

South Cheshire Harriers
Men's Best Times : 2004

Name	Event	Date	Time
4 Miles			
Senior Men			
David Jones	Cheadle 4	11 Jul 2004	00:22:55
Robert Jones	Cheadle 4	11 Jul 2004	00:25:02
V40			
Mike Hatton	Cheadle 4	11 Jul 2004	00:24:13
V45			
Michael Cutler	Cheadle 4	11 Jul 2004	00:27:06
V55			
Colin Earp	Cheadle 4	11 Jul 2004	00:31:12
5 Miles			
Senior Men			
Peter Mallison	Alsager 5	01 Feb 2004	00:27:33
David Jones	Alsager 5	01 Feb 2004	00:28:05
Peter Mallison	Westbridge 5	06 Jun 2004	00:28:39
Peter Mallison	Ipstones 5	11 Sep 2004	00:29:13
David Jones	Westbridge 5	06 Jun 2004	00:30:04
V40			
Mike Hatton	Alsager 5	01 Feb 2004	00:29:48
Mike Hatton	Westbridge 5	06 Jun 2004	00:31:04
Mike Hatton	Ipstones 5	11 Sep 2004	00:31:06
V45			
Michael Cutler	Alsager 5	01 Feb 2004	00:32:08
Michael Cutler	Ipstones 5	11 Sep 2004	00:35:42
Michael Cutler	Westbridge 5	06 Jun 2004	00:36:19
V50			
Martin Stima	Alsager 5	01 Feb 2004	00:38:21
V55			
Colin Earp	Alsager 5	01 Feb 2004	00:39:00
Colin Earp	Westbridge 5	06 Jun 2004	00:40:23
Colin Earp	Ipstones 5	11 Sep 2004	00:40:35
10K			
Senior Men			
Peter Mallison	Clayton 10K	05 May 2004	00:35:11
David Jones	Clayton 10K	05 May 2004	00:35:54
Peter Mallison	Berryhill Fields 10K	03 Aug 2004	00:36:07
Robert Jones	Berryhill Fields 10K	03 Aug 2004	00:39:46
Jason Dix	Birchwood 10K	22 Aug 2004	00:43:58
V40			
Mike Hatton	Clayton 10K	05 May 2004	00:37:22
Mike Hatton	Berryhill Fields 10K	03 Aug 2004	00:38:14
V45			
Michael Cutler	Clayton 10K	05 May 2004	00:41:05
Michael Cutler	Birchwood 10K	22 Aug 2004	00:41:17
Michael Cutler	Berryhill Fields 10K	03 Aug 2004	00:44:58
7 Miles			
Senior Men			
David Jones	Newcastle 7	04 Apr 2004	00:39:53
Robert Jones	Newcastle 7	04 Apr 2004	00:45:19
V40			
Mike Hatton	Newcastle 7	04 Apr 2004	00:42:27
V45			
Michael Cutler	Newcastle 7	04 Apr 2004	00:46:28
10 Miles			
Senior Men			
Peter Mallison	Trentham 10	25 Jul 2004	00:57:23
Robert Jones	Trentham 10	25 Jul 2004	01:06:49
Robert Jones	Flying Fox 10	07 Nov 2004	01:12:18
V40			
Mike Hatton	Flying Fox 10	07 Nov 2004	00:59:49
Mike Hatton	Trentham 10	25 Jul 2004	01:01:25
V45			
Michael Cutler	Trentham 10	25 Jul 2004	01:10:52
Kevin Jones	Flying Fox 10	07 Nov 2004	01:12:18
Michael Cutler	Flying Fox 10	07 Nov 2004	01:14:39
V50			
Martin Stima	Flying Fox 10	07 Nov 2004	01:44:39
V55			
Colin Earp	Flying Fox 10	07 Nov 2004	01:21:22
Colin Earp	Trentham 10	25 Jul 2004	01:21:43
Half Marathon			
Junior Men			
John Rowlands	Congleton Half Marathon	10 Oct 2004	01:39:22
Senior Men			
Peter Mallison	Stafford Half Marathon	28 Mar 2004	01:14:13
Peter Mallison	Congleton Half Marathon	10 Oct 2004	01:14:52
Peter Mallison	Uttoxeter Half Marathon	23 May 2004	01:16:16
David Jones	Stafford Half Marathon	28 Mar 2004	01:17:23
David Jones	Uttoxeter Half Marathon	23 May 2004	01:19:21
V40			
David Jones	Congleton Half Marathon	10 Oct 2004	01:17:53
Mike Hatton	Stafford Half Marathon	28 Mar 2004	01:21:39
Mike Hatton	Congleton Half Marathon	10 Oct 2004	01:21:44
Mike Hatton	Leek Half Marathon	22 Sep 2004	01:25:12
Stephen Dawson	Congleton Half Marathon	10 Oct 2004	01:29:13
V45			
David McGrath	Stafford Half Marathon	28 Mar 2004	01:27:09
Michael Cutler	4 Villages Half Marathon	18 Jan 2004	01:29:23
Michael Cutler	Stafford Half Marathon	28 Mar 2004	01:30:01
Kevin Jones	Congleton Half Marathon	10 Oct 2004	01:33:36
Michael Cutler	Congleton Half Marathon	10 Oct 2004	01:36:32
V50			
Martin Stima	Stafford Half Marathon	28 Mar 2004	01:45:28
Martin Stima	Congleton Half Marathon	10 Oct 2004	01:45:52
20 Miles			
Senior Men			
Peter Mallison	Stafford 20	14 Mar 2004	02:00:35
David Jones	Stafford 20	14 Mar 2004	02:08:29
V45			
Michael Cutler	Stafford 20	14 Mar 2004	02:25:24
Marathon			
Senior Men			
Colin Simpson	Potteries Marathon	20 Jun 2004	03:26:18
V40			
Stephen Dawson	Potteries Marathon	20 Jun 2004	03:15:31
V45			
Owen Evans	Potteries Marathon	20 Jun 2004	03:42:53
Michael Cutler	Potteries Marathon	20 Jun 2004	03:55:29