	Market Drayton 10K	11 May 2014	00:34:13
Matthew Smith	Stone St Michaels 10K	22 Jun 2014	00:34:21
Matthew Smith	Newcastle 10K	30 Mar 2014	00:34:26
V45			
Andy Mayers	Telford 10K	14 Dec 2014	00:36:05
Andy Mayers	Clayton 10K	14 May 2014	00:36:24
Andy Mayers	Cheddleton Xmas Pudding Race	29 Nov 2014	00:37:34
Rob Valentine	Market Drayton 10K	11 May 2014	00:37:58
Andy Mayers	Trentham 10K	20 Jul 2014	00:38:03
V50			
Mike Hutton	Warrington 10K	26 Jun 2014	00:36:57
Owen Evans	Air Products 10K	20 Apr 2014	00:37:57
Owen Evans	Newcastle 10K	30 Mar 2014	00:39:00
Ian Williams	Cheshire 10K	30 Mar 2014	00:44:08
Philip Cliff	Market Drayton 10K	11 May 2014	00:44:44
V55			
Alan Brookes	Market Drayton 10K	11 May 2014	00:39:55
Alan Brookes	Air Products 10K	20 Apr 2014	00:40:05
Alan Brookes	Clayton 10K	14 May 2014	00:40:12
Alan Brookes	Telford 10K	14 Dec 2014	00:40:23
Alan Brookes	Newcastle 10K	30 Mar 2014	00:40:43
V60 (+)			
Melvyn Cole	Market Drayton 10K	11 May 2014	00:42:48
John Booth	Newcastle 10K	30 Mar 2014	00:44:09
John Booth	Clayton 10K	14 May 2014	00:44:11
John Booth	Stone St Michaels 10K	22 Jun 2014	00:44:30
Chris Walsh	Telford 10K	14 Dec 2014	00:45:04
7 Miles			
Senior Men			
David Nimmo	St Thomas 7	21 Sep 2014	00:48:08
Andrew Deaville	St Thomas 7	21 Sep 2014	00:51:20
V40			
Matthew Smith	St Thomas 7	21 Sep 2014	00:39:40
Gavin Brookes	Langley 7	02 Nov 2014	00:46:16
V45			
David Bettleley	St Thomas 7	21 Sep 2014	00:41:13
Paul Hancock	St Thomas 7	21 Sep 2014	00:46:15
Nigel Baskerville	St Thomas 7	21 Sep 2014	00:47:22
Peter Lloyd	St Thomas 7	21 Sep 2014	00:50:45
Steve Atherton	St Thomas 7	21 Sep 2014	00:53:48
V55			
Ben Gregory	St Thomas 7	21 Sep 2014	00:52:26
Michael Cutler	St Thomas 7	21 Sep 2014	00:58:35
V60 (+)			
Melvyn Cole	St Thomas 7	21 Sep 2014	00:50:53
John Booth	St Thomas 7	21 Sep 2014	00:52:09
Colin Earp	St Thomas 7	21 Sep 2014	01:02:41
10 Miles			
Senior Men			
Nicholas Hackett	Great Warford 10	27 Jul 2014	01:06:07
David Nimmo	Flying Fox 10	02 Nov 2014	01:11:45
Nicholas Hackett	Flying Fox 10	02 Nov 2014	01:12:07
Andrew Deaville	Great Warford 10	27 Jul 2014	01:12:55
V40			
Matthew Smith	Flying Fox 10	02 Nov 2014	00:58:15
Mike Wrench	Rhyl 10 Mile	23 Feb 2014	01:27:01
V45			
David Bettleley	Flying Fox 10	02 Nov 2014	00:58:57
Andy Mayers	Flying Fox 10	02 Nov 2014	01:02:22
Neil Jones	Flying Fox 10	02 Nov 2014	01:04:19
Paul Hancock	Flying Fox 10	02 Nov 2014	01:06:21
Nigel Baskerville	Flying Fox 10	02 Nov 2014	01:08:25
V50			
Rob Huntbach	Flying Fox 10	02 Nov 2014	01:18:05
V55			
Alan Brookes	Flying Fox 10	02 Nov 2014	01:10:13
Ben Gregory	Great Warford 10	27 Jul 2014	01:16:53
Ben Gregory	Flying Fox 10	02 Nov 2014	01:16:58
Clive Heathcock	Flying Fox 10	02 Nov 2014	01:17:04
V60 (+)			
John Booth	Flying Fox 10	02 Nov 2014	01:15:54
Half Marathon			
Senior Men			
David Morris	Lake Vymwy Half Marathon	14 Sep 2014	01:19:02
David Morris	Congleton Half Marathon	06 Oct 2014	01:19:20
Nicholas Hackett	Chester Half Marathon	18 May 2014	01:19:31
David Morris	Chester Half Marathon	18 May 2014	01:19:56
Daniel Williams	Wilmstow Half Marathon	23 Mar 2014	01:20:20
V40			
Matthew Smith	4 Villages Half Marathon	19 Jan 2014	01:13:35
Matthew Smith	Congleton Half Marathon	06 Oct 2014	01:14:04
Peter Mallison	4 Villages Half Marathon	19 Jan 2014	01:15:39
Matthew Smith	Chester Half Marathon	18 May 2014	01:16:04
David Bettleley	Uttoxeter Half Marathon	04 May 2014	01:17:40
V45			
David Bettleley	Congleton Half Marathon	06 Oct 2014	01:19:05
Andy Mayers	Chester Half Marathon	18 May 2014	01:19:55
Andy Mayers	Uttoxeter Half Marathon	04 May 2014	01:21:28
Neil Jones	Conwy Half Marathon	23 Nov 2014	01:22:44
Andy Mayers	Congleton Half Marathon	06 Oct 2014	01:22:51
V50			
Stephen Whincup	4 Villages Half Marathon	19 Jan 2014	01:35:04
Rob Huntbach	Conwy Half Marathon	23 Nov 2014	01:39:54
Rob Huntbach	Lake Vymwy Half Marathon	14 Sep 2014	01:43:21
Mick Tobin	4 Villages Half Marathon	19 Jan 2014	01:43:57
Philip Cliff	Chester Half Marathon	18 May 2014	01:51:26
V55			
Alan Brookes	Lake Vymwy Half Marathon	14 Sep 2014	01:29:56
Alan Brookes	Uttoxeter Half Marathon	04 May 2014	01:31:19
Ben Gregory	Lake Vymwy Half Marathon	14 Sep 2014	01:36:08
Ben Gregory	4 Villages Half Marathon	19 Jan 2014	01:37:04
David McGrath	Stafford Half Marathon	16 Mar 2014	01:38:22
V60 (+)			
Melvyn Cole	Torre Pacheco Half Marathon	14 Dec 2014	01:30:22
John Booth	Potters Ark	08 Jun 2014	01:40:18
John Booth	Leek Half Marathon	17 Aug 2014	01:43:15
Chris Walsh	Congleton Half Marathon	06 Oct 2014	01:49:57
Martin Stima	Uttoxeter Half Marathon	04 May 2014	02:19:47
20 Miles			
Senior Men			
Matthew Taylor	South Cheshire 20	07 Sep 2014	02:12:11
David Morris	South Cheshire 20	07 Sep 2014	02:12:56
Warren Renkel	South Cheshire 20	07 Sep 2014	02:22:30
Nicholas Hackett	Stafford 20	09 Mar 2014	02:23:51
Nicholas Hackett	Trimpell 20	16 Mar 2014	02:24:47
V40			
Matthew Smith	Stafford 20	09 Mar 2014	02:00:37
David Bettleley	Stafford 20	09 Mar 2014	02:03:35
David Wilson	Stafford 20	09 Mar 2014	02:11:49
Andy Mayers	Stafford 20	09 Mar 2014	02:12:50
James Simpson	South Cheshire 20	07 Sep 2014	02:17:16
V45			
David Bettleley	South Cheshire 20	07 Sep 2014	02:07:37
Andy Mayers	South Cheshire 20	07 Sep 2014	02:22:25
Nigel Baskerville	South Cheshire 20	07 Sep 2014	02:26:01
Nigel Baskerville	Stafford 20	09 Mar 2014	02:29:52
Robert Brown	South Cheshire 20	07 Sep 2014	02:39:26
V50			
Stephen Whincup	Trimpell 20	16 Mar 2014	02:34:39
Simon Garrington	South Cheshire 20	07 Sep 2014	02:57:34
V55			
Chris Walsh	Stafford 20	09 Mar 2014	02:49:24
Ben Gregory	Stafford 20	09 Mar 2014	02:51:05
Peter Roberts	Trimpell 20	16 Mar 2014	02:53:57
V60 (+)			
John Booth	Stafford 20	09 Mar 2014	02:36:53
John Booth	South Cheshire 20	07 Sep 2014	02:42:28
Marathon			
Senior Men			
Nicholas Hackett	Flying Fox Marathon	25 May 2014	02:44:55
Nicholas Hackett	Rhyl Marathon	27 Jun 2014	02:53:55
Matthew Taylor	Chester Marathon	05 Oct 2014	02:56:04
David Morris	London Marathon	13 Apr 2014	02:58:08
Nicholas Hackett	London Marathon	13 Apr 2014	02:59:20
V40			
David Bettleley	London Marathon	13 Apr 2014	02:44:45
Peter Mallison	London Marathon	13 Apr 2014	02:44:52
David Wilson	London Marathon	13 Apr 2014	02:53:14
David Bettleley	Flying Fox Marathon	25 May 2014	02:58:11
James Simpson	London Marathon	13 Apr 2014	02:59:01
V45			
Andy Mayers	Wakefield Marathon	27 Jun 2014	