

MENS RANKING ON ROAD FOR 1st October 2010 – 30th September 2011

SENIOR MEN

1 mile	Charles Larsson V40 Derby 16/02/2011 6.27	Nigel Symms V40 Derby 16/02/2011 7.28	
5k	Daniel Peel 25/08/11 Dave Clarke 18.53	Graham Fletcher V 25/08/11 Dave Clarke 21.18	Charles Larsson V40 Derby 16/02/2011 21.58
4 MILES	Mike Griffiths Cheadle 22.38 10/07/2011	Craig Taylor Cheadle 26.17 10/07/2011	Steve Edge V45 Cheadle 28.33 10/07/2011
5 MILES	Mark Flint V45 Westbridge 28.31 05/06/2011	Ian Sparks Cheadle 06/03/2011 29.29	Matt Driver Alsager 06/02/2011 30.33
10k	Matt Lockyer 33.19 Leeds Abbey 21/11/2010	Jamie Pringle AirPorduct 10/04/11 34.40	Mike Griffiths Clayton 04/05/11 35.57
7 MILES	Mark Flint V45 NC7 10/04/11 41.11	Tim Twentymen V45 NC7 10/04/11 41.23	Ian Sparks NC7 10/04/11 42.27
10 MILES	Mark Flint V45 Trentham 60.27 17/07/2011	Craig Taylor Flying Fox 07/11/2010 68.38	Dave Wilson V40 Flying Fox 07/11/2010 68.38
HALF MARATHON	Mark Flint V45 Congleton 10/10/2010 1.20.37	Ian Sparks Potts 12/06/2011 1.22.23	Matt Driver Uttoxeter 01/05/2011 1.24.15
20 MILES	Craig Taylor Stafford 13/03/2011 2.18.53	Graham Kemp V45 Stafford 13/03/2011 2.29.25	Charles Larsson V40 Stafford 13/03/2011 2.57.42
MARATHON	Paul Eardley Milan 10/04/2011 3.06.32	Craig Taylor Wolverhampton 07/09/11 3.19.08	Graham Kemp V45 London 17/04/2011 3.29.47

VETTRAN MEN

1 mile			
5k	Graham Fletcher V 25/08/11 Dave Clarke 21.18	Charles Larsson V40 Derby 16/02/2011 21.58	Nigel Symms V40 Derby 16/02/2011 24.41
4 MILES	Steve Edge V45 Cheadle 28.33 10/07/2011	Mike Whitmore V70 Cheadle 30.26 10/07/2011	Nigel Symms V45 Cheadle 32.30 10/07/2011
5 MILES	Mark Flint V45 Westbridge 28.31 05/06/2011	Ray Morris V45 Alsager 06/02/2011 31.09	Paul Eardley V40 Alsager 06/02/2011 31.13
10k	Mark Flint V45 Cheddleton 36.37	Paul Eardley V40 Clayton 04/05/11 39.14	Tim Twentymen V45 Ellesmere 28/08/11 39.15
7 MILES	Mark Flint V45 NC7 10/04/11 41.11	Tim Twentymen V45 NC7 10/04/11 41.23	Steven Edge V45 NC7 10/04/11 50.41
10 MILES	Dave Wilson V40 Flying Fox 07/11/2010 68.38	Steven Edge V45 Trentham 75.49 17/07/2011	Charles Larrison V40 Trentham 76.00 17/07/2011
HALF MARATHON	Mark Flint V45 Congleton 10/10/2010 1.20.37	Stephen Askey V50 Stafford 20/03/2011 1.28.25	Rob Ibbs V40 Congleton 10/10/2010 1.29.17
20 MILES	Graham Kemp V45 Stafford 13/03/2011 2.29.25	Charles Larsson V40 Stafford 13/03/2011 2.57.42	Nigel Symms V40 Stafford 13/03/2011 3.00.58
MARATHON	Graham Kemp V45 London 17/04/2011 3.29.47	Charles Larsson V40 Wolv 07/09/2011 4.04.55	Nigel Symms V40 Wolv 07/09/2011 4.06.42