

South Cheshire Harriers
Men's Best Times : 2007

Name	Event	Date	Time
4 Miles			
Senior Men			
Andy Mayers	Cheadle 4	15 Jul 2007	00:27:25
Charles Rowlands	Cheadle 4	15 Jul 2007	00:27:27
Peter Cooper	Cheadle 4	15 Jul 2007	00:28:01
Andrew Painter	Cheadle 4	15 Jul 2007	00:29:54
Glenn Riley	Cheadle 4	15 Jul 2007	00:30:01
V40			
Stephen Dawson	Cheadle 4	15 Jul 2007	00:26:15
Robert Mayers	Cheadle 4	15 Jul 2007	00:28:48
Alasdair Dyde	Cheadle 4	15 Jul 2007	00:30:05
Philip Cliff	Cheadle 4	15 Jul 2007	00:30:22
V45			
Mike Hatton	Cheadle 4	15 Jul 2007	00:23:20
Stephen Whincup	Cheadle 4	15 Jul 2007	00:29:52
V50			
Michael Cutler	Cheadle 4	15 Jul 2007	00:30:17
Martin Stirna	Cheadle 4	15 Jul 2007	00:30:59
V55			
Melvyn Cole	Cheadle 4	15 Jul 2007	00:26:15
John Latham	Cheadle 4	15 Jul 2007	00:30:55
V60 (+)			
Colin Earp	Cheadle 4	15 Jul 2007	00:30:52
5 Miles			
Senior Men			
David Hindley	Chester Spring 5	04 Apr 2007	00:30:18
Charles Rowlands	Chester Spring 5	04 Apr 2007	00:32:41
Charles Rowlands	Alsager 5	04 Feb 2007	00:33:05
Andy Mayers	Alsager 5	04 Feb 2007	00:33:34
Peter Cooper	Staffs Knot 5	08 Aug 2007	00:34:46
V40			
Andy Caunt	Alsager 5	04 Feb 2007	00:31:28
Andy Caunt	Staffs Knot 5	08 Aug 2007	00:32:04
Stephen Dawson	Staffs Knot 5	08 Aug 2007	00:32:40
Robert Cummings	Alsager 5	04 Feb 2007	00:33:46
Nigel Lofkin	Alsager 5	04 Feb 2007	00:35:23
V45			
Mike Hatton	Alsager 5	04 Feb 2007	00:29:44
Mike Hatton	Westbridge 5	03 Jun 2007	00:29:44
Michael Cutler	Chester Spring 5	04 Apr 2007	00:35:19
Michael Cutler	Alsager 5	04 Feb 2007	00:35:56
Mick Tobin	Staffs Knot 5	08 Aug 2007	00:37:34
V50			
Paul Brownbill	Alsager 5	04 Feb 2007	00:35:53
Martin Stirna	Chester Spring 5	04 Apr 2007	00:36:50
Michael Cutler	Staffs Knot 5	08 Aug 2007	00:37:38
Martin Stirna	Staffs Knot 5	08 Aug 2007	00:37:44
Martin Stirna	Westbridge 5	03 Jun 2007	00:38:11
V55			
Melvyn Cole	Chester Spring 5	04 Apr 2007	00:32:19
Melvyn Cole	Westbridge 5	03 Jun 2007	00:33:10
Melvyn Cole	Alsager 5	04 Feb 2007	00:33:30
Colin Earp	Alsager 5	04 Feb 2007	00:37:19
Colin Earp	Westbridge 5	03 Jun 2007	00:37:52
V60 (+)			
David Griffiths	Alsager 5	04 Feb 2007	00:38:24
10K			
Senior Men			
David Beresford	Stone St Michaels 10K	01 Jul 2007	00:37:39
Charles Rowlands	Helena Tipping	16 Dec 2007	00:42:12
Charles Rowlands	Birchwood 10K	19 Aug 2007	00:42:28
Peter Cooper	Birchwood 10K	19 Aug 2007	00:43:58
Neil Jones	Stone St Michaels 10K	01 Jul 2007	00:44:23
V40			
Neil Jones	Helena Tipping	16 Dec 2007	00:39:36
Stephen Dawson	Birchwood 10K	19 Aug 2007	00:40:05
Stephen Dawson	Stone St Michaels 10K	01 Jul 2007	00:40:32
Stephen Dawson	Helena Tipping	16 Dec 2007	00:41:23
Philip Cliff	Helena Tipping	16 Dec 2007	00:44:42
V45			
Mike Hatton	Helena Tipping	16 Dec 2007	00:35:31
Mike Hatton	Stone St Michaels 10K	01 Jul 2007	00:36:42
Stephen Whincup	Stone St Michaels 10K	01 Jul 2007	00:46:05
Angus Varley	Helena Tipping	16 Dec 2007	00:50:15
V50			
David McGrath	Birchwood 10K	19 Aug 2007	00:42:31
Michael Cutler	Helena Tipping	16 Dec 2007	00:44:25
Michael Cutler	Birchwood 10K	19 Aug 2007	00:45:37
Martin Stirna	Birchwood 10K	19 Aug 2007	00:46:13
Michael Cutler	Stone St Michaels 10K	01 Jul 2007	00:47:06
V55			
Melvyn Cole	Helena Tipping	16 Dec 2007	00:40:21
Melvyn Cole	Stone St Michaels 10K	01 Jul 2007	00:41:10
Melvyn Cole	Birchwood 10K	19 Aug 2007	00:43:32
Colin Wynne	Stone St Michaels 10K	01 Jul 2007	00:50:52
John Latham	Helena Tipping	16 Dec 2007	00:52:25
V60 (+)			
Colin Earp	Helena Tipping	16 Dec 2007	00:46:57
7 Miles			
Senior Men			
Robert Cummings	Newcastle 7	09 Apr 2007	00:47:49
Charles Rowlands	Newcastle 7	09 Apr 2007	00:48:50
V40			
Mike Hatton	Newcastle 7	09 Apr 2007	00:40:35
V45			
Michael Cutler	Newcastle 7	09 Apr 2007	00:50:15
Mick Tobin	Newcastle 7	09 Apr 2007	00:52:58
V55			
Colin Earp	Newcastle 7	09 Apr 2007	00:53:36
Colin Wynne	Newcastle 7	09 Apr 2007	00:58:07
10 Miles			
Senior Men			
Peter Cooper	Trentham 10	22 Jul 2007	01:15:07
V40			
Stephen Dawson	Trentham 10	22 Jul 2007	01:07:36
Stephen Dawson	Flying Fox 10	04 Nov 2007	01:12:06
Philip Cliff	Flying Fox 10	04 Nov 2007	01:18:30
Alasdair Dyde	Trentham 10	22 Jul 2007	01:21:53
Simon Walker	Trentham 10	22 Jul 2007	01:22:00
V45			
Mike Hatton	Flying Fox 10	04 Nov 2007	01:01:18
Mike Hatton	Trentham 10	22 Jul 2007	01:02:02
Mick Tobin	Trentham 10	22 Jul 2007	01:21:28
V50			
David McGrath	Flying Fox 10	04 Nov 2007	01:12:06
Michael Cutler	Trentham 10	22 Jul 2007	01:17:12
Martin Stirna	Trentham 10	22 Jul 2007	01:18:56
Michael Cutler	Flying Fox 10	04 Nov 2007	01:20:06
Martin Stirna	Flying Fox 10	04 Nov 2007	01:20:06
V55			
Melvyn Cole	Flying Fox 10	04 Nov 2007	01:05:36
Colin Wynne	Trentham 10	22 Jul 2007	01:24:17
V60 (+)			
Colin Earp	Flying Fox 10	04 Nov 2007	01:19:18
Colin Earp	Trentham 10	22 Jul 2007	01:19:38
Half Marathon			
Senior Men			
Colin Simpson	Congleton Half Marathon	07 Oct 2007	01:21:25
Colin Simpson	Stafford Half Marathon	25 Mar 2007	01:23:39
David Hindley	Stafford Half Marathon	25 Mar 2007	01:24:34
Colin Simpson	4 Villages Half Marathon	21 Jan 2007	01:24:51
David Hindley	Village Bakeries Half Marathon	18 Feb 2007	01:25:03
V40			
Stephen Dawson	4 Villages Half Marathon	21 Jan 2007	01:27:12
Stephen Dawson	Stafford Half Marathon	25 Mar 2007	01:29:25
Stephen Dawson	Uttoxeter Half Marathon	29 Apr 2007	01:29:58
Stephen Dawson	Village Bakeries Half Marathon	18 Feb 2007	01:31:04
Robert Bonson	Congleton Half Marathon	07 Oct 2007	01:31:41
V45			
Mike Hatton	Congleton Half Marathon	07 Oct 2007	01:20:20
Mike Hatton	Uttoxeter Half Marathon	29 Apr 2007	01:23:04
Mick Tobin	Stafford Half Marathon	25 Mar 2007	01:39:09
Michael Cutler	Village Bakeries Half Marathon	18 Feb 2007	01:39:25
Mick Tobin	Village Bakeries Half Marathon	18 Feb 2007	01:40:17
V50			
David McGrath	Stafford Half Marathon	25 Mar 2007	01:29:31
David McGrath	Village Bakeries Half Marathon	18 Feb 2007	01:31:04
David McGrath	Congleton Half Marathon	07 Oct 2007	01:33:48
David McGrath	Uttoxeter Half Marathon	29 Apr 2007	01:35:45
Martin Stirna	Stafford Half Marathon	25 Mar 2007	01:42:10
V55			
Melvyn Cole	Congleton Half Marathon	07 Oct 2007	01:29:24
Melvyn Cole	Village Bakeries Half Marathon	18 Feb 2007	01:29:53
Melvyn Cole	Uttoxeter Half Marathon	29 Apr 2007	01:31:11
Colin Earp	Stafford Half Marathon	25 Mar 2007	01:45:08
Colin Wynne	Stafford Half Marathon	25 Mar 2007	01:47:57
V60 (+)			
Colin Earp	Congleton Half Marathon	07 Oct 2007	01:46:40
David Griffiths	Village Bakeries Half Marathon	18 Feb 2007	01:52:22
George Arrowsmith	Village Bakeries Half Marathon	18 Feb 2007	01:56:58
Marathon			
Senior Men			
Colin Simpson	Wolverhampton Marathon	02 Sep 2007	02:59:55
V40			
Alasdair Dyde	London Marathon	22 Jul 2007	04:51:26
V45			
Mick Tobin	London Marathon	22 Jul 2007	04:30:29
V50			
Martin Stirna	Wolverhampton Marathon	02 Sep 2007	03:50:47
V55			
Colin Wynne	London Marathon	22 Jul 2007	04:32:14