

Men's Best Times : By Age

Name	Event	Date	Time
5K			
U17 Boys			
Henry Valentine	Bowden 5K	09-Jun-11	00:16:05
Henry Valentine	Dunham Massey Park 5K	27-May-11	00:16:06
Henry Valentine	Dunham Massey Park 5K	17-Jun-11	00:16:19
Henry Valentine	Hollins Green 5K	04-Jun-11	00:16:25
Henry Valentine	Hollins Green 5k	05-Jun-10	00:17:30
Junior Men			
Henry Valentine	Dunham Massey 5K	14-Jun-12	00:15:52
Henry Valentine	Christleton 5K	23-May-14	00:15:57
Oliver Williams	Christleton 5K	23-May-14	00:16:03
Henry Valentine	Hollins Green 5K	02-Jun-12	00:16:05
Thomas Haynes	Urenco Capenhurst 5K	24-Aug-11	00:16:05
Senior Men			
Matthew Taylor	Christleton 5K	17-May-19	00:16:23
Matthew Smith	Dunham Massey 5K	14-Jun-12	00:16:28
Mark Coulthard	Macclesfield 5K	23-Sep-18	00:16:32
Brad Smith	Christleton 5K	17-May-19	00:16:36
Nicholas Hackett	Christleton 5K	23-May-14	00:16:42
V40			
Matthew Smith	Christleton 5K	15-May-15	00:16:07
Matthew Smith	South Cheshire 5K (Race :	25-Aug-15	00:16:26
Matthew Smith	Mid-Cheshire 5K	28-Apr-16	00:16:30
Matthew Smith	Queens Park Quacker 5K	28-Jul-15	00:16:33
Matthew Smith	South Cheshire 5K - Race	26-Jul-13	00:16:35
V45			
Andy Mayers	Christleton 5K	23-May-14	00:16:53
Mike Hatton	Hollins Green 5k	05-Jun-10	00:17:03
Andy Mayers	Christleton 5K	15-May-15	00:17:11
Mike Hatton	Lymm 5k	20-Jun-09	00:17:15
Mike Hatton	Dunham Massey Park 5K	27-May-11	00:17:19
V50			
Mike Hatton	Hollins Green 5K	02-Jun-12	00:16:59
Mike Hatton	Severn Loop 5K	27-Dec-11	00:17:04
Mike Hatton	Dunham Massey 5K	14-Jun-12	00:17:08
Mike Hatton	Dunham Massey 5K	25-May-12	00:17:28
Mike Hatton	Bowdon 5K	07-Jun-12	00:17:31

V55

Alan Brookes	Christleton 5K	23-May-14	00:18:53
John Putt	Dave Clark 5K	16-Aug-18	00:18:58
Alan Brookes	Mid-Cheshire 5K	28-Apr-16	00:19:00
Alan Brookes	Dunham Massey 5K	24-May-13	00:19:15
Alan Brookes	Christleton 5K	15-May-15	00:19:28

V60

Melvyn Cole	Mid-Cheshire 5K	28-Apr-16	00:19:58
Ivor Twiss	Macclesfield 5K	23-Sep-18	00:19:59
Ivor Twiss	The Wammy 5K	10-Oct-19	00:20:07
Melvyn Cole	Dunham Massey 5K	24-May-13	00:20:12
Ivor Twiss	Flintshire 5K	22-Oct-17	00:20:14

V65

Melvyn Cole	The Wammy 5K	19-Oct-19	00:22:17
Jan McMulkin	British Masters 5K	14-Jun-20	00:22:32
Melvyn Cole	Macclesfield 5K	22-Sep-19	00:23:50
John Booth	British Masters 5K	14-Jun-20	00:23:59
Norman Hindle	British Masters 5K	14-Jun-20	00:24:10

V70

Colin Earp	Queens Park 5K	29-May-18	00:29:19
Colin Wynne	Queens Park 5K	29-May-18	00:31:57

4 Miles**U17 Boys**

Russell Gibbons	Cheadle 4	12-Jul-09	00:26:48
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Junior Men

Thomas Haynes	Cheadle 4	08-Jul-12	00:23:36
Russell Gibbons	Cheadle 4	08-Jul-12	00:24:43

Senior Men

Matthew Smith	Cheadle 4	08-Jul-12	00:22:49
David Jones	Cheadle 4	11-Jul-04	00:22:55
Matthew Taylor	Cheadle 4	09-Jul-17	00:23:12
Mark Coulthard	Cheadle 4	09-Jul-17	00:23:25
Peter Mallison	Cheadle 4	13-Jul-03	00:23:28

V40

Matthew Smith	Cheadle 4	13-Jul-14	00:22:19
Peter Mallison	Cheadle 4	10-Jul-11	00:22:27
Neil Jones	Cheadle 4	11-Jul-10	00:23:07
David Betteley	Cheadle 4	14-Jul-13	00:23:08
David Betteley	Cheadle 4	13-Jul-14	00:23:20

V45

Mike Hatton	Cheadle 4	13-Jul-08	00:22:46
Mike Hatton	Cheadle 4	12-Jul-09	00:22:53
Mike Hatton	Cheadle 4	15-Jul-07	00:23:20
Mike Hatton	Cheadle 4	11-Jul-10	00:23:22
Andy Mayers	Cheadle 4	12-Jul-15	00:23:27

V50

Ivor Twiss	Cheadle 4	12-Jul-09	00:25:22
Melvyn Cole	Cheadle 4	14-Jul-02	00:26:22
Nigel Baskerville	Cheadle 4	09-Jul-17	00:27:08
Michael Cutler	Cheadle 4	13-Jul-08	00:27:20
Nigel Baskerville	Cheadle 4	08-Jul-18	00:27:52

V55

John Putt	Cheadle 4	08-Jul-18	00:24:38
John Putt	Cheadle 4	14-Jul-19	00:25:04
Melvyn Cole	Cheadle 4	15-Jul-07	00:26:15
Ivor Twiss	Cheadle 4	10-Jul-11	00:26:24
Alan Brookes	Cheadle 4	14-Jul-13	00:26:29

V60

Melvyn Cole	Cheadle 4	08-Jul-12	00:28:08
Clive Heathcock	Cheadle 4	14-Jul-19	00:30:27
Colin Earp	Cheadle 4	15-Jul-07	00:30:52
David Griffiths	Cheadle 4	13-Jul-03	00:33:24
David Griffiths	Cheadle 4	17-Jul-05	00:34:24

V65

Norman Hindle	Cheadle 4	08-Jul-18	00:34:27
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5 Miles**U17 Boys**

Henry Valentine	Chester Spring 5	06-Apr-11	00:27:47
Henry Valentine	Runcorn Bridge 5	24-Apr-11	00:28:54
Thomas Haynes	Alsager 5	07-Feb-10	00:29:01
Henry Valentine	Chester Spring 5	07-Apr-10	00:29:04
Henry Valentine	Alsager 5	06-Feb-11	00:29:48

Junior Men

Thomas Haynes	Runcorn Bridge 5	24-Apr-11	00:27:05
Henry Valentine	Chester Spring 5	16-Apr-14	00:27:19
Thomas Haynes	Burtonwood 5	21-Jul-12	00:27:41
Oliver Williams	Burtonwood 5	20-Jul-13	00:28:26
Thomas Haynes	Alsager 5	05-Feb-12	00:28:33

Senior Men

Peter Mallison	Alsager 5	06-Feb-05	00:26:58
Mark Couthard	Alsager 5	03-Feb-19	00:26:58
Matthew Taylor	Chester Spring 5	10-Apr-19	00:27:10
Matthew Smith	Chester Spring 5	04-Apr-12	00:27:14
Henry Valentine	Alsager 5	01-Feb-15	00:27:29

V40

Matthew Smith	Chester Spring 5	03-Apr-13	00:26:51
Matthew Smith	Burtonwood 5	20-Jul-13	00:26:54
Matthew Smith	Chester Spring 5	15-Apr-15	00:26:54
Matthew Smith	Chester Spring 5	16-Apr-14	00:26:55
Matthew Smith	Alsager 5	02-Feb-14	00:27:13

V45

Mike Hatton	Alsager 5	07-Feb-10	00:27:27
Mike Hatton	Chester Spring 5	07-Apr-10	00:27:38
Mike Hatton	Alsager 5	01-Feb-09	00:27:52
Mike Hatton	Runcorn Bridge 5	24-Apr-11	00:28:22
Mike Hatton	Staffs Knot 5	11-Aug-10	00:28:23

V50

Mike Hatton	Chester Spring 5	04-Apr-12	00:27:58
Mike Hatton	Alsager 5	05-Feb-12	00:28:35
Ivor Twiss	Alsager 5	07-Feb-10	00:30:09
Paul Hancock	Westbridge 5	09-Sep-20	00:30:17
Ivor Twiss	Chester Spring 5	07-Apr-10	00:30:44

V55

John Putt	Staffs Knot 5	25-Jul-18	00:31:06
John Putt	Ipstones 5	08-Sep-18	00:31:07
Alan Brookes	Chester Spring 5	13-Apr-16	00:31:27
Alan Brookes	Chester Spring 5	15-Apr-15	00:31:48
Alan Brookes	Chester Spring 5	16-Apr-14	00:31:50

V60

Ivor Twiss	Alsager 5	04-Feb-18	00:32:48
Melvyn Cole	Chester Spring 5	04-Apr-12	00:33:24
Melvyn Cole	Westbridge 5	02-Jun-12	00:33:28
Ivor Twiss	Alsager 5	02-Feb-20	00:33:36
Ivor Twiss	Alsager 5	04-Feb-19	00:33:38

V65

Tony Salthouse	Westbridge 5	01-Jun-08	00:36:35
Melvyn Cole	Preston 5	11-Aug-19	00:37:33
Melvyn Cole	Chester Spring 5	10-Apr-19	00:37:48
Tony Salthouse	Staff Knot 5	13-Aug-08	00:39:33
Norman Hindle	Alsager 5	04-Apr-18	00:39:46

V70

Colin Earp	Alsager 5	04-Feb-18	00:47:23
Colin Earp	Westbridge 5	03-Jun-18	00:47:59
Colin Earp	Westbridge 5	02-Jun-19	00:48:07
Colin Earp	Alsager 5	03-Feb-19	00:49:53
Colin Earp	Alsager 5	02-Feb-20	00:51:00

10K**U17 Boys**

Henry Valentine	BUPA Great Manchester I	15-May-11	00:33:50
Henry Valentine	Trafford 10K	13-Mar-11	00:34:22
Henry Valentine	Air Products 10K	10-Apr-11	00:34:23
Henry Valentine	Sutton Six	19-Sep-10	00:36:15
Thomas Haynes	Farndon 10k	07-Mar-10	00:36:19

Junior Men

Henry Valentine	Trafford 10K	09-Mar-14	00:32:55
Thomas Haynes	Air Products 10K	10-Apr-11	00:33:32
Henry Valentine	Air Products 10K	20-Apr-14	00:33:45
Henry Valentine	Sutton 6	18-Sep-11	00:34:16
Henry Valentine	Cardiff 10K	08-Sep-13	00:34:34

Senior Men

Henry Valentine	Telford 10K	14-Dec-14	00:32:33
Henry Valentine	Trafford 10K	08-Mar-15	00:32:34
Dave Morris	Cheshire 10K	18-Oct-20	00:33:15
Dave Morris	Guilden Sutton 10K	15-Sep-19	00:33:24
Mark Coulthard	Stone St Michaels 10K	16-Jun-19	00:33:30

V40

Matthew Smith	Air Products 10K	05-Apr-15	00:33:29
Matthew Smith	Air Products 10K	31-Mar-13	00:33:37
Matthew Smith	Sutton 6	20-Sep-15	00:33:40
Matthew Smith	Air Products 10K	20-Apr-14	00:33:50
Peter Mallison	Market Drayton 10K	12-May-13	00:34:10

V45

David Betteley	Air Products 10K	05-Apr-15	00:34:26
Mike Hatton	Sutton Six	20-Sep-09	00:35:07
Peter Mallison	Air Products 10K	27-Mar-16	00:35:19
Mike Hatton	Stone St Michaels 10k	22-Jun-08	00:35:30
Mike Hatton	Helena Tipping	16-Dec-07	00:35:31

V50

Mike Hatton	Birchwood 10K	19-Aug-12	00:35:26
Mike Hatton	Clayton 10K	16-May-12	00:35:27
Mike Hatton	Sutton 6	18-Sep-11	00:36:00
Paul Hancock	Cheddleton Xmas Pud	01-Dec-20	00:36:27
Peter Mallison	Wilmslow 10K	31-Dec-20	00:36:30

V55

Alan Brookes	Whitley 10K	24-Apr-16	00:39:19
John Putt	Trentham 10K	05-Aug-18	00:39:22
Alan Brookes	Air Products 10K	31-Mar-13	00:39:41
Alan Brookes	Stone St Michaels 10K	19-Jun-16	00:39:43
Alan Brookes	Market Drayton 10K	12-May-13	00:39:44

V60

Ivor Twiss	Wilmslow 10K	07-Jan-18	00:41:01
Ivor Twiss	Telford 10K	07-Jan-18	00:41:14
Melvyn Cole	Market Drayton 10K	12-May-13	00:41:43
Ivor Twiss	Trafford 10K	10-Mar-19	00:41:53
Ivor Twiss	Alderley Edge 10K	07-Jun-19	00:41:53

V65

Jan McMulkin	Sandbach 10K	08-Sep-19	00:45:34
Melvyn Cole	Run Fest Wales 10K	23-Jun-18	00:45:53
Melvyn Cole	Fandon 10K	13-Oct-19	00:46:22
Melvyn Cole	Helena Tipping 10K	29-Jul-18	00:46:28
Jan McMulkin	Kidsgrove 10K	12-Jan-20	00:47:27

V70

Norman Hindle	Stone 10K	08-Nov-20	00:50:34
Norman Hindle	Knutsford 10K	31-Dec-20	00:50:44
Norman Hindle	Wilmslow 10K	31-Dec-20	00:50:46
Norman Hindle	Cheddleton Xmas Pud	01-Dec-20	00:50:53
Ian Middleton	Helena Tipping 10K	29-Jul-18	00:52:09

7 Miles**Junior Men**

Colin Hargreaves	Newcastle 7	08-Apr-01	00:49:32
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Senior Men

David Jones	Newcastle 7	06-Apr-03	00:39:23
Andy Jones	Newcastle 7	08-Apr-01	00:39:51
David Jones	Newcastle 7	04-Apr-04	00:39:53
Peter Mallison	Newcastle 7	06-Apr-03	00:40:23
Nicholas Hackett	St Thomas 7	22-Sep-13	00:41:01

V40

Matthew Smith	St Thomas 7	21-Sep-14	00:39:40
David Jones	Newcastle 7	03-Apr-05	00:40:04
Mike Hatton	Newcastle 7	09-Apr-07	00:40:35
Matthew Smith	Langley 7	07-Nov-15	00:40:35
Mike Hatton	Newcastle 7	03-Apr-05	00:41:16

V45

David Betteley	St Thomas 7	21-Sep-14	00:41:13
Paul Hancock	St Thomas 7	20-Sep-15	00:44:15
Paul Hancock	St Thomas 7	18-Sep-16	00:44:30
Michael Cutler	Newcastle 7	06-Apr-03	00:44:31
James Simpson	St Thomas 7	16-Sep-18	00:45:16

V50

Ivor Twiss	Newcastle7	19-Apr-09	00:44:57
Melvyn Cole	Newcastle 7	06-Apr-03	00:45:56
Nigel Baskerville	St Thomas 7	16-Sep-18	00:50:03
Colin Earp	Newcastle 7	07-Apr-02	00:52:00
Martin Stirna	Newcastle 7	03-Apr-05	00:52:05

V55

John Putt	St Thomas 7	16-Sep-18	00:43:42
Alan Brookes	St Thomas 7	18-Sep-16	00:47:23
Melvyn Cole	Newcastle7	19-Apr-09	00:47:56
Alan Brookes	St Thomas 7	20-Sep-15	00:48:09
John Booth	Newcastle 7	10-Apr-11	00:48:21

V60

Melvyn Cole	Newcastle 7	15-Apr-12	00:47:58
Bernard Griffiths	Newcastle 7	08-Apr-01	00:49:32
Bernard Griffiths	Newcastle 7	07-Apr-02	00:50:53
Melvyn Cole	St Thomas 7	21-Sep-14	00:50:53
Melvyn Cole	St Thomas 7	22-Sep-13	00:51:00

V65

Tony Slathouse	Newcastle 7	30-Mar-08	00:52:58
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15K

Senior Men

Dave Morris	Meerbrook 15K	19-Jun-19	01:00:05
James Simpson	Meerbrook 15K	07-Aug-11	01:02:03
Nicholas Hackett	Meerbrook 15K	07-Aug-11	01:07:54
Andrew Growcott	Meerbrook 15K	07-Aug-20	01:09:13
David Nimmo	Meerbrook 15K	07-Aug-20	01:10:37

V40

Pat Hudson	Meerbrook 15K	07-Aug-20	01:00:21
Andy Mayers	Meerbrook 15K	07-Aug-11	01:01:47
Jonathan Slaney	Meerbrook 15K	19-Jun-19	01:05:58
Lee Wilkinson	Meerbrook 15K	19-Jun-19	01:09:11
David Alan Smith	Meerbrook 15K	19-Jun-19	01:13:37

V45

Paul Hancock	Meerbrook 15K	19-Jun-19	01:03:46
James Simpson	Meerbrook 15K	07-Aug-20	01:02:31
James Simpson	Meerbrook 15K	19-Jun-19	01:05:04
Robert Cummings	Meerbrook 15K	07-Aug-11	01:12:48

V50

Paul Hancock	Meerbrook 15K	07/08/2020	00:57:25
Neil Ridgway	Meerbrook 15K	07-Aug-11	01:14:06

V55

Ivor Twiss	Meerbrook 15K	07-Aug-11	01:06:32
John Putt	Meerbrook 15K	07-Aug-20	01:08:06
Clive Palmer	Meerbrook 15K	07-Aug-20	01:19:17
Rob Huntbach	Meerbrook 15K	19-Jun-19	01:25:29
Phil Cliffe	Meerbrook 15K	07-Aug-20	01:36:22

V60

Dennis Robinson	Meerbrook 15K	07/08/2020	01:17:01
Clive Heathcock	Meerbrook 15K	19-Jun-19	01:22:59
Dennis Robinson	Meerbrook 15K	19-Jun-19	01:26:59
Colin Wynne	Meerbrook 15K	07-Aug-11	01:33:24

V70

Colin Earp	Meerbrook 15K	07/08/2019	01:44:11
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10 Miles

U17 Boys

Henry Valentine	Great Warford 10	08-Aug-10	01:08:55
Clive Boyden	Llandudno 10	10-Nov-02	01:12:30

Junior Men

Adam Soley	Flying Fox 10	06-Nov-11	01:05:07
Russell Gibbons	Great Warford 10	29-Jul-12	01:05:07
Russell Gibbons	Great Warford 10	11-Aug-13	01:06:33

Senior Men

Nicholas Hackett	Pocklington Snake Lane 1	24-Feb-13	00:56:45
Matthew Smith	Great Warford 10	29-Jul-12	00:56:58
David Morris	Rhyl 10	22-Feb-20	00:57:11
Peter Mallison	Trentham 10	25-Jul-04	00:57:23
Peter Mallison	Flying Fox 10	02-Nov-03	00:57:46

V40

Matthew Smith	Great Warford 10	11-Aug-13	00:55:08
Peter Mallison	Great Warford 10	11-Aug-13	00:56:38
Mike Hatton	Llandudno 10	13-Nov-05	00:56:46
Matthew Smith	Trentham 10	21-Jul-13	00:57:18
Peter Mallison	Flying Fox 10	06-Nov-11	00:57:40

V45

Mike Hatton	Trentham 10 miler	18-Jul-10	00:58:05
David Betteley	Flying Fox 10	02-Nov-14	00:58:57
Mike Hatton	Trentham 10 miler	20-Jul-08	00:59:01
Mike Hatton	Trentham 10 miler	19-Jul-09	00:59:02
Mike Hatton	Flying Fox 10	02-Nov-08	00:59:15

V50

Mike Hatton	Great Warford 10	29-Jul-12	00:58:16
Mike Hatton	Flying Fox 10	06-Nov-11	00:59:46
Mike Hatton	Trentham 10	15-Jul-12	01:01:13
Paul Hancock	Flying Fox 10	01-Nov-20	01:02:07
Owen Evans	Trentham 10	21-Jul-13	01:03:49

V55

Melvyn Cole	Flying Fox 10	04-Nov-07	01:05:36
John Putt	Leek 10	19-Aug-18	01:06:01
Alan Brookes	Great Warford 10	11-Aug-13	01:07:45
Ivor Twiss	Trentham 10	17-Jul-11	01:07:47
Melvyn Cole	Flying Fox 10	02-Nov-08	01:07:50

V60

Ivor Twiss	Flying Fox 10	05-Nov-17	01:10:34
Melvyn Cole	Trentham 10	15-Jul-12	01:12:04
Ivor Twiss	Flying Fox 10	03-Nov-19	01:12:57
Ivor Twiss	Flying Fox 10	04-Nov-18	01:13:02
Clive Heathcock	Flying Fox 10	05-Nov-17	01:14:56

V65

Melvyn Cole	Rhyl 10	23-Feb-19	01:18:52
Norman Hindle	Flying Fox 10	05-Nov-17	01:25:04
Norman Hindle	Rugeley 10	15-Feb-18	01:28:04
Norman Hindle	Flying Fox 10	06-Nov-16	01:28:40
Colin Earp	Flying Fox 10	04-Nov-12	01:33:26

Half Marathon**Junior Men**

Thomas Haynes	Wilmslow Half Marathon	27-Mar-11	01:13:05
Alex Mallison	Wilmslow Half Marathon	22-Mar-15	01:21:51
Thomas Haynes	Uttoxeter Half Marathon	05-May-12	01:24:26
Russell Gibbons	Village Bakeries Half Mar:	19-Feb-12	01:25:07
Adam Soley	Wilmslow Half Marathon	25-Mar-12	01:25:16

Senior Men

Dave Morris	Lake Vyrnwy Half	15-Sep-19	01:10:52
Peter Mallison	Stafford Half Marathon	28-Mar-04	01:14:13
Dave Morris	Wilmslow Half Marathon	28-Mar-19	01:14:21
Chris Pattinson	Village Bakeries Half Mar:	25-Feb-18	01:14:32
Peter Mallison	Congleton Half Marathon	10-Oct-04	01:14:52

V40

Matthew Smith	Wilmslow Half Marathon	22-Mar-15	01:12:18
Matthew Smith	Village Bakeries Half Mar:	15-Feb-15	01:13:13
Matthew Smith	4 Villages Half Marathon	19-Jan-14	01:13:35
Matthew Smith	Village Bakeries Half Mar:	17-Feb-13	01:13:42
Matthew Smith	Blackpool Half Marathon	01-Sep-13	01:13:56

V45

Mike Hatton	Village Bakeries Half Mar:	15-Feb-09	01:15:31
Mike Hatton	4 Villages Half Marathon	17-Jan-10	01:15:38
Mike Hatton	Village Bakeries Half Mar:	17-Feb-08	01:16:04
Mike Hatton	4 Villages Half Marathon	18-Jan-09	01:16:10
Mike Hatton	Wilmslow Half Marathon	27-Mar-11	01:16:51

V50

Mike Hatton	Great North Run	16-Sep-12	01:14:50
Mike Hatton	Wilmslow Half Marathon	25-Mar-12	01:16:17
Mike Hatton	Lake Vyrnwy Half Marath	11-Sep-11	01:16:40
Mike Hatton	4 Villages Half Marathon	22-Jan-12	01:18:16
Mike Hatton	Potter's 'Arf	10-Jun-12	01:19:46

V55

Melvyn Cole	Village Bakeries Half Mar:	17-Feb-08	01:27:51
Ivor Twiss	Pollenca Half Marathon	07-Apr-13	01:29:10
Melvyn Cole	Congleton Half Marathon	07-Oct-07	01:29:24
Ivor Twiss	Village Bakeries Half Mar:	14-Feb-16	01:29:30
Ivor Twiss	Congleton Half Marathon	07-Oct-12	01:29:31

V60

Melvyn Cole	Torre Pacheco Half Marat	14-Dec-14	01:30:22
Ivor Twiss	Conwy Half Marathon	19-Nov-17	01:31:01
Ivor Twiss	4 Villages Half Marathon	21-Jan-18	01:32:05
Melvyn Cole	Congleton Half Marathon	04-Oct-15	01:32:09
Colin Earp	Uttoxeter Half Marathon	27-Apr-08	01:34:08

V65

Norman Hindle	Bakeries Half Marathon	25-Feb-18	01:48:33
Norman Hindle	Conway Half Marathon	19-Nov-17	01:49:49
Colin Earp	Potters Half Marathon	10-Jun-12	01:51:18
Norman Hindle	Congleton Half Marathon	01-Oct-16	01:54:13
Norman Hindle	Conway Half Marathon	20-Nov-16	01:56:29

20 Miles**Junior Men**

Alex Mallison	Stafford 20	08-Mar-15	02:18:03
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Senior Men

Peter Mallison	Stafford 20	14-Mar-04	02:00:35
Matthew Smith	Stafford 20	11-Mar-12	02:01:29
Nicholas Hackett	South Cheshire 20	15-Sep-13	02:02:14
Peter Mallison	Stafford 20	09-Mar-03	02:03:28
Nicholas Hackett	South Cheshire 20	06-Sep-15	02:05:29

V40

Matthew Smith	South Cheshire 20	15-Sep-13	01:57:29
Matthew Smith	Stafford 20	09-Mar-14	02:00:37
Peter Mallison	Stafford 20	13-Mar-11	02:01:58
Mike Hatton	Stafford 20	12-Mar-06	02:02:06
David Betteley	Stafford 20	09-Mar-14	02:03:35

V45

Mike Hatton	Stafford 20	13-Mar-11	02:02:32
Mike Hatton	Stafford 20	14-Mar-10	02:03:44
Mike Hatton	Stafford 20	08-Mar-09	02:04:42
Neil Jones	Stafford 20	08-Mar-15	02:07:00
David Betteley	South Cheshire 20	07-Sep-14	02:07:37

V50

David McGrath	Stafford 20	12-Mar-06	02:25:12
Nigel Baskerville	Knighton 20	11-Mar-18	02:27:40
Nigel Baskerville	South Cheshire 20	03-Sep-17	02:29:48
David McGrath	Stafford 20	08-Mar-09	02:30:31
Melvyn Cole	Stafford 20	09-Mar-03	02:33:02

V55

Melvyn Cole	South Cheshire 20	20-May-07	02:24:41
Alan Brookes	Stafford 20	08-Mar-15	02:25:41
John Booth	Stafford 20	13-Mar-11	02:27:58
Ivor Twiss	Knighton 20	13-Mar-16	02:28:44
David McGrath	Stafford 20	11-Mar-12	02:30:35

V60

John Booth	Stafford 20	09-Mar-14	02:36:53
John Booth	South Cheshire 20	06-Sep-15	02:37:37
Melvyn Cole	Stafford 20	11-Mar-12	02:37:53
John Booth	Stafford 20	08-Mar-15	02:39:22
Bernard Griffiths	Stafford 20	04-Mar-01	02:41:23

V65

Norman Hindle	Knighton 20	03-Mar-18	03:09:10
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Marathon**Senior Men**

David Morris	Berlin Marathon	29-Sep-19	02:30:39
Matthew Smith	Chester Marathon	07-Oct-12	02:36:18
David Morris	Chicago Marathon	13-Oct-19	02:36:33
David Morris	Frankfurt Marathon	27-Oct-19	02:37:30
David Morris	Lanzarote Marathon	07-Dec-19	02:38:12

V40

Matthew Smith	London Marathon	26-Apr-15	02:35:11
Matthew Smith	Chester Marathon	06-Oct-13	02:36:47
Peter Mallison	London Marathon	21-Apr-13	02:37:37
Matthew Smith	London Marathon	21-Apr-13	02:38:43
Peter Mallison	Liverpool Marathon	14-Oct-12	02:39:11

V45

Mike Hatton	London Marathon **	25-Apr-10	02:38:58
Mike Hatton	London Marathon **	13-Apr-08	02:40:00
Mike Hatton	ANY MARATHON	31-Dec-09	02:43:28
David Betteley	London Marathon	26-Apr-15	02:44:14
Mike Hatton	London Marathon	17-Apr-11	02:45:57

V50

Mike Hatton	London Marathon	22-Apr-12	02:41:00
Mike Hatton	Abingdon Marathon	16-Oct-11	02:43:18
Paul Hancock	London Maraton Virtual	04-Oct-20	03:00:22
David McGrath	Barcelona Marathon	31-Dec-10	03:14:34
David McGrath	London Marathon **	26-Apr-09	03:16:48

V55

Ivor Twiss	Greater Manchester Mar:	19-Apr-15	03:14:21
John Booth	Shakespeare Marathon	08-May-11	03:16:58
John Booth	Wolverhampton Marathc	05-Sep-10	03:17:20
John Booth	London Marathon **	26-Apr-09	03:18:30
Alan Brookes	Greater Manchester Mar:	19-Apr-15	03:21:23

V60

Ivor Twiss	London Marathon	24-Apr-16	03:14:20
John Booth	London Marathon	13-Apr-14	03:30:19
David McGrath	London Marathon	24-Apr-16	03:33:24
Ivor Twiss	London Marathon	22-Apr-18	03:33:45
John Booth	Potteries Marathon	05-Jul-15	03:37:50