

**South Cheshire Harriers**  
**Men's Best Times : 2016**

Name	Event	Date	Time
<b>5K</b>			
<b>Senior Men</b>			
David Phillips	Queens Park Quacker (Race 2)	26 Jul 2016	00:16:57
David Phillips	Hollins Green 5K	19 Jun 2016	00:17:10
Andy Lewis	Hollins Green 5K	19 Jun 2016	00:17:16
Matthew Taylor	Queens Park Quacker (Race 2)	26 Jul 2016	00:17:17
Matthew Taylor	Hollins Green 5K	19 Jun 2016	00:17:19
<b>V40</b>			
Matthew Smith	Mid-Cheshire 5K	28 Apr 2016	00:16:30
Matthew Smith	Hollins Green 5K	19 Jun 2016	00:16:53
Anthony Tibbetts	Queens Park Quacker (Race 2)	26 Jul 2016	00:18:29
James Simpson	Hollins Green 5K	19 Jun 2016	00:18:32
James Simpson	Queens Park 5K (Race 3)	30 Aug 2016	00:19:10
<b>V45</b>			
Peter Mallison	Queens Park Quacker (Race 1)	28 Jun 2016	00:18:16
Tony Wardle	Queens Park 5K (Race 3)	30 Aug 2016	00:19:14
Nigel Baskerville	Hollins Green 5K	19 Jun 2016	00:20:09
Tony Wardle	Hollins Green 5K	19 Jun 2016	00:20:14
Tony Wardle	Mid-Cheshire 5K	28 Apr 2016	00:20:44
<b>V50</b>			
Martin Phillips	Queens Park Quacker (Race 1)	28 Jun 2016	00:20:42
Martin Phillips	Queens Park Quacker (Race 2)	26 Jul 2016	00:20:44
Andrew Jones	Hollins Green 5K	19 Jun 2016	00:20:48
Martin Phillips	Queens Park 5K (Race 3)	30 Aug 2016	00:20:56
David Millward	Queens Park 5K (Race 3)	30 Aug 2016	00:21:02
<b>V55</b>			
Alan Brookes	Mid-Cheshire 5K	28 Apr 2016	00:19:00
Clive Heathcock	Queens Park Quacker (Race 2)	26 Jul 2016	00:22:30
Clive Heathcock	Queens Park 5K (Race 3)	30 Aug 2016	00:22:31
Jim Kelleher	Mid-Cheshire 5K	28 Apr 2016	00:22:56
Richard Studzinski	Queens Park 5K (Race 3)	30 Aug 2016	00:25:02
<b>V60 (+)</b>			
Melvyn Cole	Mid-Cheshire 5K	28 Apr 2016	00:19:58
Roger Badman	Queens Park 5K (Race 3)	30 Aug 2016	00:25:27
Norman Hindle	Queens Park 5K (Race 3)	30 Aug 2016	00:26:02
Norman Hindle	Queens Park Quacker (Race 2)	26 Jul 2016	00:26:41
Martin Stirna	Queens Park Quacker (Race 2)	26 Jul 2016	00:29:24
<b>5 Miles</b>			
<b>Senior Men</b>			
David Morris	Chester Spring 5	13 Apr 2016	00:28:23
Mark Coulthard	Westbridge 5	05 Jun 2016	00:30:13
Mark Coulthard	Ipsstones 5	10 Sep 2016	00:30:36
Mark Coulthard	Alsager 5	07 Feb 2016	00:30:40
David Morris	Alsager 5	07 Feb 2016	00:31:02
<b>V40</b>			
Matthew Smith	Chester Spring 5	13 Apr 2016	00:27:18
Matthew Smith	Alsager 5	07 Feb 2016	00:27:42
James Simpson	Chester Spring 5	13 Apr 2016	00:29:50
Anthony Tibbetts	Alsager 5	07 Feb 2016	00:31:21
Andrew Deaville	Westbridge 5	05 Jun 2016	00:36:56
<b>V45</b>			
Peter Mallison	Chester Spring 5	13 Apr 2016	00:28:45
Paul Hancock	Chester Spring 5	13 Apr 2016	00:28:46
Paul Hancock	Alsager 5	07 Feb 2016	00:29:34
Peter Mallison	Westbridge 5	05 Jun 2016	00:30:06
Paul Hancock	Westbridge 5	05 Jun 2016	00:30:32
<b>V50</b>			
Andrew Jones	Westbridge 5	05 Jun 2016	00:33:57
Philip Cliff	Alsager 5	07 Feb 2016	00:38:27
Chris Price	Alsager 5	07 Feb 2016	00:42:03
<b>V55</b>			
Alan Brookes	Chester Spring 5	13 Apr 2016	00:31:27
Alan Brookes	Westbridge 5	05 Jun 2016	00:32:08
Alan Brookes	Ipsstones 5	10 Sep 2016	00:32:47
Ivor Twiss	Alsager 5	07 Feb 2016	00:33:10
Alan Brookes	Alsager 5	07 Feb 2016	00:33:15
<b>V60 (+)</b>			
Melvyn Cole	Chester Spring 5	13 Apr 2016	00:34:18
Clive Heathcock	Ipsstones 5	10 Sep 2016	00:38:20
Colin Earp	Alsager 5	07 Feb 2016	00:45:51
Norman Hindle	Ipsstones 5	10 Sep 2016	00:45:53
Martin Stirna	Alsager 5	07 Feb 2016	00:47:53
<b>10K</b>			
<b>Senior Men</b>			
David Phillips	Air Products 10K	27 Mar 2016	00:34:33
Warren Renkel	Air Products 10K	27 Mar 2016	00:36:20
David Morris	Market Drayton 10K	08 May 2016	00:36:22
David Phillips	Birchwood 10K	21 Aug 2016	00:36:25
Matthew Taylor	Colshaw Hall 10K	26 Jun 2016	00:36:28
<b>V40</b>			
Matthew Smith	Whitley 10K	24 Apr 2016	00:34:38
Matthew Smith	Air Products 10K	27 Mar 2016	00:34:50
Matthew Smith	Newcastle 10K	03 Apr 2016	00:35:03
Matthew Smith	Clayton 10K	11 May 2016	00:35:26
Matthew Smith	Birchwood 10K	21 Aug 2016	00:35:38
<b>V45</b>			
Peter Mallison	Air Products 10K	27 Mar 2016	00:35:19
Peter Mallison	Newcastle 10K	03 Apr 2016	00:35:58
Paul Hancock	Newcastle 10K	03 Apr 2016	00:36:32
Paul Hancock	Market Drayton 10K	08 May 2016	00:36:49
Peter Mallison	Colshaw Hall 10K	26 Jun 2016	00:37:24
<b>V50</b>			
Andrew Jones	Birchwood 10K	21 Aug 2016	00:41:05
Andrew Jones	Werrington 10K	16 Oct 2016	00:41:53
Rob Huntbach	Air Products 10K	27 Mar 2016	00:45:17
Philip Cliff	Newcastle 10K	03 Apr 2016	00:45:25
Steve Atherton	Telford 10K	11 Dec 2016	00:45:54
<b>V55</b>			
Alan Brookes	Whitley 10K	24 Apr 2016	00:39:19
Alan Brookes	Stone St Michaels 10K	19 Jun 2016	00:39:43
Alan Brookes	Birchwood 10K	21 Aug 2016	00:40:01
Alan Brookes	Newcastle 10K	03 Apr 2016	00:40:14
Alan Brookes	Air Products 10K	27 Mar 2016	00:40:34
<b>V60 (+)</b>			
Melvyn Cole	Newcastle 10K	03 Apr 2016	00:42:00
Melvyn Cole	Whitley 10K	24 Apr 2016	00:42:23
Melvyn Cole	Market Drayton 10K	08 May 2016	00:43:01
Melvyn Cole	Air Products 10K	27 Mar 2016	00:43:07
Melvyn Cole	Birchwood 10K	21 Aug 2016	00:44:14
<b>7 Miles</b>			
<b>Senior Men</b>			
David Nimmo	St Thomas 7	18 Sep 2016	00:48:33
Martin Brown	St Thomas 7	18 Sep 2016	00:52:10
<b>V40</b>			
Andrew Deaville	St Thomas 7	18 Sep 2016	00:55:48
<b>V45</b>			
Paul Hancock	St Thomas 7	18 Sep 2016	00:44:30
<b>V55</b>			
Alan Brookes	St Thomas 7	18 Sep 2016	00:47:23
<b>V60 (+)</b>			
Clive Heathcock	St Thomas 7	18 Sep 2016	00:54:47
Colin Earp	St Thomas 7	18 Sep 2016	01:08:37
Martin Stirna	St Thomas 7	18 Sep 2016	01:11:29
<b>10 Miles</b>			
<b>Senior Men</b>			
Matthew Taylor	Flying Fox 10	06 Nov 2016	00:59:02
Mike O'Brien	Flying Fox 10	06 Nov 2016	01:07:47
Simon Turner	Rhyl 10	21 Feb 2016	01:18:53
<b>V40</b>			
Andrew Deaville	Flying Fox 10	06 Nov 2016	01:22:48
<b>V45</b>			
Paul Hancock	Flying Fox 10	06 Nov 2016	01:05:32
Peter Lloyd	Flying Fox 10	06 Nov 2016	01:13:12
Paul Davies	Flying Fox 10	06 Nov 2016	01:13:48
Robert Brown	Flying Fox 10	06 Nov 2016	01:14:57
Steve Atherton	Flying Fox 10	06 Nov 2016	01:19:55
<b>V55</b>			
Alan Brookes	Flying Fox 10	06 Nov 2016	01:08:58
<b>V60 (+)</b>			
Melvyn Cole	Flying Fox 10	06 Nov 2016	01:17:58
Clive Heathcock	Flying Fox 10	06 Nov 2016	01:19:23
Norman Hindle	Flying Fox 10	06 Nov 2016	01:28:40
<b>Half Marathon</b>			
<b>Senior Men</b>			
David Phillips	Village Bakeries Half Marathon	14 Feb 2016	01:16:10
Matthew Taylor	Village Bakeries Half Marathon	14 Feb 2016	01:17:06
David Morris	World Half Marathon Championship, Cardiff	27 Mar 2016	01:18:01
David Phillips	4 Villages Half Marathon	17 Jan 2016	01:18:34
Matthew Taylor	4 Villages Half Marathon	17 Jan 2016	01:19:00
<b>V40</b>			
Matthew Smith	Village Bakeries Half Marathon	14 Feb 2016	01:14:37
Matthew Smith	Macclesfield Half Marathon	25 Sep 2016	01:19:54
James Simpson	Village Bakeries Half Marathon	14 Feb 2016	01:22:03
James Simpson	World Half Marathon Championship, Cardiff	27 Mar 2016	01:22:19
David Wilson	Wilmslow Half Marathon	03 Apr 2016	01:22:21
<b>V45</b>			
Peter Mallison	Village Bakeries Half Marathon	14 Feb 2016	01:17:19
Peter Mallison	4 Villages Half Marathon	17 Jan 2016	01:19:52
Paul Hancock	Village Bakeries Half Marathon	14 Feb 2016	01:19:53
Paul Hancock	Potters Arf	12 Jun 2016	01:21:33
Paul Hancock	4 Villages Half Marathon	17 Jan 2016	01:22:26
<b>V50</b>			
Rob Huntbach	Village Bakeries Half Marathon	14 Feb 2016	01:43:12
Rob Huntbach	4 Villages Half Marathon	17 Jan 2016	01:43:43
Rob Huntbach	Chester Half Marathon	15 May 2016	01:46:33
Graeme Spencer	Conwy Half Marathon	20 Nov 2016	01:48:38
Rob Huntbach	Macclesfield Half Marathon	25 Sep 2016	01:49:58
<b>V55</b>			
Ivor Twiss	Village Bakeries Half Marathon	14 Feb 2016	01:29:30
Alan Brookes	Uttoxeter Half Marathon	01 May 2016	01:31:24
Ivor Twiss	4 Villages Half Marathon	17 Jan 2016	01:31:27
Alan Brookes	Village Bakeries Half Marathon	14 Feb 2016	01:33:39
Ivor Twiss	Wilmslow Half Marathon	03 Apr 2016	01:34:33
<b>V60 (+)</b>			
Melvyn Cole	Uttoxeter Half Marathon	01 May 2016	01:35:07
Melvyn Cole	Congleton Half Marathon	02 Oct 2016	01:36:48
David McGrath	Village Bakeries Half Marathon	14 Feb 2016	01:45:12
Clive Heathcock	Conwy Half Marathon	20 Nov 2016	01:46:00
Mike Stevens	Macclesfield Half Marathon	25 Sep 2016	01:47:40
<b>20 Miles</b>			
<b>Senior Men</b>			
David Morris	South Cheshire 20	04 Sep 2016	02:09:42
Chris Graham	Knighton 20	13 Mar 2016	02:21:58
Pat Hudson	Knighton 20	13 Mar 2016	02:27:50
Craig Williams	Knighton 20	13 Mar 2016	02:29:16
David Hook	Knighton 20	13 Mar 2016	02:29:39
<b>V40</b>			
David Wilson	South Cheshire 20	04 Sep 2016	02:15:49
David Wilson	Knighton 20	13 Mar 2016	02:20:20
Martin Packham	Knighton 20	13 Mar 2016	02:23:21
Bob Wilson	South Cheshire 20	04 Sep 2016	02:27:24
Bob Wilson	Knighton 20	13 Mar 2016	02:28:44
<b>V45</b>			
Peter Mallison	Knighton 20	13 Mar 2016	02:10:09
Paul Hancock	Knighton 20	13 Mar 2016	02:11:42
Paul Hancock	South Cheshire 20	04 Sep 2016	02:11:46
Gavin Brookes	Knighton 20	13 Mar 2016	02:19:12
Nigel Baskerville	Knighton 20	13 Mar 2016	02:29:16
<b>V50</b>			
Rob Huntbach	Knighton 20	13 Mar 2016	02:48:39
Philip Cliff	Knighton 20	13 Mar 2016	02:50:27
<b>V55</b>			
Ivor Twiss	Knighton 20	13 Mar 2016	02:28:44
<b>V60 (+)</b>			
Clive Heathcock	South Cheshire 20	04 Sep 2016	02:51:33
<b>Marathon</b>			
<b>Senior Men</b>			
David Morris	London Marathon	24 Apr 2016	02:48:36
Matthew Taylor	London Marathon	24 Apr 2016	02:50:29
David Phillips	London Marathon	24 Apr 2016	02:50:40
Chris Graham	Greater Manchester Marathon	10 Apr 2016	03:02:40
Mike O'Brien	Greater Manchester Marathon	10 Apr 2016	03:11:14
<b>V40</b>			
David Wilson	London Marathon	24 Apr 2016	02:52:27
Bob Wilson	London Marathon	24 Apr 2016	03:00:32
James Simpson	London Marathon	24 Apr 2016	03:00:32
Martin Packham	London Marathon	24 Apr 2016	03:24:01
Pete Marquis-Jones	London Marathon	24 Apr 2016	03:47:03
<b>V45</b>			
Peter Mallison	London Marathon	24 Apr 2016	02:48:57
Paul Hancock	London Marathon	24 Apr 2016	02:50:38
Paul Hancock	Potteries Marathon	03 Jul 2016	03:00:47
Peter Mallison	Venice Marathon	23 Oct 2016	03:08:00
Peter Lloyd	London Marathon	24 Apr 2016	03:09:44
<b>V50</b>			
Philip Cliff	Greater Manchester Marathon	10 Apr 2016	03:46:39
Rob Huntbach	London Marathon	24 Apr 2016	03:52:21
Rob Huntbach	Greater Manchester Marathon	10 Apr 2016	03:55:00
Graeme Spencer	Greater Manchester Marathon	10 Apr 2016	04:23:57
<b>V55</b>			
Clive Heathcock	Edinburgh Marathon	29 May 2016	03:49:55
<b>V60 (+)</b>			
Ivor Twiss	London Marathon	24 Apr 2016	03:14:20
David McGrath	London Marathon	24 Apr 2016	03:33:24