

2020 SOUTH CHESHIRE HARRIERS MENS BEST TIMES BY AGE GROUP

5 K

SENIOR MEN

Matthew Taylor	00:16:44	14/06/2020	British Masters & SCH under 35 Virtual 5K
Craig Mooney	00:18:05	14/06/2020	British Masters & SCH under 35 Virtual 5K
Andy Twiss	00:18:32	14/06/2020	British Masters & SCH under 35 Virtual 5K
Daniel Burton	00:19:42	14/06/2020	British Masters & SCH under 35 Virtual 5K
Andrew Growcott	00:20:00	28/08/2020	Mid Summer 5K

V40

Gaz Carless	00:17:21	14/06/2020	British Masters & SCH under 35 Virtual 5K
Pat Hudson	00:19:19	14/06/2020	British Masters & SCH under 35 Virtual 5K

V45

Jonathan Slaney	00:17:24	14/06/2020	British Masters & SCH under 35 Virtual 5K
Justin Grattan	00:17:49	14/06/2020	British Masters & SCH under 35 Virtual 5K
Peter Mallison	00:17:58	14/06/2020	British Masters & SCH under 35 Virtual 5K
James Simpson	00:18:51	14/06/2020	British Masters & SCH under 35 Virtual 5K
James Simpson	00:18:54	15/08/2020	Darley Moor 5K

V50

Paul Hancock	00:18:56	14/06/2020	British Masters & SCH under 35 Virtual 5K
Steve Atherton	00:21:57	14/06/2020	British Masters & SCH under 35 Virtual 5K
Scott Logie	00:22:16	14/06/2020	British Masters & SCH under 35 Virtual 5K
Nigel Baskerville	00:22:26	14/06/2020	British Masters & SCH under 35 Virtual 5K

V55

John Putt	00:20:33	14/06/2020	British Masters & SCH under 35 Virtual 5K
Clive Palmer	00:21:21	14/06/2020	British Masters & SCH under 35 Virtual 5K
Les Tams	00:24:15	14/06/2020	British Masters & SCH under 35 Virtual 5K

V60

Ivor Twiss	00:20:30	14/06/2020	British Masters & SCH under 35 Virtual 5K
Mike Stevens	00:20:47	14/06/2020	British Masters & SCH under 35 Virtual 5K
Clive Heathcock	00:22:06	15/08/2020	Darley Moor 5K
Robin Smith	00:23:41	14/06/2020	British Masters & SCH under 35 Virtual 5K
Dennis Robinson	00:23:46	14/06/2020	British Masters & SCH under 35 Virtual 5K

V65

Jan McMulkin	00:22:32	14/06/2020	British Masters & SCH under 35 Virtual 5K
John Booth	00:23:59	14/06/2020	British Masters & SCH under 35 Virtual 5K
Norman Hindle	00:24:10	14/06/2020	British Masters & SCH under 35 Virtual 5K
Melvyn Cole	00:24:33	14/06/2020	British Masters & SCH under 35 Virtual 5K
Bill Ferguson	00:29:11	14/06/2020	British Masters & SCH under 35 Virtual 5K

5 MILES

SENIOR MEN

James Nicholls	00:27:53	03/02/2020	Alsager 5 (NSRRA)
David Morris	00:29:45	03/02/2020	Alsager 5 (NSRRA)
Sean Dyer	00:30:12	03/02/2020	Alsager 5 (NSRRA)
Andy Twiss	00:30:35	03/02/2020	Alsager 5 (NSRRA)
John Spurrier	00:32:39	03/02/2020	Alsager 5 (NSRRA)

V40

Mark Beckett	00:33:08	03/02/2020	Alsager 5 (NSRRA)
Mark Barnes	00:33:26	03/02/2020	Alsager 5 (NSRRA)
David Kivlin	00:36:26	03/02/2020	Alsager 5 (NSRRA)
Richard Cherrington	00:37:58	03/02/2020	Alsager 5 (NSRRA)
David Kivlin	00:39:07	09/09/2020	Westbridge 5 : VIRTUAL RACE

V45

Jonathan Slaney	00:29:15	03/02/2020	Alsager 5 (NSRRA)
Peter Mallison	00:29:40	09/09/2020	Westbridge 5 : VIRTUAL RACE
Peter Mallison	00:30:20	03/02/2020	Alsager 5 (NSRRA)
James Simpson	00:31:07	03/02/2020	Alsager 5 (NSRRA)
James Simpson	00:31:38	09/09/2020	Westbridge 5 : VIRTUAL RACE

V50

Paul Hancock	00:30:17	09/09/2020	Westbridge 5 : VIRTUAL RACE
Steve Atherton	00:35:41	03/02/2020	Alsager 5 (NSRRA)
Charles Rowlands	00:37:33	03/02/2020	Alsager 5 (NSRRA)
Terry Barker	00:37:58	03/02/2020	Alsager 5 (NSRRA)
Mathew Yeomans	00:41:47	03/02/2020	Alsager 5 (NSRRA)

V55

John Putt	00:32:15	03/02/2020	Alsager 5 (NSRRA)
Jim Kelleher	00:37:09	03/02/2020	Alsager 5 (NSRRA)
Clive Palmer	00:39:14	09/09/2020	Westbridge 5 : VIRTUAL RACE
Mark Taylor	00:39:36	03/02/2020	Alsager 5 (NSRRA)
Phil Cliff	00:40:17	03/02/2020	Alsager 5 (NSRRA)

V60

Ivor Twiss	00:33:36	03/02/2020	Alsager 5 (NSRRA)
Clive Heathcock	00:37:38	09/09/2020	Westbridge 5 : VIRTUAL RACE
Dennis Robinson	00:37:50	09/09/2020	Westbridge 5 : VIRTUAL RACE
Clive Heathcock	00:38:21	03/02/2020	Alsager 5 (NSRRA)
Robin Smith	00:39:33	03/02/2020	Alsager 5 (NSRRA)

V65

Norman Hindle	00:40:25	03/02/2020	Alsager 5 (NSRRA)
Norman Hindle	00:42:26	09/09/2020	Westbridge 5 : VIRTUAL RACE

V70

Colin Earp	00:51:00	03/02/2020	Alsager 5 (NSRRA)
Neil Cole	01:00:36	03/02/2020	Alsager 5 (NSRRA)

10 K**SENIOR MEN**

David Morris	00:33:15	18/10/2020	Cheshire 10K : Arley Hall
Steve Crowe	00:35:31	01/12/2020	Cheddleton Xmas Pudding Race : Virtual race
Steve Crowe	00:36:40	12/01/2020	Kidsgrove 10K
Andrew Growcott	00:41:54	27/09/2020	Farndon 10K Virtual Race
David Nimmo	00:44:47	01/12/2020	Cheddleton Xmas Pudding Race : Virtual race

V40

Pat Hudson	00:38:08	31/12/2020	Wilmslow 10K : Virtual Comp 31/12/20
Pat Hudson	00:38:32	08/11/2020	Stone 10K : Virtual Race
Pat Hudson	00:39:51	31/12/2020	Knutsford 10K : Virtual Comp : 31/12/20
Pat Hudson	00:40:18	01/12/2020	Cheddleton Xmas Pudding Race : Virtual race
Pat Hudson	00:40:37	30/08/2020	South Cheshire 10K : VIRTUAL RACE

V45

Peter Mallison	00:36:30	01/12/2020	Cheddleton Xmas Pudding Race : Virtual race
Peter Mallison	00:36:45	18/10/2020	Cheshire 10K : Arley Hall
Peter Mallison	00:37:41	02/08/2020	Trentham 10K : VIRTUAL RACE
Peter Mallison	00:38:14	12/01/2020	Kidsgrove 10K
James Simpson	00:38:26	08/11/2020	Stone 10K : Virtual Race

V50

Paul Hancock	00:36:27	01/12/2020	Cheddleton Xmas Pudding Race : Virtual race
Peter Mallison	00:36:30	31/12/2020	Wilmslow 10K : Virtual Comp 31/12/20
Paul Hancock	00:36:47	31/12/2020	Wilmslow 10K : Virtual Comp 31/12/20
Paul Hancock	00:37:09	23/08/2020	Birchwood 10K : VIRTUAL RACE
Paul Hancock	00:37:29	08/11/2020	Stone 10K : Virtual Race

V55

John Putt	00:42:53	12/01/2020	Kidsgrove 10K
John Putt	00:42:59	01/12/2020	Cheddleton Xmas Pudding Race : Virtual race
John Putt	00:44:29	08/11/2020	Stone 10K : Virtual Race
John Putt	00:44:31	02/08/2020	Trentham 10K : VIRTUAL RACE
John Putt	00:45:22	14/06/2020	St Thomas Virtual 10K

V60

Clive Heathcock	00:47:03	30/08/2020	South Cheshire 10K : VIRTUAL RACE
Clive Heathcock	00:47:22	02/08/2020	Trentham 10K : VIRTUAL RACE
Dennis Robinson	00:48:25	30/08/2020	South Cheshire 10K : VIRTUAL RACE
Clive Heathcock	00:48:28	14/06/2020	St Thomas Virtual 10K
Dennis Robinson	00:48:43	27/09/2020	Farndon 10K Virtual Race

V65

Jan McMulkin	00:47:27	12/01/2020	Kidsgrove 10K
Melvyn Cole	00:49:48	01/03/2020	Trafford 10K
Norman Hindle	00:50:54	18/10/2020	Cheshire 10K : Arley Hall
Norman Hindle	00:52:10	30/08/2020	South Cheshire 10K : VIRTUAL RACE

V70

Norman Hindle	00:50:34	08/11/2020	Stone 10K : Virtual Race
Norman Hindle	00:50:44	31/12/2020	Knutsford 10K : Virtual Comp : 31/12/20
Norman Hindle	00:50:46	31/12/2020	Wilmslow 10K : Virtual Comp 31/12/20
Norman Hindle	00:50:53	01/12/2020	Cheddleton Xmas Pudding Race : Virtual race
Colin Earp	01:02:38	14/06/2020	St Thomas Virtual 10K

15 K**SENIOR MEN**

Andrew Growcott	01:09:13	21/11/2020	Meerbrook 15K : VIRTUAL RACE
David Nimmo	01:10:37	21/11/2020	Meerbrook 15K : VIRTUAL RACE

V40

Pat Hudson	01:00:21	21/11/2020	Meerbrook 15K : VIRTUAL RACE
David Kivlin	01:15:20	21/11/2020	Meerbrook 15K : VIRTUAL RACE
Lee Wilkinson	01:49:04	21/11/2020	Meerbrook 15K : VIRTUAL RACE

V45

James Simpson	01:02:31	21/11/2020	Meerbrook 15K : VIRTUAL RACE
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V50

Paul Hancock	00:57:25	21/11/2020	Meerbrook 15K : VIRTUAL RACE
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V55

John Putt	01:08:06	21/11/2020	Meerbrook 15K : VIRTUAL RACE
Clive Palmer	01:19:17	21/11/2020	Meerbrook 15K : VIRTUAL RACE
Phil Cliff	01:36:22	21/11/2020	Meerbrook 15K : VIRTUAL RACE

V60

Dennis Robinson	01:17:01	21/11/2020	Meerbrook 15K : VIRTUAL RACE
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V70

Colin Earp	01:44:11	21/11/2020	Meerbrook 15K : VIRTUAL RACE
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10 MILES**SENIOR MEN**

David Morris	00:57:11	22/02/2020	Rhyl 10 Mile
Matthew Taylor	00:58:22	22/02/2020	Rhyl 10 Mile
Chris Pattinson	00:59:34	22/02/2020	Rhyl 10 Mile
James Nicholls	01:01:01	22/02/2020	Rhyl 10 Mile
Steve Crowe	01:01:02	22/02/2020	Rhyl 10 Mile

V40

Pat Hudson	01:05:30	01/11/2020	Flying Fox 10 : Virtual Race
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V45

Peter Mallison	01:02:07	01/11/2020	Flying Fox 10 : Virtual Race
Justin Grattan	01:03:55	22/02/2020	Rhyl 10 Mile
James Simpson	01:04:57	01/11/2020	Flying Fox 10 : Virtual Race

V50

Paul Hancock	01:02:57	01/11/2020	Flying Fox 10 : Virtual Race
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V55

Clive Palmer	01:29:19	01/11/2020	Flying Fox 10 : Virtual Race
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HALF MARATON**SENIOR MEN**

David Morris	01:14:51	20/09/2020	Cheshire Half Marathon : Capesthorpe Hall
Matthew Taylor	01:15:08	20/09/2020	Cheshire Half Marathon : Capesthorpe Hall

V45

Jonathan Slaney	01:21:39	20/09/2020	Cheshire Half Marathon : Capesthorpe Hall
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V50

Bill White	01:46:38	20/09/2020	Cheshire Half Marathon : Capesthorpe Hall
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20 MILES**SENIOR MEN**

Sean Dyer	02:15:28	08/03/2020	Knighton 20 (NSRRA)
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V40

Mike O'Brien	02:22:33	08/03/2020	Knighton 20 (NSRRA)
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David Kivlin	02:47:25	08/03/2020	Knighton 20 (NSRRA)
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Mark Barnes	02:49:32	08/03/2020	Knighton 20 (NSRRA)
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V45

Les Morris	02:56:43	08/03/2020	Knighton 20 (NSRRA)
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Peter Mallison	02:18:46	08/03/2020	Knighton 20 (NSRRA)
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V50

Steve Atherton	02:36:34	08/03/2020	Knighton 20 (NSRRA)
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V55

Jim Kelleher	02:50:15	08/03/2020	Knighton 20 (NSRRA)
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MARATHON**V40**

David Kivlin	03:53:07	25/10/2020	Mancheshter M:
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V45

Peter Mallison	02:58:50	04/10/2020	London Marathon Virtual Race
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James Simpson	03:09:18	04/10/2020	London Marathon Virtual Race
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David Wilson	03:53:41	04/10/2020	London Marathon Virtual Race
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V50

Paul Hancock	03:00:22	04/10/2020	London Marathon Virtual Race
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Steve Atherton	03:46:00	04/10/2020	London Marathon Virtual Race
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Graeme Spencer	04:13:34	04/10/2020	London Marathon Virtual Race
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V55

Phil Cliff	05:00:27	04/10/2020	London Marathon Virtual Race
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