

## South Cheshire Harriers Men's Best Times : 2015

Name	Event	Date	Time
<b>5K</b>			
<b>Senior Men</b>			
Andy Lewis	Christleton 5K	15 May 2015	00:16.44
Matthew Taylor	Christleton 5K	15 May 2015	00:16.44
David Phillips	Queens Park Quacker 5K (Race 2)	28 Jul 2015	00:16.50
Russell Gibbons	Christleton 5K	15 May 2015	00:16.56
David Phillips	South Cheshire 5K (Race 3)	25 Aug 2015	00:16.57
<b>V40</b>			
Matthew Smith	Christleton 5K	15 May 2015	00:16.07
Matthew Smith	South Cheshire 5K (Race 3)	25 Aug 2015	00:16.26
Matthew Smith	Queens Park Quacker 5K (Race 2)	28 Jul 2015	00:16.33
Peter Mallison	Christleton 5K	15 May 2015	00:16.37
Matthew Smith	South Cheshire 5K (Race 1)	30 Jun 2015	00:16.38
<b>V45</b>			
Andy Mayers	Christleton 5K	15 May 2015	00:17.11
Tony Wardle	Christleton 5K	15 May 2015	00:17.22
Andy Mayers	Queens Park Quacker 5K (Race 2)	28 Jul 2015	00:17.53
Andy Mayers	South Cheshire 5K (Race 1)	30 Jun 2015	00:18.03
Paul Hancock	Christleton 5K	15 May 2015	00:18.05
<b>V50</b>			
Ian Williams	Queens Park Quacker 5K (Race 2)	28 Jul 2015	00:20.09
Ian Williams	South Cheshire 5K (Race 3)	25 Aug 2015	00:20.39
Ian Williams	South Cheshire 5K (Race 1)	30 Jun 2015	00:21.10
Robert Mayers	South Cheshire 5K (Race 1)	30 Jun 2015	00:22.14
Jim Kelleher	Queens Park Quacker 5K (Race 2)	28 Jul 2015	00:23.26
<b>V55</b>			
Alan Brookes	Christleton 5K	15 May 2015	00:19.28
Ivor Twiss	Queens Park Quacker 5K (Race 2)	28 Jul 2015	00:19.56
Ivor Twiss	South Cheshire 5K (Race 1)	30 Jun 2015	00:20.07
Ivor Twiss	South Cheshire 5K (Race 3)	25 Aug 2015	00:20.08
Barry Hampson	Queens Park Quacker 5K (Race 2)	28 Jul 2015	00:24.05
<b>V60 (+)</b>			
John Booth	South Cheshire 5K (Race 1)	30 Jun 2015	00:22.29
Colin Earp	South Cheshire 5K (Race 3)	25 Aug 2015	00:26.13
Colin Wynne	South Cheshire 5K (Race 3)	25 Aug 2015	00:32.41
<b>4 Miles</b>			
<b>Senior Men</b>			
David Morris	Cheadle 4	12 Jul 2015	00:24.19
Russell Gibbons	Cheadle 4	12 Jul 2015	00:24.52
Andrew Deaville	Cheadle 4	12 Jul 2015	00:30.31
<b>V40</b>			
Peter Mallison	Cheadle 4	12 Jul 2015	00:23.22
James Simpson	Cheadle 4	12 Jul 2015	00:24.12
Ashley Coates	Cheadle 4	12 Jul 2015	00:29.45
<b>V45</b>			
Andy Mayers	Cheadle 4	12 Jul 2015	00:23.27
Tony Wardle	Cheadle 4	12 Jul 2015	00:25.20
Paul Hancock	Cheadle 4	12 Jul 2015	00:25.27
Nigel Baskerville	Cheadle 4	12 Jul 2015	00:27.00
Robert Brown	Cheadle 4	12 Jul 2015	00:29.12
<b>V50</b>			
Philip Cliff	Cheadle 4	12 Jul 2015	00:35.49
<b>V55</b>			
Ivor Twiss	Cheadle 4	12 Jul 2015	00:27.02
Alan Brookes	Cheadle 4	12 Jul 2015	00:27.11
Clive Heathcock	Cheadle 4	12 Jul 2015	00:30.31
<b>V60 (+)</b>			
Colin Earp	Cheadle 4	12 Jul 2015	00:36.37
Martin Stirna	Cheadle 4	12 Jul 2015	00:39.39
<b>5 Miles</b>			
<b>Junior Men</b>			
Alex Mallison	Chester Spring 5	15 Apr 2015	00:29.00
Alex Mallison	Alsager 5	01 Feb 2015	00:29.26
<b>Senior Men</b>			
Henry Valentine	Alsager 5	01 Feb 2015	00:27.29
Matthew Taylor	Alsager 5	01 Feb 2015	00:29.21
David Morris	Alsager 5	01 Feb 2015	00:29.24
Russell Gibbons	Alsager 5	01 Feb 2015	00:29.39
Daniel Williams	Alsager 5	01 Feb 2015	00:29.40
<b>V40</b>			
Matthew Smith	Chester Spring 5	15 Apr 2015	00:26.54
Matthew Smith	Alsager 5	01 Feb 2015	00:27.20
Peter Mallison	Chester Spring 5	15 Apr 2015	00:27.31
Matthew Smith	Westbridge 5	07 Jun 2015	00:27.43
Peter Mallison	Alsager 5	01 Feb 2015	00:28.07
<b>V45</b>			
Andy Mayers	Chester Spring 5	15 Apr 2015	00:29.11
David Betteley	Westbridge 5	07 Jun 2015	00:29.28
David Betteley	Staffs Knot 5	29 Jul 2015	00:29.45
Andy Mayers	Staffs Knot 5	29 Jul 2015	00:29.50
Tony Wardle	Westbridge 5	07 Jun 2015	00:30.11
<b>V50</b>			
Rob Huntbach	Alsager 5	01 Feb 2015	00:34.20
Ian Williams	Alsager 5	01 Feb 2015	00:34.55
Philip Cliff	Alsager 5	01 Feb 2015	00:35.57
Dave Prosser	Alsager 5	01 Feb 2015	00:37.18
Rob Huntbach	Westbridge 5	07 Jun 2015	00:37.34
<b>V55</b>			
Alan Brookes	Chester Spring 5	15 Apr 2015	00:31.48
Alan Brookes	Alsager 5	01 Feb 2015	00:32.10
Ivor Twiss	Alsager 5	01 Feb 2015	00:32.35
Alan Brookes	Staffs Knot 5	29 Jul 2015	00:33.04
Alan Brookes	Westbridge 5	07 Jun 2015	00:33.25
<b>V60 (+)</b>			
Chris Walsh	Alsager 5	01 Feb 2015	00:36.19
John Booth	Alsager 5	01 Feb 2015	00:36.34
John Booth	Westbridge 5	07 Jun 2015	00:37.28
Colin Earp	Westbridge 5	07 Jun 2015	00:44.09
Colin Earp	Staffs Knot 5	29 Jul 2015	00:44.37
<b>10K</b>			
<b>Junior Men</b>			
Alex Mallison	Air Products 10K	05 Apr 2015	00:35.43
<b>Senior Men</b>			
Henry Valentine	Trafford 10K	08 Mar 2015	00:32.34
David Phillips	Air Products 10K	05 Apr 2015	00:34.36
Andy Lewis	Sport in the Port	21 Jun 2015	00:35.04
Henry Valentine	Sport in the Port	21 Jun 2015	00:35.08
David Phillips	Market Drayton 10K	10 May 2015	00:35.28
<b>V40</b>			
Matthew Smith	Air Products 10K	05 Apr 2015	00:33.29
Matthew Smith	Sutton 6	20 Sep 2015	00:33.40
Matthew Smith	Newcastle 10K	29 Mar 2015	00:34.16
Peter Mallison	Air Products 10K	05 Apr 2015	00:34.19
Matthew Smith	Sport in the Port	21 Jun 2015	00:34.36
<b>V45</b>			
David Betteley	Air Products 10K	05 Apr 2015	00:34.26
David Betteley	Newcastle 10K	29 Mar 2015	00:35.37
Andy Mayers	Air Products 10K	05 Apr 2015	00:36.08
Andy Mayers	Newcastle 10K	29 Mar 2015	00:36.57
Andy Mayers	Clayton 10K	13 May 2015	00:37.06
<b>V50</b>			
Ian Williams	Sport in the Port	21 Jun 2015	00:43.41
Ian Williams	Newcastle 10K	29 Mar 2015	00:44.14
Rob Huntbach	Stone St Michaels 10K	21 Jun 2015	00:44.33
Rob Huntbach	Newcastle 10K	29 Mar 2015	00:44.40
Rob Huntbach	Clayton 10K	13 May 2015	00:44.46
<b>V55</b>			
Alan Brookes	Air Products 10K	05 Apr 2015	00:40.06
Alan Brookes	Telford 10K	13 Dec 2015	00:40.06
Alan Brookes	Market Drayton 10K	10 May 2015	00:40.34
Derek Allen	Air Products 10K	05 Apr 2015	00:40.43
Alan Brookes	Clayton 10K	13 May 2015	00:41.22
<b>V60 (+)</b>			
Melvyn Cole	Sutton 6	20 Sep 2015	00:42.16
Melvyn Cole	Camera Los Dolores 10K	25 Jan 2015	00:43.18
John Booth	Air Products 10K	05 Apr 2015	00:44.15
John Booth	Stone St Michaels 10K	21 Jun 2015	00:45.11
John Booth	Newcastle 10K	29 Mar 2015	00:46.05
<b>7 Miles</b>			
<b>Senior Men</b>			
Warren Renkel	St Thomas 7	20 Sep 2015	00:44.07
Matthew Taylor	Langley 7	07 Nov 2015	00:44.16
Pat Hudson	Langley 7	07 Nov 2015	00:46.57
Mark Coulthard	Langley 7	07 Nov 2015	00:47.39
Nicholas Hackett	Langley 7	07 Nov 2015	00:49.30
<b>V40</b>			
Matthew Smith	Langley 7	07 Nov 2015	00:40.35
Peter Mallison	Langley 7	07 Nov 2015	00:43.56
James Simpson	Langley 7	07 Nov 2015	00:45.12
Ashley Coates	St Thomas 7	20 Sep 2015	00:55.01
<b>V45</b>			
Paul Hancock	St Thomas 7	20 Sep 2015	00:44.15
Tony Wardle	Langley 7	07 Nov 2015	00:47.07
Nigel Baskerville	St Thomas 7	20 Sep 2015	00:47.56
Steve Atherton	St Thomas 7	20 Sep 2015	00:52.27
Nick Dunning	Langley 7	07 Nov 2015	00:54.25
<b>V50</b>			
Philip Cliff	St Thomas 7	20 Sep 2015	00:52.16
<b>V55</b>			
Alan Brookes	St Thomas 7	20 Sep 2015	00:48.09
Clive Heathcock	St Thomas 7	20 Sep 2015	00:54.29
<b>V60 (+)</b>			
Colin Earp	St Thomas 7	20 Sep 2015	01:09.18
<b>10 Miles</b>			
<b>Senior Men</b>			
David Phillips	Flying Fox 10	01 Nov 2015	00:59.32
David Morris	Flying Fox 10	01 Nov 2015	01:00.26
Warren Renkel	Flying Fox 10	01 Nov 2015	01:02.21
David Nimmo	Flying Fox 10	01 Nov 2015	01:12.20
Paul Lovick	Flying Fox 10	01 Nov 2015	01:28.57
<b>V40</b>			
Peter Mallison	Flying Fox 10	01 Nov 2015	01:02.11
James Simpson	Flying Fox 10	01 Nov 2015	01:04.06
Les Morris	Flying Fox 10	01 Nov 2015	01:26.43
<b>V45</b>			
Paul Hancock	Flying Fox 10	01 Nov 2015	01:02.12
Nigel Baskerville	Flying Fox 10	01 Nov 2015	01:09.33
Tony Wardle	Flying Fox 10	01 Nov 2015	01:10.41
Robert Brown	Flying Fox 10	01 Nov 2015	01:14.58
Steve Atherton	Flying Fox 10	01 Nov 2015	01:16.21
<b>V50</b>			
Philip Cliff	Flying Fox 10	01 Nov 2015	01:16.33
<b>V55</b>			
Alan Brookes	Flying Fox 10	01 Nov 2015	01:08.34
Clive Heathcock	Flying Fox 10	01 Nov 2015	01:18.25
<b>V60 (+)</b>			
John Booth	Flying Fox 10	01 Nov 2015	01:15.34
<b>Half Marathon</b>			
<b>Junior Men</b>			
Alex Mallison	Wilslow Half Marathon	22 Mar 2015	01:21.51
<b>Senior Men</b>			
David Phillips	Village Bakeries Half Marathon	15 Feb 2015	01:18.37
Matthew Taylor	Village Bakeries Half Marathon	15 Feb 2015	01:18.59
David Phillips	Congleton Half Marathon	04 Oct 2015	01:19.02
David Phillips	Wilslow Half Marathon	22 Mar 2015	01:19.17
David Phillips	Chester Half Marathon	17 May 2015	01:19.17
<b>V40</b>			
Matthew Smith	Wilslow Half Marathon	22 Mar 2015	01:12.18
Matthew Smith	Village Bakeries Half Marathon	15 Feb 2015	01:13.13
Peter Mallison	Wilslow Half Marathon	22 Mar 2015	01:15.17
Peter Mallison	Village Bakeries Half Marathon	15 Feb 2015	01:15.30
Matthew Smith	Congleton Half Marathon	04 Oct 2015	01:16.09
<b>V45</b>			
Andy Mayers	Wilslow Half Marathon	22 Mar 2015	01:18.56
Neil Jones	Village Bakeries Half Marathon	15 Feb 2015	01:19.04
Andy Mayers	Village Bakeries Half Marathon	15 Feb 2015	01:20.20
Neil Jones	Wilslow Half Marathon	22 Mar 2015	01:21.25
David Betteley	Congleton Half Marathon	04 Oct 2015	01:21.39
<b>V50</b>			
Rob Huntbach	Village Bakeries Half Marathon	15 Feb 2015	01:38.48
Rob Huntbach	Wilslow Half Marathon	22 Mar 2015	01:39.03
Ian Williams	Chester Half Marathon	17 May 2015	01:39.07
Rob Huntbach	Potters Aft	14 Jun 2015	01:42.01
Philip Cliff	Congleton Half Marathon	04 Oct 2015	01:43.10
<b>V55</b>			
Ivor Twiss	Village Bakeries Half Marathon	15 Feb 2015	01:30.23
David McGrath	Stafford Half Marathon	22 Mar 2015	01:32.57
Ivor Twiss	Conwy Half Marathon	22 Nov 2015	01:33.37
David McGrath	Village Bakeries Half Marathon	15 Feb 2015	01:37.56
Alan Brookes	Uttoxeter Half Marathon	03 May 2015	01:38.26
<b>V60 (+)</b>			
Melvyn Cole	Congleton Half Marathon	04 Oct 2015	01:32.09
John Booth	Congleton Half Marathon	04 Oct 2015	01:38.17
John Booth	Potters Aft	14 Jun 2015	01:41.16
Martin Stirna	Congleton Half Marathon	04 Oct 2015	02:14.34
Martin Stirna	Conwy Half Marathon	22 Nov 2015	02:24.58
<b>20 Miles</b>			
<b>Junior Men</b>			
Alex Mallison	Stafford 20	08 Mar 2015	02:18.03
<b>Senior Men</b>			
Nicholas Hackett	South Cheshire 20	06 Sep 2015	02:05.29
David Morris	South Cheshire 20	06 Sep 2015	02:08.05
David Phillips	South Cheshire 20	06 Sep 2015	02:09.21
Pat Hudson	Stafford 20	08 Mar 2015	02:18.47
Warren Renkel	South Cheshire 20	06 Sep 2015	02:20.21
<b>V40</b>			
Mathin Packham	Stafford 20	08 Mar 2015	02:12.32
James Simpson	Stafford 20	08 Mar 2015	02:16.03
Peter Mallison	Stafford 20	08 Mar 2015	02:18.31
James Simpson	South Cheshire 20	06 Sep 2015	02:27.17
<b>V45</b>			
Neil Jones	Stafford 20	08 Mar 2015	02:07.00
David Betteley	Stafford 20	08 Mar 2015	02:11.08
Andy Mayers	Stafford 20	08 Mar 2015	02:11.48
Peter Lloyd	South Cheshire 20	06 Sep 2015	02:13.11
Peter Lloyd	Stafford 20	08 Mar 2015	02:14.12
<b>V50</b>			
Rob Huntbach	Stafford 20	08 Mar 2015	02:36.32
Philip Cliff	South Cheshire 20	06 Sep 2015	02:52.53
Rob Huntbach	South Cheshire 20	06 Sep 2015	03:23.29
<b>V55</b>			
Alan Brookes	Stafford 20	08 Mar 2015	02:25.41
<b>V60 (+)</b>			
John Booth	South Cheshire 20	06 Sep 2015	02:37.37
John Booth	Stafford 20	08 Mar 2015	02:39.22
Martin Stirna	South Cheshire 20	06 Sep 2015	03:48.05
<b>Marathon</b>			
<b>Senior Men</b>			
Nicholas Hackett	Berlin Marathon	27 Sep 2015	02:47.34
Nicholas Hackett	Hull		