

## Mens Best Times by Age Group

Name	Event	Date	Time
<b>5K</b>			
<b>Senior Men</b>			
Mark Coulthard	Macclesfield 5K	23/09/2018	0:16:32
Bradley Smith	Queens Park 5K (Race 1)	29/05/2018	0:17:42
Bradley Smith	Hollins Green 5K	24/06/2018	0:17:42
Andy Twiss	Queens Park 5K (Race 1)	29/05/2018	0:18:09
Steve Crowe	Queens Park 5K (Race 1)	29/05/2018	0:18:51
<b>MV35</b>			
David Hook	Hollins Green 5K	24/06/2018	0:18:07
Nicholas Hackett	Hollins Green 5K	24/06/2018	0:18:27
Nicholas Hackett	Dave Clark 5K	16/08/2018	0:18:34
David Nimmo	Queens Park 5K (Race 1)	29/05/2018	0:19:48
David Nimmo	Dave Clark 5K	16/08/2018	0:20:10
<b>MV40</b>			
Jonathan Slaney	Queens Park 5K (Race 1)	29/05/2018	0:18:57
Mark Beckett	Hollins Green 5K	24/06/2018	0:20:14
Mark Beckett	Queens Park 5K (Race 1)	29/05/2018	0:20:28
Steve Harrison	Hollins Green 5K	24/06/2018	0:21:33
David Kivlin	Dave Clark 5K	16/08/2018	0:23:27
<b>MV45</b>			
Matthew Smith	Queens Park 5K (Race 1)	29/05/2018	0:17:35
Matthew Smith	Hollins Green 5K	24/06/2018	0:17:54
James Simpson	Hollins Green 5K	24/06/2018	0:18:47
Peter Mallison	Hollins Green 5K	24/06/2018	0:18:54
Gavin Brookes	Queens Park 5K (Race 1)	29/05/2018	0:19:14
<b>MV50</b>			
Nigel Baskerville	Dave Clark 5K	16/08/2018	0:21:17
Stefan Studzinski	Queens Park 5K (Race 1)	29/05/2018	0:26:06
Nick Chandler	Queens Park 5K (Race 1)	29/05/2018	0:28:23
Robert Brown	Queens Park 5K (Race 1)	29/05/2018	0:38:10
<b>MV55</b>			
John Putt	Dave Clark 5K	16/08/2018	0:18:58
Les Tams	Queens Park 5K (Race 1)	29/05/2018	0:23:44
Jim Kelleher	Dave Clark 5K	16/08/2018	0:23:47
Richard Studzinski	Queens Park 5K (Race 1)	29/05/2018	0:26:56
Jeff Ormandy	Queens Park 5K (Race 1)	29/05/2018	0:32:12
<b>MV60</b>			
Ivor Twiss	Macclesfield 5K	23/09/2018	0:19:59
Ivor Twiss	Queens Park 5K (Race 1)	29/05/2018	0:20:32
Mike Stevens	Queens Park 5K (Race 1)	29/05/2018	0:20:55
Neil Ridgway	Dave Clark 5K	16/08/2018	0:22:40
Clive Heathcock	Queens Park 5K (Race 1)	29/05/2018	0:22:46
<b>MV65</b>			
Martin Stirna	Queens Park 5K (Race 1)	29/05/2018	0:28:19
<b>MV70</b>			
Colin Earp	Queens Park 5K (Race 1)	29/05/2018	0:29:19
Colin Wynne	Queens Park 5K (Race 1)	29/05/2018	0:31:57

## Mens Best Times by Age Group

### 4 Miles

#### Senior Men

Robin Zoka	Cheadle 4	08/07/2018	0:27:45
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#### MV35

Nicholas Hackett	Cheadle 4	08/07/2018	0:25:30
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David Nimmo	Cheadle 4	08/07/2018	0:26:48
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#### MV40

Matthew Smith	Cheadle 4	08/07/2018	0:23:59
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David Smith	Cheadle 4	08/07/2018	0:28:04
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David Kivlin	Cheadle 4	08/07/2018	0:31:26
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#### MV45

James Simpson	Cheadle 4	08/07/2018	0:25:55
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John Culshaw	Cheadle 4	08/07/2018	0:33:27
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#### MV50

Nigel Baskerville	Cheadle 4	08/07/2018	0:27:52
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Nick Dunning	Cheadle 4	08/07/2018	0:29:53
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#### MV55

John Putt	Cheadle 4	08/07/2018	0:24:38
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Les Tams	Cheadle 4	08/07/2018	0:31:08
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#### MV65

Norman Hindle	Cheadle 4	08/07/2018	0:34:27
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### 5 Miles

#### Senior Men

Chris Pattinson	Alsager 5	04/02/2018	0:27:33
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Mark Coulthard	Alsager 5	04/02/2018	0:27:54
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Mark Coulthard	Mobberley Round the Runway 5	08/05/2018	0:27:55
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Mark Coulthard	Ipstones 7	09/09/2018	0:28:43
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Kyle Fairclough	Mobberley Round the Runway 5	08/05/2018	0:29:24
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#### MV35

David Hook	Mobberley Round the Runway 5	08/05/2018	0:28:52
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David Morris	Mobberley Round the Runway 5	08/05/2018	0:29:57
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Matthew Taylor	Mobberley Round the Runway 5	08/05/2018	0:31:35
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David Nimmo	Alsager 5	04/02/2018	0:33:21
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Ross Sullivan	Alsager 5	04/02/2018	0:34:19
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#### MV40

David Smith	Alsager 5	04/02/2018	0:33:59
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Steve Harrison	Alsager 5	04/02/2018	0:34:13
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David Smith	Westbridge 5	03/06/2018	0:34:29
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David Smith	Ipstones 5	09/09/2018	0:35:22
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Mark Beckett	Alsager 5	04/02/2018	0:36:39
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#### MV45

Matthew Smith	Alsager 5	04/02/2018	0:28:57
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Peter Mallison	Alsager 5	04/02/2018	0:29:41
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Matthew Smith	Mobberley Round the Runway 5	08/05/2018	0:29:41
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Peter Mallison	Mobberley Round the Runway 5	08/05/2018	0:30:54
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Gavin Brookes	Alsager 5	04/02/2018	0:31:09
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## Mens Best Times by Age Group

### MV50

Nigel Baskerville	Alsager 5	04/02/2018	0:32:48
Nigel Baskerville	Mobberley Round the Runway 5	08/05/2018	0:33:41
Nigel Baskerville	Ipstones 9	09/09/2018	0:34:46
Nigel Baskerville	Staffs Knot 5	25/07/2018	0:34:56
Robert Brown	Alsager 5	04/02/2018	0:36:22

### MV55

John Putt	Staffs Knot 5	25/07/2018	0:31:06
John Putt	Ipstones 6	09/09/2018	0:31:07
John Putt	Westbridge 5	03/06/2018	0:31:51
Ian Williams	Alsager 5	04/02/2018	0:36:52
Jim Kelleher	Chester Spring 5	11/04/2018	0:37:40

### MV60

Ivor Twiss	Alsager 5	04/02/2018	0:32:48
Clive Heathcock	Alsager 5	04/02/2018	0:34:58
Neil Ridgway	Chester Spring 5	11/04/2018	0:35:45
Clive Heathcock	Chester Spring 5	11/04/2018	0:36:17
Clive Heathcock	Westbridge 5	03/06/2018	0:37:18

### MV65

Norman Hindle	Alsager 5	04/02/2018	0:39:46
Norman Hindle	Westbridge 5	03/06/2018	0:42:51
Martin Stirna	Alsager 5	04/02/2018	0:45:54
Martin Stirna	Ipstones 5	09/09/2018	0:51:13

### MV70

Colin Earp	Alsager 5	04/02/2018	0:47:23
Colin Earp	Westbridge 5	03/06/2018	0:47:59
Colin Wynne	Alsager 5	04/02/2018	0:51:53
Colin Wynne	Westbridge 5	03/06/2018	0:52:24
Colin Earp	Ipstones 5	09/09/2018	0:52:28

### 10K

#### Senior Men

Mark Coulthard	Stone St Michaels 10K	24/06/2018	0:34:43
Mark Coulthard	Werrington 10K	14/10/2018	0:34:48
Mark Coulthard	Air Products 10K	01/04/2018	0:35:04
David Hook	Air Products 10K	01/04/2018	00:35:50
Kyle Fairclough	Colshaw Hall 10K	17/06/2018	0:36:25

### MV35

Nicholas Hackett	Helena Tipping 10K	29/07/2018	0:36:20
Nicholas Hackett	Cheddleton Xmas Pudding Race	24/11/2018	0:36:50
Nicholas Hackett	Colshaw Hall 10K	17/06/2018	0:38:04
David Nimmo	Air Products 10K	01/04/2018	00:40:13
David Nimmo	Clayton 10K	09/05/2018	0:41:45

## Mens Best Times by Age Group

### MV40

Matthew Smith	Air Products 10K	01/04/2018	00:36:03
Matthew Smith	Werrington 10K	14/10/2018	0:36:51
Matthew Smith	Telford 10K	09/12/2018	0:36:57
Matthew Smith	Clayton 10K	09/05/2018	0:37:01
Matthew Smith	Cheddleton Xmas Pudding Race	24/11/2018	0:37:08

### MV45

Nigel Baskerville	Air Products 10K	01/04/2018	00:40:40
Nigel Baskerville	Newcastle 10K	15/04/2018	0:41:20
Nigel Baskerville	Werrington 10K	14/10/2018	0:41:49
Nigel Baskerville	Stone St Michaels 10K	24/06/2018	0:42:33
Terry Barker	Werrington 10K	14/10/2018	0:43:43

### MV50

John Putt	Trentham 10K	05/08/2018	0:39:22
Les Tams	Newcastle 10K	15/04/2018	0:46:11
Les Tams	Clayton 10K	09/05/2018	0:46:42
Jim Kelleher	Telford 10K	09/12/2018	0:46:46
Les Tams	Air Products 10K	01/04/2018	00:46:54

### MV60

Ivor Twiss	Werrington 10K	14/10/2018	0:42:33
Ivor Twiss	Telford 10K	09/12/2018	0:42:36
Ivor Twiss	Clayton 10K	09/05/2018	0:42:47
Mike Stevens	Clayton 10K	09/05/2018	0:44:15
David McGrath	Whitchurch 10K	08/04/2018	0:44:42

### MV65

Melvyn Cole	RunFest Wales 10K	24/06/2018	0:45:53
Melvyn Cole	Helena Tipping 10K	29/07/2018	0:46:28
Norman Hindle	Trentham 10K	05/08/2018	0:57:12
Martin Stirna	Newcastle 10K	15/04/2018	0:59:09

### MV70

Ian Middleton	Helena Tipping 10K	29/07/2018	0:52:09
Colin Earp	Stone St Michaels 10K	24/06/2018	0:58:06
Colin Earp	Air Products 10K	01/04/2018	00:58:14
Colin Earp	Newcastle 10K	15/04/2018	1:01:29
Colin Earp	Werrington 10K	14/10/2018	1:02:07

### 7 Miles

#### Senior Men

Robin Zoka	St Thomas 7	16/09/2018	0:53:26
David Gallagher	St Thomas 7	16/09/2018	1:04:12

## Mens Best Times by Age Group

### MV40

David Smith	St Thomas 7	16/09/2018	0:50:07
David Kivlin	St Thomas 7	16/09/2018	0:54:52
Martin Packham	Langley 7	03/11/2018	0:59:18
Mark Beckett	Langley 7	03/11/2018	1:01:28

### MV45

James Simpson	St Thomas 7	16/09/2018	0:45:16
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### MV50

Nigel Baskerville	St Thomas 7	16/09/2018	0:50:03
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### MV55

John Putt	St Thomas 7	16/09/2018	0:43:42
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### MV60

Dennis Robinson	St Thomas 7	16/09/2018	1:01:07
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### 10K

#### Senoir Men

Bradley Smith	Flying Fox 10	04/11/2018	1:04:11
Steve Crowe	Flying Fox 10	04/11/2018	1:04:35
Andy Twiss	Rugeley 10 Mile	18/02/2018	1:06:36
Russell Gibbons	Leek 10	18/08/2018	1:06:54
Andy Twiss	Flying Fox 10	04/11/2018	1:09:06

### MV35

David Nimmo	Leek 10	18/08/2018	1:11:30
David Nimmo	Rugeley 10 Mile	18/02/2018	1:11:44
Andrew Growcott	Flying Fox 10	04/11/2018	1:15:37

### MV40

Toby Hart	Rugeley 10 Mile	18/02/2018	1:05:05
Toby Hart	Leek 10	18/08/2018	1:09:02
Lee Wilkinson	Rugeley 10 Mile	18/02/2018	1:09:36
Toby Hart	Flying Fox 10	04/11/2018	1:11:42
David Smith	Flying Fox 10	04/11/2018	1:12:15

### MV45

Peter Mallison	Rhyl 10 Mile	24/02/2018	1:00:37
Matthew Smith	Flying Fox 10	04/11/2018	1:02:31
Andy Mayers	Flying Fox 10	04/11/2018	1:04:20
Peter Mallison	Flying Fox 10	04/11/2018	1:05:03
James Simpson	Flying Fox 10	04/11/2018	1:05:21

### MV50

Nigel Baskerville	Flying Fox 10	04/11/2018	1:11:05
Nigel Baskerville	Leek 10	18/08/2018	1:12:48
Robert Brown	Rugeley 10 Mile	18/02/2018	1:18:01
Philip Cliff	Flying Fox 10	04/11/2018	1:18:15
Nick Dunning	Leek 10	18/08/2018	1:19:06

## Mens Best Times by Age Group

### MV55

John Putt	Leek 10	18/08/2018	1:06:01
Les Tams	Flying Fox 10	04/11/2018	1:21:27
Les Tams	Leek 10	18/08/2018	1:22:02

### MV60

Ivor Twiss	Flying Fox 10	04/11/2018	1:13:02
Clive Heathcock	Rugeley 10 Mile	18/02/2018	1:17:40
Dennis Robinson	Flying Fox 10	04/11/2018	1:25:21

### MV65

Norman Hindle	Rugeley 10 Mile	18/02/2018	1:28:04
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### Half Marathon

#### Senoir Men

Chris Pattinson	Village Bakeries Half Marathon	25/02/2018	1:14:32
Mark Coulthard	Congleton Half Marathon	07/10/2018	1:16:42
Chris Pattinson	4 Villages Half Marathon	21/01/2018	1:17:50
Bradley Smith	Congleton Half Marathon	07/10/2018	1:22:34
Kyle Fairclough	Chester Half Marathon	29/04/2018	1:22:55

### MV35

Nicholas Hackett	Congleton Half Marathon	07/10/2018	1:17:03
David Morris	Conwy Half Marathon	18/11/2018	1:20:32
David Morris	Congleton Half Marathon	07/10/2018	1:20:51
David Morris	Village Bakeries Half Marathon	25/02/2018	1:22:46
David Morris	4 Villages Half Marathon	21/01/2018	1:26:01

### MV40

Andy Hughes	Conwy Half Marathon	18/11/2018	1:59:36
Mark Beckett	Conwy Half Marathon	18/11/2018	1:31:41
Rob Baker	Congleton Half Marathon	07/10/2018	1:32:29
David Smith	Congleton Half Marathon	07/10/2018	1:32:51
Rob Baker	Conwy Half Marathon	18/11/2018	1:33:10

### MV45

Matthew Smith	Chester Half Marathon	29/04/2018	1:20:54
Matthew Smith	Conwy Half Marathon	18/11/2018	1:21:34
Peter Mallison	4 Villages Half Marathon	21/01/2018	1:22:52
Peter Mallison	Ironbridge Half Marathon	24/03/2018	1:23:02
James Simpson	Village Bakeries Half Marathon	25/02/2018	1:24:07

### MV50

Nigel Baskerville	Village Bakeries Half Marathon	25/02/2018	1:29:20
Terry Barker	Congleton Half Marathon	07/10/2018	1:35:37
Nigel Baskerville	Potters Arf	10/06/2018	1:38:13
Robert Brown	Chester Half Marathon	29/04/2018	1:41:41
Robert Brown	Conwy Half Marathon	18/11/2018	1:42:06

## Mens Best Times by Age Group

### MV55

Ian Williams	Chester Half Marathon	29/04/2018	1:42:16
Les Tams	Congleton Half Marathon	07/10/2018	1:42:36
Jim Kelleher	RunFest Wales Half Marathon	23/06/2018	1:44:21
Jim Kelleher	Village Bakeries Half Marathon	25/02/2018	1:45:29
Jim Kelleher	Conwy Half Marathon	18/11/2018	1:46:09

### MV60

Ivor Twiss	4 Villages Half Marathon	21/01/2018	1:32:05
Ivor Twiss	Congleton Half Marathon	07/10/2018	1:37:15
Ivor Twiss	Conwy Half Marathon	18/11/2018	1:37:18
Clive Heathcock	Village Bakeries Half Marathon	25/02/2018	1:37:37
David McGrath	Chester Half Marathon	29/04/2018	1:38:07

### MV65

Norman Hindle	Village Bakeries Half Marathon	25/02/2018	1:48:33
Martin Stirna	Chester Half Marathon	29/04/2018	2:11:09

### 20 Miles

#### Senior Men

David Morris	Knighton 20	11/03/2018	2:09:51
Kyle Fairclough	Knighton 20	11/03/2018	2:17:00
Craig Williams	Knighton 20	11/03/2018	2:25:48
Chris Graham	Knighton 20	11/03/2018	2:25:48

### MV35

David Nimmo	Knighton 20	11/03/2018	2:31:40
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### MV40

Toby Hart	Knighton 20	11/03/2018	2:19:14
David Wilson	Knighton 20	11/03/2018	2:29:19
Bob Wilson	Knighton 20	11/03/2018	2:31:13
David Smith	Knighton 20	11/03/2018	2:35:43

### MV45

James Simpson	Knighton 20	11/03/2018	2:19:21
Matt Warren	Knighton 20	11/03/2018	2:40:51
Robert Brown	Knighton 20	11/03/2018	2:55:16
Nigel Baskerville	Knighton 20	11/03/2018	2:27:40
Graeme Spencer	Knighton 20	11/03/2018	3:05:53

### MV50

Les Tams	Knighton 20	11/03/2018	2:54:42
Barry Hampson	Knighton 20	11/03/2018	3:19:54

## Mens Best Times by Age Group

### MV60

David McGrath	Knighton 20	11/03/2018	2:45:04
Clive Heathcock	Knighton 20	11/03/2018	2:55:35

### MV65

Norman Hindle	Knighton 20	11/03/2018	3:09:10
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### Marathon

#### Senoir Male

Craig Williams	Manchester Marathon	08/04/2018	3:07:08
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### MV35

Nicholas Hackett	Hul Marathon	23/09/2018	2:43:56
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### MV40

David Smith	Manchester Marathon	08/04/2108	3:28:54
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### MV45

Matt Warren	Manchester Marathon	08/04/2018	3:29:16
Steve Harrison	Berlin marathon	16/09/2018	3:45:28
Peter Mallison	London Marathon	22/04/2018	3:00:18

### MV60

Barry Hampson	London Marathon	22/04/2018	4:53:27
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