

## 2020 & 2021 ROAD CHAMPIONSHIPS – RACES RUN

Psn	Name	Day/Month Race	Time	Cat
<b>5K x4 – Men</b> [A=member's best time; B=member's 2 <sup>nd</sup> best time; C=member's 3 <sup>rd</sup> best time; D=member's 4 <sup>th</sup> best time]				
A-1	Joseph Farrelly	17/06/21 Sale Sizzler	16:22	U17/20
B-1	Joseph Farrelly	01/07/21 Sale Sizzler	16:27	U17/20
C-1	Joseph Farrelly	10/04/21 BMC Road Races	17:00	U17/20
D-1	Joseph Farrelly	08/08/21 Running GP Oulton Park	17:06	U17/20
A-2	Simon Bareford	11/08/21 Neil Cliffe Sizzler	17:14	V40
A-3	Ed Fazakerley	07/11/21 Podium incl British Masters	17:17	V50
B-2	Simon Bareford	01/07/21 Sale Sizzler	17:33	V40
C-2	Simon Bareford	15/07/21 Sale Sizzler	17:38	V40
A-4	Alex Masidlover	15/07/21 Sale Sizzler	17:40	V40
A-5	Dave Walmsley	01/07/21 Sale Sizzler	18:17	V55
B-3	Dave Walmsley	15/07/21 Sale Sizzler	18:25	V55
C-3	Dave Walmsley	17/06/21 Sale Sizzler	18:27	V55
A-6	Dave Gee	11/08/21 Neil Cliffe Sizzler	19:31	V65
B-4	Dave Gee	01/07/21 Sale Sizzler	19:32	V65
C-4	Dave Gee	15/07/21 Sale Sizzler	19:36	V65
D-2	Dave Gee	22/07/21 Sale Sizzler	19:41	V65
-	Dave Gee	17/06/21 Sale Sizzler	19:58	V65
A-7	Andrew Hartley	17/06/21 Sale Sizzler	20:05	V35
A-8	Glen Gandy	01/07/21 Sale Sizzler	20:46	V50
A-9	Chris Sewart	01/07/21 Sale Sizzler	20:47	V40/45
B-5	Chris Sewart	15/07/21 Sale Sizzler	20:52	V40/45
A-10	Neil Ryan	15/07/21 Sale Sizzler	21:07	V35
C-5	Chris Sewart	11/08/21 Neil Cliffe Sizzler	21:08	V40/45
B-6	Glen Gandy	22/07/21 Sale Sizzler	21:14	V50
C-6	Glen Gandy	15/07/21 Sale Sizzler	21:16	V50
B-7	Neil Ryan	17/06/21 Sale Sizzler	21:20	V35
C-7	Neil Ryan	11/08/21 Neil Cliffe Sizzler	21:31	V35
D-3	Chris Sewart	17/06/21 Sale Sizzler	21:51	V40/45
A-11	Rafael De Amorim	17/06/21 Sale Sizzler	22:10	V35
-	Chris Sewart	22/07/21 Sale Sizzler	22:13	V40/45
D-4	Neil Ryan	22/07/21 Sale Sizzler	22:15	V35
A-12	Lee Whittaker	15/07/21 Sale Sizzler	22:17	V50
A-13	David Dyer	22/07/21 Sale Sizzler	22:19	V45
B-8	Lee Whittaker	01/07/21 Sale Sizzler	22:38	V50
B-9	Rafael De Amorim	01/07/21 Sale Sizzler	22:54	V35
C-8	Lee Whittaker	17/06/21 Sale Sizzler	22:58	V50
D-5	Lee Whittaker	11/08/21 Neil Cliffe Sizzler	23:03	V50
-	Lee Whittaker	22/07/21 Sale Sizzler	23:06	V50
A-14	Craig Turner	11/08/21 Neil Cliffe Sizzler	26:48	V50/55
B-10	Craig Turner	22/07/21 Sale Sizzler	28:18	V50/55
A-15	Kevin Dillon	07/11/21 Podium – incl British Masters	29:58	V65

### 5K x4 – Women [A=member's best time; B=member's 2<sup>nd</sup> best time; C=member's 3<sup>rd</sup> best time; D=member's 4<sup>th</sup> best time]

A-1	Cara O'Brien	01/07/21 Sale Sizzler	18:50	V35
A-2	Alice Stiles	17/06/21 Sale Sizzler	18:56	U20/Snr
B-1	Cara O'Brien	17/06/21 Sale Sizzler	20:38	V35
A-3	Katie Cooper	18/06/21 Even Splits York Series	21:46	SNR
B-2	Katie Cooper	22/07/21 Sale Sizzler	22:14	SNR
A-4	Joanna Rickart	15/07/21 Sale Sizzler	22:51	SNR
A-5	Caroline Baba	15/07/21 Sale Sizzler	23:21	V40
C-1	Katie Cooper	25/04/21 Big Flat Runway	23:22	SNR
D-1	Katie Cooper	20/12/20 Even Splits Hull	23:23	SNR
B-3	Caroline Baba	11/08/21 Neil Cliffe Sizzler	23:24	V40
B-4	Joanna Rickart	01/07/21 Sale Sizzler	23:28	SNR
C-2	Caroline Baba	08/08/21 Running GP Oulton Park	23:31	V40
A-6	Lindsey Farrelly	11/08/21 Neil Cliffe Sizzler	24:07	V40
D-2	Caroline Baba	17/06/21 Sale Sizzler	24:10	V40
-	Caroline Baba	01/07/21 Sale Sizzler	24:13	V40
A-7	Wendy Woodhead	01/07/21 Sale Sizzler	24:20	V35
A-8	Julie Jones	01/07/21 Sale Sizzler	24:22	V50
B-5	Lindsey Farrelly	08/08/21 Running GP Oulton Park	24:39	V40
B-6	Wendy Woodhead	17/06/21 Sale Sizzler	24:41	V35
C-3	Lindsey Farrelly	01/07/21 Sale Sizzler	24:55	V40
D-3	Lindsey Farrelly	17/06/21 Sale Sizzler	25:18	V40
C-4	Wendy Woodhead	22/07/21 Sale Sizzler	25:26	V35
A-9	Helen Holme	22/07/21 Sale Sizzler	26:08	V55

## 2020 & 2021 ROAD CHAMPIONSHIPS – RACES RUN

Psn	Name	Day/Month Race	Time	Cat
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### 5K x4 – Women - continued

-	Caroline Baba	22/07/21 Sale Sizzler	26:49	V40
A-10	Ann McLaughlin	01/07/21 Sale Sizzler	27:09	V55
B-7	Ann McLaughlin	11/08/21 Neil Cliffe Sizzler	27:25	V55
A-11	Debbie Beresford	01/07/21 Sale Sizzler	27:43	V50/55
A-12	Laura Przylipiak	11/08/21 Neil Cliffe Sizzler	27:54	SNR/35
C-5	Joanna Rickart	22/07/21 Sale Sizzler	27:55	SNR
C-6	Ann McLaughlin	22/07/21 Sale Sizzler	27:57	V55
B-8	Debbie Beresford	17/06/21 Sale Sizzler	28:38	V50/55
C-7	Debbie Beresford	15/07/21 Sale Sizzler	29:02	V50/55
D-4	Debbie Beresford	22/07/21 Sale Sizzler	29:25	V50/55
A-13	Julie Walmsley	15/07/21 Sale Sizzler	29:35	V55

### 5 Mile x1 – Men

A-1	Craig Turner	02/02/20 Alsager	35:25	V50/55
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### 5 Mile x1 – Women

No competitors

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

A-1	Joseph Farrelly	28/11/21 Wilmslow Festive	33:58	U17/20
A-2	Ed Fazakerley	27/12/21 Ribble Valley	35:29	V50
-	Joseph Farrelly	11/10/20 Run Through Tatton Park	35:45	U17/20
B-1	Joseph Farrelly	11/09/21 Run Through Tatton Park	35:53	U17/20
A-3	Dave Walmsley	26/09/21 Great Manchester Run	36:03	V55
B-2	Ed Fazakerley	13/09/20 Run Through Tatton Park	36:17	V50
A-4	Simon Bareford	05/09/21 Run Through Altrincham	36:36	V40
B-3	Simon Bareford	19/09/21 Trafford	36:52	V40
A-5	Alex Masidlover	13/09/20 Run Through Tatton Park	36:54	V40
B-4	Dave Walmsley	22/08/21 Alderley Edge	37:04	V55
C-1	Dave Walmsley	28/11/21 Wilmslow Festive	37:26	V55
-	Dave Walmsley	11/07/21 Wilmslow Summer	38:05	V55
A-6	Glen Gandy	05/09/21 Run Through Altrincham	42:57	V50
A-7	Anthony Hilton	26/09/21 Great Manchester Run	43:11	V35
B-5	Glen Gandy	22/08/21 Birchwood	43:20	V50
A-8	Maurice Oldham	17/10/21 Knutsford	43:40	V65
B-6	Maurice Oldham	22/08/21 Alderley Edge	43:46	V65
A-9	Chris Sykes	26/09/21 Great Manchester Run	43:46	V45
A-10	Jason Brogan	11/10/20 Run Through Tatton Park	44:15	V45/50
A-11	Rafael De Amorim	26/09/21 Great Manchester Run	44:23	V35
A-12	Craig Turner	01/03/20 Trafford	44:26	V50/55
A-13	David Dyer	17/10/21 Knutsford	45:18	V45
B-7	Jason Brogan	26/09/21 Great Manchester Run	46:09	V45/50
C-2	Maurice Oldham	27/11/21 Cheddleton	46:46	V65
C-3	Jason Brogan	05/09/21 Run Through Altrincham	46:49	V45/50
A-14	Neil Ryan	05/09/21 Run Through Altrincham	47:13	V35
C-4	Glen Gandy	24/04/21 Run Tatton	48:40	V50
A-15	Lee Whittaker	05/09/21 Run Through Altrincham	50:05	V50
A-16	Lloyd Barlow	05/09/21 Run Through Altrincham	50:58	V50
A-17	Andrew Parsonage	26/09/21 Run Through Warrington Festival	51:02	SNR
B-8	Lee Whittaker	17/10/21 Knutsford	51:18	V50
A-18	Chris Cooper	04/08/21 Run Through Tatton	52:50	V50
B-9	Andrew Parsonage	05/09/21 Run Through Altrincham	54:57	SNR
B-10	Craig Turner	18/10/20 Run Cheshire	55:24	V50/55
C-5	Craig Turner	28/11/21 Wilmslow Festive	57:08	V50/55
A-19	Kevin Dillon	21/11/21 BMAF Champs	60:58	V65
A-20	Steve McCall	12/01/20 Garstang	63:56	V60
A-21	Stephen Cragg	05/09/21 Run Through Altrincham	64:41	V65/70
-	Craig Turner	11/07/21 Wilmslow Summer	65:44	V50/55
A-22	Tony Brady	26/01/20 Run Heaton	74:15	V70
B-11	Kevin Dillon	18/07/21 Caterham Rotary	89:37	V65

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

A-1	Alice Stiles	10/04/21 Run Through Tatton	39:43	U20/Snr
A-2	Emily Hughes	20/06/21 Colshaw Hall	44:16	U20/Snr
A-3	Katie Cooper	04/08/21 Run Through Tatton	45:32	SNR
A-4	Emily Quin	28/11/21 Wilmslow Festive	46:58	V35
A-5	Caroline Baba	05/09/21 Run Through Altrincham	48:51	V40

## 2020 & 2021 ROAD CHAMPIONSHIPS – RACES RUN

Psn	Name	Day/Month Race	Time	Cat
<b>10K x3 – Women - continued</b>				
A-6	Lindsey Farrelly	28/11/21 Wilmslow Festive	50:26	V40
A-7	Julie Jones	28/11/21 Wilmslow Festive	50:40	V50
B-1	Caroline Baba	11/09/21 Run Through Tatton Park	51:19	V40
B-2	Lindsey Farrelly	11/10/20 Run Through Tatton Park	51:31	V40
A-8	Wendy Woodhead	28/11/21 Wilmslow Festive	52:23	V35
C-1	Caroline Baba	00/03/20 Benidorm	52:28	V40
C-2	Lindsey Farrelly	17/10/21 Knutsford	52:31	V40
B-3	Wendy Woodhead	00/03/20 Benidorm	53:01	V35
-	Lindsey Farrelly	00/03/20 Benidorm	53:10	V40
A-9	Helen Holme	14/08/21 Run Through Tatton	53:11	V55
-	Caroline Baba	17/10/21 Knutsford	53:17	V40
B-4	Helen Holme	05/09/21 Run Through Altrincham	53:17	V55
A-10	Catherine Jones	26/09/21 Great Manchester Run	54:08	V50
-	Lindsey Farrelly	05/09/21 Run Through Altrincham	54:25	V40
A-11	Ann McLaughlin	31/10/21 Run Through Chester Zoo	55:59	V55
B-5	Ann McLaughlin	28/11/21 Wilmslow Festive	56:00	V55
C-3	Ann McLaughlin	00/03/20 Benidorm	56:06	V55
A-12	Laura Przylipek	28/11/21 Wilmslow Festive	57:02	SNR/35
A-13	Debbie Beresford	28/11/21 Wilmslow Festive	57:38	V50/55
A-14	Catherine Poole	26/09/21 Great Manchester Run	58:01	V45
A-15	Julie Walmsley	22/08/21 Alderley Edge	58:22	V55
B-6	Laura Przylipek	26/09/21 Great Manchester Run	58:31	SNR/35
B-7	Debbie Beresford	14/08/21 Run Through Tatton	58:52	V50/55
A-16	Anne Hassan	28/11/21 Wilmslow Festive	59:09	V60
A-17	Diane Frost	05/09/21 Run Through Altrincham	59:15	V55
B-8	Julie Walmsley	05/09/21 Run Through Altrincham	59:16	V55
A-18	Maria Stripling	28/11/21 Wilmslow Festive	60:01	V55
A-19	Tracy Farrell	19/09/21 Trafford	61:30	V35
B-9	Anne Hassan	31/10/21 Run Through Chester Zoo	61:46	V60
C-4	Julie Walmsley	26/09/21 Great Manchester Run	61:58	V55
C-5	Anne Hassan	17/10/21 Knutsford	62:00	V60
A-20	Jacqui Molloy	28/11/21 Wilmslow Festive	62:08	V55
C-6	Debbie Beresford	05/09/21 Run Through Altrincham	62:27	V50/55
A-21	Maria Royal	05/09/21 Run Through Altrincham	62:43	V60
B-10	Tracy Farrell	26/09/21 Great Manchester Run	63:54	V35
-	Debbie Beresford	00/03/20 Benidorm	63:57	V50/55
B-11	Maria Stripling	17/10/21 Knutsford	64:47	V55
-	Julie Walmsley	11/07/21 Wilmslow Summer	65:04	V55
C-7	Maria Stripling	31/10/21 Run Through Chester Zoo	65:12	V55
B-12	Jacqui Molloy	05/09/21 Run Through Altrincham	65:14	V55
A-22	Azra Zia	12/09/21 Brooks Wilmslow	65:25	V45
C-8	Jacqui Molloy	00/03/20 Benidorm	67:24	V55
B-13	Maria Royal	00/03/20 Benidorm	67:24	V60
A-23	Linda Cross	28/11/21 Wilmslow Festive	69:02	V50/55
B-14	Linda Cross	05/09/21 Run Through Altrincham	72:16	V50/55
C-9	Linda Cross	00/03/20 Benidorm	77:20	V50/55

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

A-1	Ed Fazakerley	12/12/21 Stockport	60:40	V50
A-2	Chris Sewart	12/12/21 Stockport	76:41	V40/45
A-3	Craig Turner	26/01/20 Lytham St Annes	76:50	V50/55

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

No competitors

### Half Marathon x3 – Men [A=member's best time; B=member's second best time; C=member's third best time]

A-1	Andrew Hartley	01/03/20 Vitality Big	1:16:31	V35
A-2	Ed Fazakerley	19/01/20 Four Villages	1:16:52	V50
A-3	Alex Masidlover	09/05/21 Run Through Aintree Racecourse	1:19:08	V40
B-1	Andrew Hartley	22/08/21 Vitality Big	1:19:24	V35
A-4	Dave Walmsley	19/12/21 Run Through Aintree Racecourse	1:21:11	V55
B-2	Alex Masidlover	12/09/21 Run Through Cheshire	1:21:35	V40
B-3	Dave Walmsley	01/03/20 Haweswater	1:27:37	V55
A-5	Ben O'Brien	26/09/21 Run Through Warrington Festival	1:28:52	V35
C-1	Andrew Hartley	07/11/21 Run Through Tatton	1:29:50	V35
A-6	Glen Gandy	26/09/21 Great Manchester Run	1:34:08	V50
A-7	Rafael De Amorim	12/09/21 Waters Wilmslow	1:38:04	V35

## 2020 & 2021 ROAD CHAMPIONSHIPS – RACES RUN

Psn	Name	Day/Month Race	Time	Cat
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### *Half Marathon x3 – Men - continued*

B-4	Glen Gandy	25/04/21 Run Tatton	1:39:49	V50
C-2	Alex Masidlover	07/11/21 Run Through Tatton	1:39:54	V40
A-8	Craig Turner	19/01/20 Four Villages	1:41:02	V50/55
A-9	Neil Ryan	26/09/21 Great Manchester Run	1:41:30	V35
A-10	Shahzad Zia	12/09/21 Waters Wilmslow	1:41:57	V45
A-11	Chris Sewart	12/09/21 Waters Wilmslow	1:42:18	V40/45
B-5	Shahzad Zia	19/01/20 Inskip	1:42:29	V45
C-3	Shahzad Zia	27/06/21 Southport	1:43:32	V45
A-12	Jason Brogan	12/09/21 Waters Wilmslow	1:44:54	V45/50
-	Shahzad Zia	25/07/21 Run Through Aintree Racecourse	1:47:40	V45
A-13	Lloyd Barlow	26/09/21 Great Manchester Run	1:50:26	V50
-	Shahzad Zia	11/07/21 Ilkley	1:53:53	V45
-	Shahzad Zia	23/05/21 Run Through Heaton Park	1:55:35	V45
-	Shahzad Zia	18/07/21 Lancaster Celebration of Running	1:55:59	V45
-	Shahzad Zia	08/08/21 Running GP Oulton Park	1:56:07	V45
A-14	Kevin Dillon	15/08/21 Riverside	2:00:39	V65
A-15	Steve McCall	21/11/21 Conwy	2:24:28	V60
B-6	Kevin Dillon	19/01/20 Four Villages	2:25:21	V65

### *Half Marathon x3 – Women* [A=member's best time; B=member's second best time; C=member's third best time]

A-1	Katie Cooper	05/09/21 Asda Foundation Leeds	1:45:37	SNR
A-2	Emily Quin	01/03/20 Vitality Big	1:45:49	V35
B-1	Katie Cooper	23/05/21 Run Through Heaton Park	1:46:00	SNR
A-3	Wendy Woodhead	19/01/20 Four Villages	1:49:06	V35
A-4	Helen Holme	26/09/21 Great Manchester Run	1:54:07	V55
B-2	Emily Quin	22/08/21 Vitality Big	1:55:51	V35
A-5	Laura Przylipiak	12/09/21 Waters Wilmslow	2:18:50	SNR/35
A-6	Julie Walmsley	10/10/21 Manchester	2:19:29	V55
A-7	Jacqui Molloy	12/09/21 Waters Wilmslow	2:22:03	V55
A-8	Caroline Lacey	12/09/21 Waters Wilmslow	2:27:03	V55
A-9	Linda Cross	12/09/21 Waters Wilmslow	2:31:01	V50/55
B-3	Julie Walmsley	12/09/21 Great North Run	3:14:54	V55

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

A-1	Andrew Hartley	03/10/21 Virgin Money London	2:41:44	V35
A-2	Dave Walmsley	10/10/21 Therme Manchester	2:58:53	V55
A-3	Glen Gandy	10/10/21 Therme Manchester	3:43:19	V50
A-4	Shahzad Zia	10/10/21 Therme Manchester	3:48:49	V45
A-5	Andrew Wilson	10/10/21 Therme Manchester	3:52:51	V35

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

A-1	Katie Cooper	10/10/21 Therme Manchester	4:08:08	SNR
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## *2020 2021 SENIOR ROAD RACE CHAMPIONSHIP*

*1<sup>st</sup> January 2020 to 31<sup>st</sup> December 2021*

5K x4,

5 Mile x1

10K x3

10 Mile x2

Half Marathon x3

Marathon x2