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South Cheshire Harriers
Men's Best Times : All Records

Name	Event	Date	Time
5K			
U17 Boys			
Henry Valentine	Bowden 5K	09 Jun 2011	00:16:05
Henry Valentine	Dunham Massey Park 5K (race 1)	27 May 2011	00:16:06
Henry Valentine	Dunham Massey Park 5K (race 2)	17 Jun 2011	00:16:10
Henry Valentine	Hollins Green 5K	04 Jun 2011	00:16:25
Henry Valentine	Hollins Green 5k	05 Jun 2010	00:17:30
Junior Men			
Henry Valentine	Dunham Massey 5K	14 Jun 2012	00:15:52
Henry Valentine	Christleton 5K	23 May 2014	00:15:57
Henry Valentine	Christleton 5K	23 Apr 2016	00:15:57
Thomas Haynes	Hollins Green 5K	02 Jun 2012	00:16:05
Thomas Haynes	Urenco Capenhurst 5K	24 Aug 2011	00:16:05
Senior Men			
Mathew Taylor	Christleton 5K	17 May 2019	00:16:23
Mathew Taylor	Dunham Massey 5K	14 Jun 2012	00:16:28
Mark Coulturd	Christleton 5K	23 Sep 2018	00:16:28
Brad Smith	Christleton 5K	17 May 2019	00:16:36
Nicholas Hackett	Christleton 5K	23 May 2014	00:16:42
V40			
Mathew Smith	Christleton 5K	15 May 2015	00:16:07
Mathew Smith	South Cheshire 5K (Race 2)	25 Aug 2015	00:16:26
Mathew Smith	Mid-Cheshire 5K	28 Apr 2016	00:16:30
Mathew Smith	Queens Park Quacker 5K (Race 2)	28 Jul 2015	00:16:33
Mathew Smith	South Cheshire 5K - Race 2	26 Jul 2013	00:16:35
V45			
Andy Mayers	Christleton 5K	23 May 2014	00:16:53
Andy Mayers	Hollins Green 5k	05 Jun 2010	00:17:03
Mike Halton	Christleton 5K	23 May 2014	00:17:11
Mike Halton	Lymm 5K	20 Jun 2009	00:17:15
Mike Halton	Dunham Massey Park 5K (race 1)	27 May 2011	00:17:19
V50			
Mike Halton	Hollins Green 5K	02 Jun 2012	00:16:59
Mike Halton	Severn Loop 5K	27 Dec 2011	00:17:04
Mike Halton	Dunham Massey 5K	14 Jun 2012	00:17:08
Mike Halton	Dunham Massey 5K	25 May 2012	00:17:28
Mike Halton	Bowdon 5K	07 Jun 2012	00:17:31
V55			
Alan Brookes	Christleton 5K	23 May 2014	00:18:53
John Putt	Dave Clark 5K	16 Aug 2018	00:18:58
Alan Brookes	Mid-Cheshire 5K	28 Apr 2016	00:19:06
Alan Brookes	Dunham Massey 5K	24 May 2013	00:19:15
Alan Brookes	Christleton 5K	15 May 2015	00:19:28
V60			
Melvyn Cole	Mid-Cheshire 5K	28 Apr 2016	00:19:58
Ivor Twiss	Macdesfield 5K	23 Sep 2018	00:19:59
Ivor Twiss	The Wammy 5K	10 Oct 2019	00:20:07
Melvyn Cole	Dunham Massey 5K	24 May 2013	00:20:12
Ivor Twiss	Flintshire 5K	22 Oct 2017	00:20:14
V65			
Melvyn Cole	The Wammy 5K	19 Oct 2019	00:22:17
Melvyn Cole	Macdesfield 5K	23 Sep 2018	00:22:50
Norman Hindle	The Wammy 5K	19 Oct 2019	00:23:24
Norman Hindle	Christleton 5K	17 May 2019	00:24:27
Norman Hindle	Queens Park 5K	26 June 2017	00:24:37
V70			
Colin Earp	Queens Park 5K	29 May 2018	00:29:19
Colin Wynne	Queens Park 5K	29 May 2018	00:31:57
4 Miles			
U17 Boys			
Russell Gibbons	Cheadle 4	12 Jul 2009	00:20:48
Junior Men			
Thomas Haynes	Cheadle 4	08 Jul 2012	00:23:86
Russell Gibbons	Cheadle 4	08 Jul 2012	00:24:43
Senior Men			
Mathew Taylor	Cheadle 4	08 Jul 2012	00:25:49
David Jones	Cheadle 4	11 Jul 2004	00:25:55
Mathew Taylor	Cheadle 4	09 Jul 2017	00:23:12
Mark Coulturd	Cheadle 4	09 Jul 2017	00:23:25
Peter Mallison	Cheadle 4	13 Jul 2003	00:23:58
V40			
Mathew Smith	Cheadle 4	13 Jul 2014	00:22:19
Peter Mallison	Cheadle 4	10 Jul 2011	00:22:27
Neil Jones	Cheadle 4	11 Jul 2010	00:23:07
David Bettelley	Cheadle 4	14 Jul 2013	00:23:08
David Bettelley	Cheadle 4	13 Jul 2014	00:23:20
V45			
Mike Halton	Cheadle 4	13 Jul 2008	00:23:46
Mike Halton	Cheadle 4	12 Jul 2009	00:22:53
Mike Halton	Cheadle 4	15 Jul 2007	00:23:20
Mike Halton	Cheadle 4	11 Jul 2010	00:23:22
Andy Mayers	Cheadle 4	12 Jul 2015	00:23:27
V50			
Ivor Twiss	Cheadle 4	12 Jul 2009	00:25:22
Melvyn Cole	Cheadle 4	14 Jul 2002	00:26:22
Nigel Baskerville	Cheadle 4	09 Jul 2017	00:27:08
Michael Cutler	Cheadle 4	15 Jul 2008	00:27:20
Nigel Baskerville	Cheadle 4	08 Jul 2018	00:27:25
V55			
John Putt	Cheadle 4	08 Jul 2018	00:24:38
John Putt	Cheadle 4	14 Jul 2019	00:25:04
Melvyn Cole	Cheadle 4	15 Jul 2007	00:26:15
Ivor Twiss	Cheadle 4	10 Jul 2011	00:26:26
Alan Brookes	Cheadle 4	14 Jul 2013	00:26:29
V60			
Melvyn Cole	Cheadle 4	08 Jul 2012	00:28:08
Clive Headcock	Cheadle 4	14 Jul 2019	00:30:27
Colin Earp	Cheadle 4	15 Jul 2007	00:30:52
David Griffiths	Cheadle 4	13 Jul 2003	00:32:24
David Griffiths	Cheadle 4	17 Jul 2005	00:34:24
V65			
Norman Hindle	Cheadle 4	08 Jul 2018	00:34:27
5 Miles			
U17 Boys			
Henry Valentine	Chester Spring 5	06 Apr 2011	00:27:47
Henry Valentine	Runcom Bridge 5	24 Apr 2011	00:28:54
Thomas Haynes	Chester Spring 5	07 Feb 2010	00:29:01
Henry Valentine	Chester Spring 5	07 Apr 2010	00:29:26
Henry Valentine	Alsager 5	06 Feb 2011	00:29:48
Junior Men			
Thomas Haynes	Runcom Bridge 5	24 Apr 2011	00:27:05
Henry Valentine	Chester Spring 5	16 Apr 2014	00:27:19
Thomas Haynes	Burtonwood 5	21 Jul 2012	00:27:41
Clive Brookes	Burtonwood 5	20 Jul 2013	00:28:26
Thomas Haynes	Alsager 5	05 Feb 2012	00:28:35
Senior Men			
Peter Mallison	Alsager 5	06 Feb 2005	00:26:58
Mark Coulturd	Alsager 5	03 Feb 2019	00:26:58
Mathew Taylor	Chester Spring 5	10 Apr 2019	00:27:10
Mathew Smith	Chester Spring 5	04 Apr 2012	00:27:14
Henry Valentine	Alsager 5	01 Feb 2015	00:27:29
V40			
Mathew Smith	Chester Spring 5	03 Apr 2013	00:26:51
Mathew Smith	Burtonwood 5	20 Jul 2013	00:26:54
Mathew Smith	Chester Spring 5	15 Apr 2015	00:26:56
Mathew Smith	Chester Spring 5	16 Apr 2014	00:26:56
Mathew Smith	Alsager 5	02 Feb 2014	00:27:13
V45			
Mike Halton	Alsager 5	07 Feb 2010	00:27:27
Mike Halton	Chester Spring 5	07 Apr 2009	00:27:38
Mike Halton	Alsager 5	04 Apr 2011	00:27:52
Mike Halton	Runcom Bridge 5	24 Apr 2011	00:28:22
Mike Halton	Staffs Knot 5	11 Aug 2010	00:28:23
V50			
Mike Halton	Chester Spring 5	04 Apr 2012	00:27:58
Mike Halton	Alsager 5	05 Feb 2012	00:28:35
Ivor Twiss	Alsager 5	07 Feb 2010	00:29:09
Ivor Twiss	Chester Spring 5	07 Apr 2010	00:30:44
Ivor Twiss	Alsager 5	01 Feb 2009	00:30:51
V55			
John Putt	Staffs Knot 5	25 Jul 2018	00:31:06
John Putt	Igstones 5	08 Sep 2018	00:31:07
Alan Brookes	Chester Spring 5	13 Apr 2016	00:31:27
Alan Brookes	Chester Spring 5	15 Apr 2015	00:31:48
Alan Brookes	Chester Spring 5	16 Apr 2014	00:31:50
V60			
Ivor Twiss	Alsager 5	04 Feb 2018	00:32:48
Melvyn Cole	Chester Spring 5	04 Apr 2012	00:33:24
Melvyn Cole	Westbridge 5	02 Jun 2012	00:33:25
Ivor Twiss	Alsager 5	02 Feb 2020	00:33:36
Ivor Twiss	Alsager 5	04 Feb 2019	00:33:38
V65			
Melvyn Cole	Preston 5	11 Aug 2019	00:37:33
Melvyn Cole	Chester Spring 5	10 Apr 2019	00:37:48
Norman Hindle	Alsager 5	04 Apr 2018	00:39:45
Norman Hindle	Alsager 5	04 Apr 2020	00:40:25
Norman Hindle	Westbridge 5	03 Jun 2018	00:42:07
V70			
Colin Earp	Alsager 5	04 Feb 2018	00:47:23
Colin Earp	Westbridge 5	03 Jun 2018	00:47:59
Colin Earp	Westbridge 5	02 Jun 2019	00:48:07
Colin Earp	Alsager 5	03 Feb 2012	00:48:26
Colin Earp	Alsager 5	02 Feb 2020	00:51:00
10K			
U17 Boys			
Henry Valentine	BUFA Great Manchester Run	15 May 2011	00:33:50
Henry Valentine	Trafford 10K	13 Mar 2011	00:34:22
Henry Valentine	Air Products 10K	10 Apr 2011	00:34:32
Henry Valentine	Sutton Six	19 Sep 2010	00:36:15
Thomas Haynes	Fandon 10k	07 Mar 2010	00:36:19
Junior Men			
Henry Valentine	Trafford 10K	09 Mar 2014	00:32:55
Thomas Haynes	Air Products 10K	10 Apr 2011	00:33:32
Henry Valentine	Air Products 10K	29 Apr 2014	00:33:45
Henry Valentine	Sutton 6	18 Sep 2011	00:34:16
Henry Valentine	Cantiff 10K	08 Sep 2013	00:34:34
Senior Men			
Henry Valentine	Trafford 10K	14 Dec 2014	00:32:34
Henry Valentine	Telford 10K	08 Mar 2015	00:32:34
Andy Lewis	Chester 10K	02 Nov 2014	00:32:47
Mark Coulturd	Stone St Michaels 10K	16 Jun 2019	00:33:30
Dave Morris	Wilmslow 10K	24 Nov 2019	00:33:52
V40			
Mathew Smith	Air Products 10K	05 Apr 2015	00:33:29
Mathew Smith	Air Products 10K	31 Mar 2013	00:33:37
Mathew Smith	Sutton 6	20 Sep 2015	00:33:40
Mathew Smith	Air Products 10K	20 Apr 2014	00:33:50
Peter Mallison	Market Drayton 10K	12 May 2013	00:34:10
V45			
David Bettelley	Air Products 10K	05 Apr 2015	00:34:26
Mike Halton	Sutton Six	20 Sep 2009	00:35:07
Peter Mallison	Air Products 10K	27 Mar 2016	00:35:11
Mike Halton	Stone St Michaels 10K	22 Jun 2008	00:35:30
Mike Halton	Helena Tipping	16 Dec 2007	00:35:31
V50			
Mike Halton	Birdwood 10K	19 Aug 2012	00:35:26
Mike Halton	Clayton 10K	10 Mar 2012	00:35:27
Mike Halton	Sutton 6	18 Sep 2011	00:36:00
Mike Halton	Warrington 10K	26 Jun 2014	00:36:57
Ivor Twiss	Helena Tipping	06 Dec 2009	00:37:52
V55			
Alan Brookes	Whitley 10K	24 Apr 2016	00:39:19
John Putt	Trenham 10K	05 Aug 2018	00:39:22
Alan Brookes	Air Products 10K	31 Mar 2013	00:39:41
Alan Brookes	Stone St Michaels 10K	19 Jun 2016	00:39:43
Alan Brookes	Market Drayton 10K	12 May 2013	00:39:44
V60			
Ivor Twiss	Wilmslow 10K	07 Jan 2018	00:41:01
Ivor Twiss	Trafford 10K	07 Jan 2018	00:41:11
Melvyn Cole	Market Drayton 10K	12 May 2013	00:41:43
Ivor Twiss	Trafford 10K	10 Mar 2019	00:41:53
Ivor Twiss	Alderley Edge 10K	07 Jun 2015	00:41:53
Ivor Twiss	South Crewe	17 Sep 2017	00:42:54
V65			
Jan McMakin	Sandbach 10K	08 Sept 2019	00:45:34
Melvyn Cole	Run Foot Hales 10K	23 Jun 2018	00:45:45
Melvyn Cole	Helena Tipping 10K	29 Jul 2018	00:46:28
Melvyn Cole	Flintshire 10K	22 Oct 2017	00:47:42
Melvyn Cole	Fandon 10K	15 Oct 2017	00:48:21
V70			
Ian Middleton	Helena Tipping 10K	29 Jul 2018	00:52:09
Colin Earp	Stone St Michaels 10K	29 Jul 2018	00:52:11
Colin Earp	Air Products 10K	01 Apr 2018	00:58:14
Colin Earp	Westham 10K	06 Aug 2017	00:59:37
Colin Earp	Stone St Michaels 10K	16 Jun 2019	00:59:43
7 Miles			
Junior Men			
Colin Hargreaves	Newcastle 7	08 Apr 2001	00:49:32
Senior Men			
David Jones	Newcastle 7	08 Apr 2003	00:49:23
Andy Jones	Newcastle 7	08 Apr 2003	00:49:51
David Jones	Newcastle 7	04 Apr 2004	00:49:53
Peter Mallison	Newcastle 7	06 Apr 2003	00:40:23
Nicholas Hackett	St Thomas 7	22 Sep 2013	00:41:01
V40			
Mathew Smith	St Thomas 7	22 Sep 2014	00:39:40
David Jones	Newcastle 7	03 Apr 2005	00:40:04
Mike Halton	Newcastle 7	09 Apr 2007	00:40:35
Mathew Smith	Langley 7	07 Nov 2015	00:40:35
Mike Halton	Newcastle 7	03 Apr 2005	00:41:16
V45			
David Bettelley	St Thomas 7	21 Sep 2014	00:41:13
Paul Hancock	St Thomas 7	20 Sep 2015	00:44:15
Paul Hancock	St Thomas 7	18 Sep 2016	00:44:30
Michael Cutler	Newcastle 7	06 Apr 2003	00:44:31
James Simpson	St Thomas 7	18 Sep 2018	00:45:18
V50			
Ivor Twiss	Newcastle7	19 Apr 2009	00:44:57
Melvyn Cole	Newcastle 7	06 Apr 2003	00:45:56
Nigel Baskerville	St Thomas 7	16 Sep 2018	00:50:03
Colin Earp	Newcastle 7	07 Apr 2002	00:52:00