

**South Cheshire Harriers**  
**Men's Best Times : Overall**

<b>Name</b>	<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Age Category</b>
<b>5K</b>				
David Morris	Mid Cheshire 5K	30-Apr-20	00:15:48	Senior Men
Mark Coulthard	Mid Cheshire 5K	29-Aug-19	00:15:51	Senior Men
Henry Valentine	Dunham Massey 5K	14-Jun-12	00:15:52	Junior Men
Henry Valentine	Christleton 5K	23-May-14	00:15:57	Junior Men
Oliver Williams	Christleton 5K	23-May-14	00:16:03	Junior Men
<b>4 Miles</b>				
Matthew Smith	Cheadle 4	13-Jul-14	00:22:19	V40
Peter Mallison	Cheadle 4	10-Jul-11	00:22:27	V40
Mike Hatton	Cheadle 4	13-Jul-08	00:22:46	V45
Matthew Smith	Cheadle 4	08-Jul-12	00:22:49	Senior Men
Mike Hatton	Cheadle 4	12-Jul-09	00:22:53	V45
<b>5 Miles</b>				
Matthew Smith	Chester Spring 5	03-Apr-13	00:26:51	V40
Matthew Smith	Burtonwood 5	20-Jul-13	00:26:54	V40
Matthew Smith	Chester Spring 5	15-Apr-15	00:26:54	V40
Matthew Smith	Chester Spring 5	16-Apr-14	00:26:55	V40
Peter Mallison	Alsager 5	06-Feb-05	00:26:58	Senior Men
<b>10K</b>				
Henry Valentine	Telford 10K	14-Dec-14	00:32:33	Senior Men
Henry Valentine	Trafford 10K	08-Mar-15	00:32:34	Senior Men
Henry Valentine	Trafford 10K	09-Mar-14	00:32:55	Junior Men
Dave Morris	Cheshire 10K	08-Oct-20	00:33:15	Senior Men
Dave Morris	Guilden Sutton 10K	15-Sep-20	00:33:24	Senior Men
<b>7 Miles</b>				
David Jones	Newcastle 7	06-Apr-03	00:39:23	Senior Men
Matthew Smith	St Thomas 7	21-Sep-14	00:39:40	V40
Andy Jones	Newcastle 7	08-Apr-01	00:39:51	Senior Men
David Jones	Newcastle 7	04-Apr-04	00:39:53	Senior Men
David Jones	Newcastle 7	03-Apr-05	00:40:04	V40
<b>15K</b>				
Paul Hancock	Meerbrook 15K	02-Nov-20	00:57:25	V50
Mike Hatton	Meerbrook 15K	08-Aug-10	00:58:05	V35
David Morris	Meerbrook 15K	19-Jun-19	01:00:05	Senior Men
Pat Hudson	Meerbrook 15K	02-Nov-20	01:00:21	V40
Andy Mayers	Meerbrook 15K	07-Aug-11	01:01:47	V40

## 10 Miles

Peter Mallinson	Llandudno 10	21-Nov-04	00:54:33	Senior Men
Matthew Smith	Great Warford 10	11-Aug-13	00:55:08	V40
Peter Mallison	Great Warford 10	11-Aug-13	00:56:38	V40
Nicholas Hackett	Pocklington Snake Lane 10	24-Feb-13	00:56:45	Senior Men
Mike Hatton	Llandudno 10	13-Nov-05	00:56:46	V40

## Half Marathon

Dave Morris	Lake Vyrnwy	08-Sep-20	01:10:52	Senior Men
Matthew Smith	Wilmslow Half Marathon	22-Mar-15	01:12:18	V40
Thomas Haynes	Wilmslow Half Marathon	27-Mar-11	01:13:05	Junior Men
Matthew Smith	Village Bakeries Half Marathon	15-Feb-15	01:13:13	V40
Matthew Smith	4 Villages Half Marathon	19-Jan-14	01:13:35	V40

## 20 Miles

Matthew Smith	South Cheshire 20	15-Sep-13	01:57:29	V40
Peter Mallison	Stafford 20	14-Mar-04	02:00:35	Senior Men
Matthew Smith	Stafford 20	09-Mar-14	02:00:37	V40
Matthew Smith	Stafford 20	11-Mar-12	02:01:29	Senior Men
Peter Mallison	Stafford 20	13-Mar-11	02:01:58	V40

## Marathon

David Morris	Berlin Marathon	26-Apr-19	02:30:39	Senior Men
Matthew Smith	London Marathon	26-Apr-15	02:35:11	V40
Matthew Smith	Chester Marathon	07-Oct-12	02:36:18	Senior Men
David Morris	Chicago Marathon	26-Apr-19	02:36:33	Senior Men
Matthew Smith	Chester Marathon	06-Oct-13	02:36:47	V40