

South Cheshire Harriers

Mens Best Times 2019

Name	Time	Event	Date	Age
5K				
Senior Men				
Matthew Taylor	00:16:23	Christleton 5K	17/05/2019	37
Bradley Smith	00:16:36	Christleton 5K	17/05/2019	25
David Morris	00:16:44	Macclesfield 5K	22/09/2019	36
Matthew Taylor	00:16:52	Macclesfield 5K	22/09/2019	38
Matthew Taylor	00:16:58	The Wammy Park Run 5K	19/10/2019	38
MV-40				
Mark Beckett	00:18:46	Christleton 5K	17/05/2019	42
Mark Beckett	00:18:52	Mid-Cheshire 5K	26/04/2019	42
David Alan Smith	00:19:40	Christleton 5K	17/05/2019	44
David Kivlin	00:22:02	Middlewich 5K	12/05/2019	42
MV-45				
Justin Grattan	00:17:43	Macclesfield 5K	22/09/2019	46
Justin Grattan	00:17:50	Mid-Cheshire 5K	26/04/2019	46
Justin Grattan	00:17:52	The Wammy Park Run 5K	19/10/2019	46
James Simpson	00:18:45	The Wammy Park Run 5K	19/10/2019	47
Damian Mason	00:19:45	Christleton 5K	17/05/2019	49
MV-50				
Paul Hancock	00:18:39	The Wammy Park Run 5K	19/10/2019	50
Paul Hancock	00:18:59	Macclesfield 5K	22/09/2019	50
Andy Mayers	00:19:13	The Wammy Park Run 5K	19/10/2019	50
Charles Rowlands	00:22:47	Macclesfield 5K	22/09/2019	50
Mathew Yeomans	00:25:18	The Wammy Park Run 5K	19/10/2019	50
MV-55				
John Putt	00:18:41	Hollins Green 5K	19/06/2019	56
John Putt	00:19:47	The Wammy Park Run 5K	19/10/2019	56
John Putt	00:19:58	Lymm 5K	30/06/2019	56
Jim Kelleher	00:22:23	Mid-Cheshire 5K	26/04/2019	58
Richard Studzinski	00:24:37	The Wammy Park Run 5K	19/10/2019	59
MV-60				
Ivor Twiss	00:20:07	The Wammy Park Run 5K	19/10/2019	63
Clive Heathcock	00:22:55	Middlewich 5K	12/05/2019	62
Dennis Robinson	00:23:56	The Wammy Park Run 5K	19/10/2019	63
Maurice Fitzgerald	00:27:16	The Wammy Park Run 5K	19/10/2019	64
MV-65				
Melvyn Cole	00:22:17	The Wammy Park Run 5K	19/10/2019	67
Melvyn Cole	00:23:50	Macclesfield 5K	22/09/2019	67
Norman Hindle	00:24:24	The Wammy Park Run 5K	19/10/2019	68
Norman Hindle	00:24:27	Christleton 5K	17/05/2019	68
Norman Hindle	00:24:39	Mid-Cheshire 5K	26/04/2019	68
4 Miles				
MV-45				
James Simpson	00:25:02	Cheadle 4	14/07/2019	47
David Alan Smith	00:26:54	Cheadle 4	14/07/2019	44
MV-50				
Simon Walker	00:37:14	Cheadle 4	14/07/2019	54

MV-55				
John Putt	00:25:05	Cheadle 4	14/07/2019	56
Philip Cliff	00:31:16	Cheadle 4	14/07/2019	55
MV-60				
Clive Heathcock	00:30:27	Cheadle 4	14/07/2019	62
5 Miles				
Senior Men				
Mark Coulthard	00:27:10	Alsager 5	03/02/2019	31
Matthew Taylor	00:27:10	Chester Spring 5	10/04/2019	37
Bradley Smith	00:28:36	Alsager 5	03/02/2019	24
Matthew Taylor	00:29:09	Alsager 5	03/02/2019	37
Andy Twiss	00:29:10	Alsager 5	03/02/2019	34
MV-40				
Nicholas Hackett	00:29:21	Chester Spring 5	10/04/2019	40
Jonathan Slaney	00:30:55	Alsager 5	03/02/2019	44
Nicholas Hackett	00:31:43	Westbridge 5	02/06/2019	40
Mark Beckett	00:32:30	Alsager 5	03/02/2019	41
David Alan Smith	00:34:52	Staff Knots 5	24/07/2019	44
MV-45				
Justin Grattan	00:30:03	Chester Spring 5	10/04/2019	46
James Simpson	00:31:27	Westbridge 5	02/06/2019	47
Paul Hancock	00:31:38	Staff Knots 5	24/07/2019	49
James Simpson	00:31:54	Alsager 5	03/02/2019	47
James Simpson	00:32:21	Staff Knots 5	24/07/2019	47
MV-50				
Andy Mayers	00:32:25	Westbridge 5	02/06/2019	50
Nigel Baskerville	00:34:37	Alsager 5	03/02/2019	51
Philip Cliff	00:37:48	Alsager 5	03/02/2019	54
Nick Dunning	00:42:09	Westbridge 5	02/06/2019	52
Terry Barker	00:43:45	Alsager 5	03/02/2019	51
MV-55				
John Putt	00:31:34	Westbridge 5	02/06/2019	56
Jim Kelleher	00:37:13	Alsager 5	03/02/2019	58
Jim Kelleher	00:39:43	Staff Knots 5	24/07/2019	58
Philip Cliff	00:40:08	Staff Knots 5	24/07/2019	55
Rob Huntbach	00:45:29	Alsager 5	03/02/2019	55
MV-60				
Ivor Twiss	00:33:38	Alsager 5	03/02/2019	62
Clive Heathcock	00:37:50	Chester Spring 5	10/04/2019	62
Neil Ridgway	00:38:01	Alsager 5	03/02/2019	61
Clive Heathcock	00:38:01	Staff Knots 5	24/07/2019	62
Clive Heathcock	00:38:02	Alsager 5	03/02/2019	62
MV-65				
Melvyn Cole	00:37:33	Preston 5 : England Athletics	11/08/2019	67
Melvyn Cole	00:37:48	Chester Spring 5	10/04/2019	67
Martin Stirna	00:44:30	Chester Spring 5	10/04/2019	65
Martin Stirna	00:46:49	Alsager 5	03/02/2019	65
MV-70				
Colin Earp	00:48:07	Westbridge 5	02/06/2019	71
Colin Earp	00:49:53	Alsager 5	03/02/2019	71

Colin Wynne 10K Senior Men	00:52:04	Alsager 5	03/02/2019	70
Mark Coulthard	00:33:30	Stone St Michaels 10K	16/06/2019	31
David Morris	00:33:52	Wilmslow 10K	24/11/2019	36
Mark Coulthard	00:33:56	Trafford 10K	10/03/2019	31
Mark Coulthard	00:34:03	Whitchurch 10K	07/04/2019	31
David Morris	00:34:27	Birchwood 10K	18/08/2019	36
MV-40				
Nicholas Hackett	00:38:06	Whitchurch 10K	07/04/2019	40
Mark Beckett	00:39:18	Wilmslow 10K	24/11/2019	42
Rob Baker	00:39:57	Alderley Edge 10K	07/07/2019	41
Mark Beckett	00:40:08	Telford 10K	08/12/2019	42
Rob Baker	00:40:10	Wilmslow 10K	24/11/2019	42
MV-45				
Justin Grattan	00:36:01	Wilmslow 10K	24/11/2019	46
Justin Grattan	00:36:12	Telford 10K	08/12/2019	46
Justin Grattan	00:37:17	Stone St Michaels 10K	16/06/2019	46
Peter Mallison	00:38:12	Farndon 10K	13/10/2019	48
Justin Grattan	00:38:35	Whitchurch 10K	07/04/2019	46
MV-50				
Paul Hancock	00:37:22	Telford 10K	08/12/2019	50
Darren Molloy	00:42:13	Wilmslow 10K	24/11/2019	53
Darren Molloy	00:42:56	Farndon 10K	13/10/2019	53
Charles Rowlands	00:46:11	Sandbach 10K	08/09/2019	50
Charles Rowlands	00:46:30	Alderley Edge 10K	07/07/2019	50
MV-55				
John Putt	00:38:28	Alderley Edge 10K	07/07/2019	56
John Putt	00:38:44	Stone St Michaels 10K	16/06/2019	56
John Putt	00:39:23	Birchwood 10K	18/08/2019	56
Jim Kelleher	00:45:59	Wilmslow 10K	24/11/2019	59
Rob Huntbach	00:46:23	Helena Tipping 10K	28/07/2019	55
MV-60				
Ivor Twiss	00:41:01	Wilmslow 10K	24/11/2019	63
Ivor Twiss	00:41:53	Trafford 10K	10/03/2019	62
Ivor Twiss	00:41:53	Alderley Edge 10K	07/07/2019	63
Ivor Twiss	00:42:10	Helena Tipping 10K	28/07/2019	63
Ivor Twiss	00:42:11	Aintree 10K	15/12/2019	63
MV-65				
Jan McMulkin	00:45:34	Sandbach 10K	08/09/2019	65
Melvyn Cole	00:46:22	Farndon 10K	13/10/2019	67
Melvyn Cole	00:47:22	Sandbach 10K	08/09/2019	67
Melvyn Cole	00:48:27	Whitchurch 10K	07/04/2019	67
Melvyn Cole	00:48:38	Aintree 10K	15/12/2019	68
MV-70				
Colin Earp	00:59:43	Stone St Michaels 10K	16/06/2019	72
Colin Earp	01:00:51	Newcastle 10K	14/04/2019	71
Colin Earp	01:03:40	Wilmslow 10K	24/11/2019	72
Neil Cole	01:06:18	Sandbach 10K	08/09/2019	71
7 Miles				

MV-45				
David Alan Smith	00:49:32	St Thomas 7	15/09/2019	45
Bryan Shrubbs	01:01:29	St Thomas 7	15/09/2019	48
MV-60				
Clive Heathcock	00:54:10	St Thomas 7	15/09/2019	63
Dennis Robinson	00:59:00	St Thomas 7	15/09/2019	62
10 Miles				
Senior Men				
David Morris	01:03:11	Rhyl 10 Mile	23/02/2019	36
Andy Twiss	01:05:16	Flying Fox 10	03/11/2019	35
Pete Duncliffe	01:07:44	Rhyl 10 Mile	23/02/2019	34
Michael Casey	01:19:04	Flying Fox 10	03/11/2019	32
Daniel Evans	01:31:42	Flying Fox 10	03/11/2019	29
MV-40				
Mark Beckett	01:07:16	Rhyl 10 Mile	23/02/2019	41
MV-50				
Paul Hancock	01:04:01	Flying Fox 10	03/11/2019	50
Charles Rowlands	01:29:20	Flying Fox 10	03/11/2019	50
Philip Cliff	01:42:05	Flying Fox 10	03/11/2019	55
MV-60				
Ivor Twiss	01:12:57	Flying Fox 10	03/11/2019	63
Clive Heathcock	01:18:30	Flying Fox 10	03/11/2019	63
Dennis Robinson	01:26:05	Flying Fox 10	03/11/2019	63
Melvyn Cole	01:18:52	Rhyl 10 Mile	23/02/2019	67
Half Marathon				
Senior Men				
David Morris	01:14:21	Wilmslow Half	24/03/2019	36
Matthew Taylor	01:20:11	Village Bakeries Half Maratho	17/02/2019	37
David Morris	01:20:22	Village Bakeries Half Maratho	17/02/2019	36
Bradley Smith	01:21:34	Village Bakeries Half Maratho	17/02/2019	24
Andy Twiss	01:22:36	Village Bakeries Half Maratho	17/02/2019	34
MV40				
Nicholas Hackett	01:19:45	Wilmslow Half	24/03/2019	40
Nicholas Hackett	01:22:47	Uttoxeter Half Marathon	05/05/2019	40
Jonathan Slaney	01:25:25	Chester Half Marathon	19/05/2019	44
Mark Beckett	01:27:46	Wilmslow Half	24/03/2019	42
Rob Baker	01:27:57	Wilmslow Half	24/03/2019	41
MV-45				
Justin Grattan	01:23:39	Chester Half Marathon	19/05/2019	46
Paul Hancock	01:24:44	Chester Half Marathon	19/05/2019	49
Paul Hancock	01:25:30	Potters Arf	09/06/2019	49
James Simpson	01:25:44	Chester Half Marathon	19/05/2019	47
David Wilson	01:26:50	Wilmslow Half	24/03/2019	45
MV-50				
Paul Hancock	01:22:37	Congleton Half Marathon	06/10/2019	50
Peter Lloyd	01:30:32	Leek Half	18/08/2019	50
Jon Crowther	01:50:15	Wilmslow Half	24/03/2019	50
Robert Brown	01:57:12	Chester Half Marathon	19/05/2019	51
Simon Walker	02:18:17	Village Bakeries Half Maratho	17/02/2019	54
MV-55				

John Putt	01:29:36	Potters Arf	09/06/2019	56
Jim Kelleher	01:44:01	Congleton Half Marathon	06/10/2019	59
Rob Huntbach	01:46:50	Chester Half Marathon	19/05/2019	55
Les Tams	01:54:24	Uttoxeter Half Marathon	05/05/2019	57
Mark Taylor	01:56:45	Chester Half Marathon	19/05/2019	56
MV-60				
Ivor Twiss	01:34:43	Village Bakeries Half Maratho	17/02/2019	62
Mike Stevens	01:41:29	Chester Half Marathon	19/05/2019	63
Clive Heathcock	01:46:14	4 Villages Half Marathon	20/01/2019	62
Clive Heathcock	01:54:06	Leek Half	18/08/2019	62
Dennis Robinson	01:55:48	Potters Arf	09/06/2019	62
MV-65				
Martin Stirna	02:08:26	Chester Half Marathon	19/05/2019	65
15K				
Senior Men				
David Morris	01:00:05	Meerbrook 15K	19/06/2019	36
MV-40				
Lee Wilkinson	01:09:11	Meerbrook 15K	19/06/2019	41
Jonathan Slaney	01:05:58	Meerbrook 15K	19/06/2019	44
David Alan Smith	01:13:37	Meerbrook 15K	19/06/2019	44
MV-45				
James Simpson	01:05:04	Meerbrook 15K	19/06/2019	47
Paul Hancock	01:03:46	Meerbrook 15K	19/06/2019	49
MV-55				
Rob Huntbach	01:25:29	Meerbrook 15K	19/06/2019	55
MV60				
Clive Heathcock	01:22:59	Meerbrook 15K	19/06/2019	62
Dennis Robinson	01:26:59	Meerbrook 15K	19/06/2019	62
Marathon				
Senior Men				
Matthew Taylor	02:39:29	VLM Marathon	28/04/2019	37
Steve Crowe	02:58:53	Greater Manchester Maratho	07/04/2019	32
Russell Gibbons	02:59:40	VLM Marathon	28/04/2019	25
Chris Pidgeon	03:14:11	Greater Manchester Maratho	07/04/2019	38
Robin Zoka	03:28:31	Greater Manchester Maratho	07/04/2019	33
MV-40				
David Alan Smith	03:22:14	VLM Marathon	28/04/2019	44
Mark Beckett	03:25:52	Greater Manchester Maratho	07/04/2019	42
MV-45				
Paul Hancock	03:05:55	Greater Manchester Maratho	07/04/2019	49
Steve Harrison	03:53:42	Other Marathon	20/10/2019	46
Les Morris	03:57:06	VLM Marathon	28/04/2019	48
MV-55				
Jim Kelleher	03:46:14	Other Marathon	20/10/2019	59
MV-60				
Mike Stevens	03:39:06	VLM Marathon	28/04/2019	63
Other				
Matthew Taylor	01:03:38	Birmingham 11.07 miles: Engl	13/10/2019	38
Daniel Chapman	01:26:02	Birmingham 11.07 miles: Engl	13/10/2019	44
Simon Turner	01:40:43	Birmingham 11.07 miles: Engl	13/10/2019	33