

2019 ROAD CHAMPIONSHIPS – RACES RUN

Psn	Name	Day/Month Race	Time	Cat
-----	------	----------------	------	-----

5K x3 – Men [A=member's best time; B=member's second best time; C=member's third best time]

A-1	Rocco Zaman-Browne	30/11 Podium (Barrowford)	16:53	U20
A-2	Mark Jones	20/06 City of Manchester Series	18:09	SNR
A-3	Matt Atkinson	29/08 Mid-Cheshire, Kingsley	18:33	SNR
B-1	Matt Atkinson	13/06 North Cheshire GP Dunham Massey	19:04	SNR
A-4	Maurice Oldham	20/06 City of Manchester Series	20:20	V65
B-2	Maurice Oldham	27/06 City of Manchester Series	20:21	V65
C-1	Maurice Oldham	06/06 City of Manchester Series	20:43	V65
A-5	Matthew Haslam	27/04 Blackpool Festival of Running	20:58	SNR
-	Maurice Oldham	30/05 Run Media City	21:00	V65
A-6	Craig Turner	26/12 Stockport Boxing Day <small>[NAD]</small>	21:53	V50
A-7	Denis Kelly	06/06 North Cheshire Grand Prix Bowden	24:00	V50
B-3	Denis Kelly	23/05 North Cheshire GP Dunham Massey	24:14	V50
A-8	Arnold Bradshaw	16/06 BMAF Championship, Horwich	24:46	V70
B-4	Arnold Bradshaw	17/02 Central Lancashire	26:16	V70
A-9	Kevin Dillon	16/06 BMAF Championship, Horwich	30:21	V60
B-5	Kevin Dillon	16/11 Northern Masters Championships	32:03	V60

5K x3 – Women [A=member's best time; B=member's second best time; C=member's third best time]

1	Lindsey Farrelly	26/12 Stockport Boxing Day <small>[NAD]</small>	24:49	V40
2	Debbie Beresford	26/12 Stockport Boxing Day <small>[NAD]</small>	26:59	V50
3	Maria Royal	26/12 Stockport Boxing Day <small>[NAD]</small>	32:56	V60
4	Linda Cross	26/12 Stockport Boxing Day <small>[NAD]</small>	33:02	V50

Sale Sizzlers – Men: 27 June=S1; 11 July=S2; 25 July=S3; 8 August=S4

1	Robert Weston	27/06 – S1	17:43	SNR
2	Mark Jones	11/07 – S2	18:25	SNR
3	Matt Atkinson	27/06 – S1	18:56	SNR
4	David Dyer	27/06 – S1	20:17	V45
5	Richard Skitt	08/08 – S4	20:19	SNR
-	David Dyer	11/07 – S2	20:29	V45
6	Glen Gandy	27/06 – S1	20:36	V50
-	David Dyer	25/07 – S3	20:41	V45
7	Craig Turner	08/08 – S4	20:41	V50
8	Neil Ryan	08/08 – S4	20:47	SNR
-	Craig Turner	25/07 – S3	20:53	V50
-	Craig Turner	11/07 – S2	20:59	V50
-	David Dyer	08/08 – S4	21:01	V45
9	Chris Sewart	08/08 – S4	21:09	V40
-	Neil Ryan	25/07 – S3	21:14	SNR
-	Chris Sewart	11/07 – S2	21:17	V40
10	Jason Brogan	08/08 – S4	21:28	V45
-	Chris Sewart	27/06 – S1	21:28	V40
-	Richard Skitt	25/07 – S3	21:37	SNR
-	Richard Skitt	11/07 – S2	21:38	SNR
-	Craig Turner	27/06 – S1	21:39	V50
-	Richard Skitt	27/06 – S1	21:58	SNR
-	Chris Sewart	25/07 – S3	22:15	V40
11	Denis Kelly	11/07 – S2	23:54	V50
-	Denis Kelly	08/08 – S4	24:15	V50
-	Denis Kelly	27/06 – S1	24:22	V50
12	Arnold Bradshaw	25/07 – S3	24:53	V70
-	Arnold Bradshaw	27/06 – S1	24:54	V70
-	Arnold Bradshaw	11/07 – S2	25:18	V70
-	Arnold Bradshaw	08/08 – S4	26:10	V70
13	Trevor Fenwick	08/08 – S4	22:47	V45
-	Trevor Fenwick	25/07 – S3	23:32	V45
-	Trevor Fenwick	27/06 – S1	29:29	V45

Sale Sizzlers – Women: 27 June=S1; 11 July=S2; 25 July=S3; 8 August=S4

1	Emma Brogan	08/08 – S4	22:29	SNR
2	Lindsey Farrelly	11/07 – S2	23:34	V40
3	Caroline Baba	27/06 – S1	23:36	V40
-	Lindsey Farrelly	27/06 – S1	23:38	V40
4	Wendy Woodhead	08/08 – S4	23:41	V35
-	Caroline Baba	08/08 – S4	23:45	V40
-	Lindsey Farrelly	08/08 – S4	23:54	V40
-	Wendy Woodhead	27/06 – S1	23:55	V35
-	Wendy Woodhead	25/07 – S3	24:02	V35
5	Ann McLaughlin	11/07 – S2	25:42	V55
-	Ann McLaughlin	27/06 – S1	25:54	V55

2019 ROAD CHAMPIONSHIPS – RACES RUN

Psn	Name	Day/Month Race	Time	Cat
-	Ann McLaughlin	25/07 – S3	26:34	V55
-	Caroline Baba	25/07 – S3	27:28	V40
6	Debbie Beresford	08/08 – S4	27:31	V50
7	Maria Royal	08/08 – S4	27:34	V60
-	Maria Royal	11/07 – S2	28:10	V60
-	Maria Royal	25/07 – S3	28:52	V60
-	Debbie Beresford	25/07 – S3	29:04	V50
8	Lindsey McDowell	08/08 – S4	29:23	V40
9	Linda Cross	27/06 – S1	31:53	V50
-	Linda Cross	11/07 – S2	32:12	V50
-	Linda Cross	25/07 – S3	32:19	V50
-	Linda Cross	08/08 – S4	32:34	V50

5 Mile – Men

1	Mark Jones	03/02 Alsager	30:51	SNR
2	Dave Gee	03/02 Alsager	31:08	V65
3	Craig Turner	20/10 Green Drive	33:52	V50
-	Craig Turner	03/02 Alsager	36:37	V50
-	Craig Turner	02/05 Buxworth	42:54	V50

5 Mile – Women

1	Melanie Barber	03/02 Alsager	35:01	V40
---	----------------	---------------	-------	-----

Swinton Ladies 5.25 Mile

1	Wendy Woodhead	24/11	42:50	V35
2	Ann McLaughlin	24/11	44:45	V55
3	Debbie Beresford	24/11	47:23	V50
4	Maria Royal	24/11	51:51	V60
5	Jacqui Molloy	24/11	53:19	V55
6	Linda Cross	24/11	56:07	V50

10K (x3) – Men [A=member's best time; B=member's second best time; C=member's third best time]

A-1	Matthew Haslam	24/11 Wilmslow Festive	37:17	SNR
A-2	Mark Jones	07/07 City of Manchester	38:47	SNR
A-3	Matt Atkinson	07/07 City of Manchester	39:03	SNR
B-1	Mark Jones	08/09 City of Salford	40:13	SNR
B-2	Matthew Haslam	22/09 Southport Seaside	40:52	SNR
A-4	Dave Gee	17/03 Poynton Village	41:10	V65
C-1	Matthew Haslam	19/05 Simplyhealth Great Manchester Run	41:15	SNR
A-5	John Halliwell	29/12 Ribble Valley	41:21	V55
B-3	Matt Atkinson	10/03 Trafford	41:34	SNR
B-4	John Halliwell	09/02 Run Through Tatton Park	41:36	V55
C-2	John Halliwell	24/03 Wilmslow	41:43	V55
-	John Halliwell	08/09 Salford	41:42	V55
-	John Halliwell	07/07 City of Manchester	41:46	V55
C-3	Matt Atkinson	19/04 Salford	42:00	SNR
-	John Halliwell	04/05 It's a Piece of Cake	42:02	V55
-	John Halliwell	02/11 Run Through Tatton Park	42:05	V55
-	John Halliwell	14/04 Brighton Marathon	42:17	V55
A-6	Chris Sewart	24/11 Wilmslow Festive	42:17	V40
A-7	Craig Turner	17/11 Blackburn	42:37	V50
-	John Halliwell	13/01 Garstang	42:51	V55
A-8	Anthony Hilton	08/09 City of Salford	43:01	SNR
A-9	Maurice Oldham	21/04 Air Products, Crewe	43:06	V65
A-10	Richard Skitt	07/07 Alderley Edge Bypass	43:35	SNR
-	Matthew Haslam	07/07 Alderley Edge Bypass	43:40	SNR
A-11	Jason Brogan	19/05 Simplyhealth Great Manchester	44:41	V45
B-5	Anthony Hilton	27/06 Run Media City	45:25	SNR
B-6	Maurice Oldham	30/11 Cheddleton Christmas Pudding Dash	45:30	V65
A-12	Chris Sykes	19/05 Simplyhealth Great Manchester Run	45:41	V45
C-4	Maurice Oldham	04/08 Trentham, Tittensor	45:44	V65
A-13	Matthew Daniels	01/09 Wigan	45:56	SNR
-	John Halliwell	24/11 Wilmslow Festive	48:46	V55
A-14	Chris Cooper	19/05 Simplyhealth Great Manchester	49:35	V50
B-7	Craig Turner	19/04 Salford	50:50	V50
A-15	Arnold Bradshaw	19/04 Salford	51:32	V70
B-8	Arnold Bradshaw	15/09 European Masters Championship	51:51	V70
C-5	Arnold Bradshaw	02/07 Rochdale Harriers	52:17	V70
A-16	Shahzad Zia	06/10 Rochdale	54:01	V40
-	Matthew Haslam	12/05 Run Through Tatton Park	54:34	SNR
A-17	Steve McCall	24/11 Wilmslow Festive	55:00	V55

2019 ROAD CHAMPIONSHIPS – RACES RUN

Psn	Name	Day/Month Race	Time	Cat
B-9	Steve McCall	24/03 Wilmslow	56:06	V55
C-6	Steve McCall	09/02 Run Through Tatton Park	57:10	V55
-	Steve McCall	04/05 It's a Piece of Cake	57:13	V55
A-18	Matt Graham	19/05 Simplyhealth Great Manchester	59:03	SNR
A-19	Tony Brady	04/05 It's a Piece of Cake	60:26	V70
B-10	Tony Brady	13/01 Garstang	62:18	V70
C-7	Tony Brady	19/04 Salford	62:29	V70
-	Tony Brady	24/03 Wilmslow	63:52	V70
-	Tony Brady	24/11 Wilmslow Festive	63:59	V70
A-20	Kevin Dillon	07/04 British Masters Road Championship	64:38	V60
-	Tony Brady	09/02 Run Through Tatton Park	65:06	V70
B-11	Kevin Dillon	15/09 European Masters Athletics Champs	71:39	V60

10K (x3) – Women [A=member's best time; B=member's second best time; C=member's third best time]

A-1	Melanie Barber	10/03 Trafford	44:18	V40
B-1	Melanie Barber	07/07 City of Manchester	44:41	V40
A-2	Emily Hughes	19/05 Simplyhealth Great Manchester	44:57	U20
A-3	Emma Brogan	19/05 Simplyhealth Great Manchester	45:35	SNR
A-4	Lindsey Farrelly	24/11 Wilmslow Festive	48:51	V40
B-2	Lindsey Farrelly	19/04 Salford	48:57	V40
C-1	Lindsey Farrelly	05/05 John West Liverpool Spring	49:01	V40
-	Lindsey Farrelly	22/09 Southport Seaside	49:05	V40
A-5	Wendy Woodhead	17/08 Blackpool Run the Lights	49:18	V35
-	Lindsey Farrelly	17/08 Blackpool Run the Lights	49:51	V40
B-3	Wendy Woodhead	07/07 Alderley Edge Bypass	50:51	V35
A-6	Caroline Baba	24/11 Wilmslow Festive	51:00	V40
B-4	Caroline Baba	17/08 Blackpool Run the Lights	52:04	V40
A-7	Ruth Shaw	09/02 Run Through Tatton Park	52:06	V35
C-2	Caroline Baba	05/05 John West Liverpool Spring	52:35	V40
-	Caroline Baba	22/09 Southport Seaside	53:05	V40
A-8	Ann McLaughlin	22/09 Southport Seaside	53:52	V55
A-9	Lauren Whitworth	19/04 Salford	55:26	SNR
A-10	Debbie Beresford	22/09 Southport Seaside	55:59	V50
A-11	Maria Royal	19/04 Salford	56:05	V60
A-12	Maria Stripling	22/09 Southport Seaside	56:55	V55
B-5	Maria Royal	22/09 Southport Seaside	57:21	V60
B-6	Maria Stripling	24/11 Wilmslow Festive	58:00	V55
A-13	Anne Hassan	22/09 Southport Seaside	58:11	V60
C-3	Maria Stripling	19/04 Salford	60:05	V55
-	Maria Stripling	02/06 Morecambe Series	1:00:09	V55
A-14	Lindsey McDowell	07/07 City of Manchester	1:01:23	V40
B-7	Lindsey McDowell	23/03 Cheshire Arley Hall	1:02:11	V40
A-15	Linda Cross	22/09 Southport Seaside	1:03:37	V50
B-8	Debbie Beresford	19/04 Salford	1:04:07	V50
C-4	Lindsey McDowell	19/05 Simplyhealth Great Manchester Run	1:04:26	V40
-	Lindsey McDowell	19/04 Salford	1:06:32	V40
B-9	Linda Cross	17/08 Blackpool Run the Lights	1:06:43	V50
C-5	Linda Cross	19/05 Simplyhealth Great Manchester	1:08:29	V50
-	Linda Cross	19/04 Salford	1:11:07	V50
A-16	Julie Bould	03/02 Southport Mad Dog (psn=232)	1:11:20	V35
A-17	Amanda Morgan	03/02 Southport Mad Dog (psn=233)	1:11:20	V35
B-10	Amanda Morgan	19/05 Simplyhealth Great Manchester Run	1:18:56	V35

10 Mile (x2) – Men [A=member's best time; B=member's second best time]

1	Ed Fazakerley	15/12 Stockport	1:00:17	V45
2	Matt Atkinson	23/02 Rhyl	1:09:13	SNR
3	Neil Ryan	15/12 Stockport	1:15:03	SNR
4	Chris Sewart	12/12 Stockport	1:15:19	V40
5	Craig Turner	15/12 Stockport	1:27:03	V50
6	Kevin Dillon	02/06 Dorking	1:57:12	V60

10 Mile (x2) – Women [A=member's best time; B=member's second best time]

A-1	Lindsey Farrelly	17/03 Wigan Festival [NAD]	1:22:09	V40
A-2	Caroline Baba	23/02 Rhyl	1:23:51	V40
A-3	Wendy Woodhead	15/12 Stockport	1:24:49	V35
B-1	Caroline Baba	17/03 Wigan Festival [NAD]	1:26:29	V40
A-4	Maria Royal	17/03 Wigan Festival [NAD]	1:37:31	V60
A-5	Debbie Beresford	17/03 Wigan Festival [NAD]	1:48:39	V50

2019 ROAD CHAMPIONSHIPS – RACES RUN

Psn	Name	Day/Month Race	Time	Cat
-----	------	----------------	------	-----

Wilmslow Half Marathon – Men

1	James Hinde	24/03	1:36:55	V40
2	Jason Brogan	24/03	1:38:42	V45
3	Chris Sewart	24/03	1:40:20	V40
4	Mike Long	24/03	1:41:04	V55
5	Craig Turner	24/03	1:44:10	V50
6	Denis Kelly	24/03	1:48:57	V50
7	Darren Cooper	24/03	1:56:03	SNR

Wilmslow Half Marathon – Women

1	Emma Brogan	24/03	1:37:23	SNR
2	Sarah Taylor	24/03	1:47:18	V50
3	Ruth Shaw	24/03	1:52:43	V35

Half Marathon (x2) – Men [A=member's best time; B=member's second best time]

A-1	Andrew Hartley	10/03 Vitality Big	1:19:54	SNR
A-2	Mark Jones	13/10 Manchester	1:23:29	SNR
A-3	Alex Masidlover	17/03 Wigan Festival	1:24:39	V40
B-1	Mark Jones	06/10 Bangor	1:27:33	SNR
A-4	Matthew Haslam	13/10 Manchester	1:27:49	SNR
B-2	Matthew Haslam	10/03 BTR Liverpool	1:35:04	SNR
-	Mark Jones	19/05 Snowdonia	1:36:00	SNR
-	Matthew Haslam	01/09 Cheshire	1:37:23	SNR
A-5	Anthony Hilton	13/10 Manchester	1:37:43	SNR
A-6	Neil Ryan	19/05 Simplyhealth Great Manchester Run	1:37:47	SNR
A-7	Matt Atkinson	17/02 Liversedge, Roberttown	1:40:35	SNR
A-8	Craig Turner	24/02 Asics Race on Track	1:46:26	V50
B-3	Neil Ryan	17/11 Conwy	1:47:52	SNR
A-9	Shahzad Zia	01/12 Running Grand Prix	1:49:13	V40
A-10	Denis Kelly	20/01 Four Villages	1:50:58	V50
B-4	Craig Turner	20/01 Four Villages	1:51:47	V50
-	Craig Turner	27/10 Mill Town to Moors Oldham	1:59:24	V50
A-11	Kevin Dillon	01/09 Maidenhead	2:28:31	V60
B-5	Kevin Dillon	07/07 British Masters Champs, Ashbourne	2:30:40	V60
-	Kevin Dillon	20/01 Four Villages	2:31:07	V60

Half Marathon (x2) – Women [A=member's best time; B=member's second best time]

A-1	Melanie Barber	13/10 Manchester	1:38:42	V40
A-2	Lindsey Farrelly	19/05 Simplyhealth Great Manchester Run	1:48:02	V40
A-3	Ruth Shaw	06/01 Central Lancashire New Year	1:51:53	V35
A-4	Wendy Woodhead	03/11 Run Through Tatton Park	1:53:04	V35
B-1	Ruth Shaw	03/11 Run Through Tatton Park	1:55:11	V35
A-5	Caroline Baba	02/03 Benidorm	1:56:22	V40
B-2	Wendy Woodhead	27/01 Run Through Heaton Park	1:57:29	V35
A-6	Jane Stiles	19/05 Simplyhealth Great Manchester Run	2:01:21	V50
A-7	Lauren Whitworth	27/01 Run Through Heaton Park	2:07:38	SNR
A-8	Lindsey McDowell	13/10 Manchester	2:28:08	V40
A-9	Amanda Morgan	13/10 Manchester	2:54:36	V35

Marathon (x2) – Men [A=member's best time; B=member's second best time]

A-1	Andrew Hartley	07/04 ASICS Greater Manchester	2:46:25	SNR
A-2	John Halliwell	29/09 BNW Berlin	3:32:26	V55
A-3	Glen Gandy	14/04 Great Welsh Mountain	3:32:40	V50
B-1	Glen Gandy	06/10 MBNA Chester	3:44:23	V50
A-4	James Hinde	07/04 ASICS Greater Manchester	3:46:47	V40
A-5	Jason Brogan	28/04 Virgin London	3:49:46	V45
A-6	Mike Long	07/04 ASICS Greater Manchester	4:06:15	V55
A-7	Denis Kelly	28/04 Virgin London	4:17:06	V50

Marathon (x2) – Women [A=member's best time; B=member's second best time]

A-1	Emma Brogan	28/04 Virgin London	3:38:27	SNR
A-2	Wendy Woodhead	26/05 Rock 'n' Roll Liverpool	4:05:16	V35
B-1	Wendy Woodhead	06/10 MBNA Chester	4:15:24	V35
A-3	Lauren Whitworth (psn=11243)	07/04 Asics Greater Manchester	4:58:11	SNR
-	Wendy Woodhead (psn=11244)	07/04 Asics Greater Manchester	4:58:11	V35