

2023 ROAD CHAMPIONSHIP – RACES RUN

Psn	Name	Day/Month Race	Time	Cat
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2023 SENIOR ROAD RACE CHAMPIONSHIP

1st January to 31st December 2023

5K x4

5 Mile x1

10K x3

10 Mile x2

Half Marathon x3

Marathon x2

5K x4 – Men

[A=member's best time; B=member's 2nd best time; C=member's 3rd best time; D=member's 4th best time]

A-1	Joseph Farrelly (U23)	03/08/23 Sale Sizzler 4th of 4	17:00	SNR
A-2	Matthew Crimes	21/07/23 Sale Sizzler 3rd of 4	18:47	V40
A-3	George Steele	03/08/23 Sale Sizzler 4th of 4	19:23	V35
A-4	Barry Fenton	03/08/23 Sale Sizzler 4th of 4	19:30	V45
A-5	Glen Gandy	21/07/23 Sale Sizzler 3rd of 4	19:34	V55
B-1	Glen Gandy	22/06/23 Sale Sizzler 1st of 4	19:42	V55
B-2	Barry Fenton	22/06/23 Sale Sizzler 1st of 4	19:53	V45
B-3	George Steele	07/07/23 Sale Sizzler 2nd of 4	19:54	V35
A-6	Dave Gee	21/07/23 Sale Sizzler 3rd of 4	20:30	V65
B-4	Dave Gee	07/07/23 Sale Sizzler 2nd of 4	20:38	V65
A-7	Neil Ryan	21/07/23 Sale Sizzler 3rd of 4	21:14	V40
A-8	Jason Brogan	03/08/23 Sale Sizzler 4th of 4	21:20	V50
B-5	Neil Ryan	03/08/23 Sale Sizzler 4th of 4	21:26	V40
A-9	Chris Sewart	22/06/23 Sale Sizzler 1st of 4	21:34	V45
B-6	Chris Sewart	21/07/23 Sale Sizzler 3rd of 4	21:38	V45
C-1	Neil Ryan	07/07/23 Sale Sizzler 2nd of 4	21:38	V40
C-2	Chris Sewart	07/07/23 Sale Sizzler 2nd of 4	22:14	V45
A-10	Elliot Brady (U23)	03/08/23 Sale Sizzler 4th of 4	23:06	SNR
A-11	Matt Hanson	21/07/23 Sale Sizzler 3rd of 4	24:21	V45
B-7	Matt Hanson	03/08/23 Sale Sizzler 4th of 4	24:32	V45
B-8	Elliot Brady (U23)	21/07/23 Sale Sizzler 3rd of 4	24:34	SNR
A-12	Michael Cunningham	07/07/23 Sale Sizzler 2nd of 4	25:19	V75
C-3	Matt Hanson	07/07/23 Sale Sizzler 2nd of 4	26:19	V45
C-4	Elliot Brady (U23)	07/07/23 Sale Sizzler 2nd of 4	27:41	SNR
A-13	Arnold Bradshaw	19/02/23 Bolton	28:49	V75
B-9	Arnold Bradshaw	21/07/23 Sale Sizzler 3rd of 4	29:45	V75
D-1	Elliot Brady (U23)	22/06/23 Sale Sizzler 1st of 4	30:01	SNR
C-5	Arnold Bradshaw	03/12/23 British Masters Champs (Battersea Park)	30:34	V75
D-2	Arnold Bradshaw	03/08/23 Sale Sizzler 4th of 4	31:30	V75
-	Arnold Bradshaw	22/06/23 Sale Sizzler 1st of 4	31:47	V75
-	Arnold Bradshaw	07/07/23 Sale Sizzler 2nd of 4	31:58	V75
A-14	Kevin Dillon	10/12/23 NM Ken Mayor Champs (Leeds)	33:51	V65

2023 ROAD CHAMPIONSHIP – RACES RUN

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

[A=member's best time; B=member's 2nd best time; C=member's 3rd best time; D=member's 4th best time]

A-1	Beth Barlow	09/04/23 Isle of Man Easter Festival	18:04	SNR
A-2	Alice Stiles (U23)	16/06/23 Even Splits York Series	19:53	SNR
B-1	Alice Stiles (U23)	22/04/23 Isle of Man Easter Festival	22:16	SNR
A-3	Victoria Cronquist	21/07/23 Sale Sizzler 3rd of 4	22:51	V40
A-4	Caroline Baba	21/07/23 Sale Sizzler 3rd of 4	23:02	V40
B-2	Caroline Baba	03/08/23 Sale Sizzler 4th of 4	23:27	V40
C-1	Caroline Baba	07/07/23 Sale Sizzler 2nd of 4	23:36	V40
D-1	Caroline Baba	25/05/23 North Cheshire GP (Dunham Massey)	24:06	V40
-	Caroline Baba	22/06/23 Sale Sizzler 1st of 4	24:06	V40
A-5	Wendy Woodhead	21/07/23 Sale Sizzler 3rd of 4	24:45	V40
A-6	Lindsey Farrelly	03/08/23 Sale Sizzler 4th of 4	24:46	V45
B-3	Wendy Woodhead	07/07/23 Sale Sizzler 2nd of 4	24:47	V40
B-4	Lindsey Farrelly	07/07/23 Sale Sizzler 2nd of 4	25:02	V45
C-2	Lindsey Farrelly	22/06/23 Sale Sizzler 1st of 4	25:05	V45
C-3	Wendy Woodhead	03/08/23 Sale Sizzler 4th of 4	25:53	V40
A-7	Hannah Blackwell	03/08/23 Sale Sizzler 4th of 4	25:59	SNR
B-5	Hannah Blackwell	21/07/23 Sale Sizzler 3rd of 4	26:06	SNR
A-8	Ann McLaughlin	21/07/23 Sale Sizzler 3rd of 4	28:29	V55
B-6	Ann McLaughlin	03/08/23 Sale Sizzler 4th of 4	28:37	V55
C-4	Ann McLaughlin	22/06/23 Sale Sizzler 1st of 4	29:06	V55
A-9	Debbie Beresford	03/08/23 Sale Sizzler 4th of 4	29:22	V55
B-7	Debbie Beresford	22/06/23 Sale Sizzler 1st of 4	29:48	V55
A-10	Caroline Lacey	07/07/23 Sale Sizzler 2nd of 4	29:56	V55
B-8	Caroline Lacey	22/06/23 Sale Sizzler 1st of 4	30:00	V55
C-5	Debbie Beresford	07/07/23 Sale Sizzler 2nd of 4	30:19	V55
A-11	Linda Cross	21/07/23 Sale Sizzler 3rd of 4	31:37	V55
B-9	Linda Cross	22/06/23 Sale Sizzler 1st of 4	32:28	V55
C-6	Linda Cross	03/08/23 Sale Sizzler 4th of 4	32:53	V55
D-2	Linda Cross	07/07/23 Sale Sizzler 2nd of 4	33:14	V55

5 Mile x1 – Men

A-1	Dave Gee	05/02/23 VeloRunner Alsager (Stoke-on-Trent)	33:26	V65
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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	Matthew Crimes	22/10/23 Cheshire (Chester)	37:42	V40
A-2	Dave Walmsley	12/03/23 Chester	37:46	V60
B-1	Dave Walmsley	07/04/23 Salford	37:46	V60
B-2	Matthew Crimes	01/10/23 Knutsford	38:13	V40
C-1	Matthew Crimes	07/05/23 Alderley Edge Bypass	38:16	V40
-	Matthew Crimes	09/07/23 Wilmslow Summer	38:35	V40
A-3	Ed Fazakerley	25/11/23 Int. Running Challenge, Lanzarote	38:53	V50
A-4	Glen Gandy	26/11/23 Wilmslow Festive	39:57	V55
-	Matthew Crimes	21/05/23 AJ Bell Great Manchester Run	40:24	V40
A-5	Andrew Almond	26/11/23 Wilmslow Festive	40:52	V50
B-3	Glen Gandy	07/05/23 Alderley Edge Bypass	41:39	V55
A-6	Dave Gee	12/02/23 Boalloy Bypass (Congleton)	42:10	V65
B-4	Dave Gee	07/05/23 Alderley Edge Bypass	42:12	V65
A-7	Chris Sykes	21/05/23 AJ Bell Great Manchester Run	43:37	V50
B-5	Andrew Almond	21/05/23 AJ Bell Great Manchester Run	44:26	V50
A-8	Jason Brogan	27/07/23 Run Media City (Salford)	45:16	V50
A-9	Maurice Oldham	01/10/23 Knutsford	45:29	V65
B-6	Jason Brogan	07/04/23 Salford	45:49	V50
B-7	Maurice Oldham	09/07/23 Wilmslow Summer	46:16	V65
A-10	Scott Dodd	03/09/23 Wigan	46:25	SNR
C-2	Jason Brogan	21/05/23 AJ Bell Great Manchester Run	46:32	V50
-	Jason Brogan	29/01/23 Stockport Daffodil	48:33	V50
A-11	Andrew Parsonage	09/12/23 Langdale Christmas Pudding	48:47	SNR
A-12	Matt Hanson	07/04/23 Salford	51:05	V45
A-13	Michael Cunningham	27/07/23 Run Media City (Salford)	54:30	V75
A-14	Craig Turner	26/11/23 Wilmslow Festive	54:42	V55
A-15	Tim Butt	21/05/23 AJ Bell Great Manchester Run	55:36	V40
A-16	Elliot Brady (U23)	26/11/23 Wilmslow Festive	56:00	SNR

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

B-8	Matt Hanson	09/07/23 Wilmslow Summer	57:46	V45
A-17	Kevin Dillon	16/04/23 British Masters Champs (Grangemouth)	60:35	V65
A-18	Arnold Bradshaw	07/04/23 Salford	61:15	V75
B-9	Kevin Dillon	29/03/23 World Masters Champs (Poland)	61:44	V65
B-10	Arnold Bradshaw	16/04/23 British Masters Champs (Grangemouth)	62:45	V75
C-3	Arnold Bradshaw	29/04/23 It's a Piece of Cake (Blackley)	64:59	V75
C-4	Dave Walmsley	09/07/23 Wilmslow Summer	65:59	V60
-	Arnold Bradshaw	28/09/23 European Masters, Pescara (Italy)	66:33	V75
-	Arnold Bradshaw	04/07/23 Rochdale	68:02	V75
C-5	Kevin Dillon	28/09/23 European Masters, Pescara (Italy)	72:14	V65
A-19	Tony Brady	26/03/23 Waters Wilmslow	72:44	V75
-	Kevin Dillon	15/10/23 Holmfirth	73:39	V65

10K x3 – Women

[A=member's best time; B=member's second best time; C=member's third best time]

A-1	Beth Barlow	07/04/23 Isle of Man Easter Festival of Running	36:31	SNR
A-2	Alice Stiles (U23)	26/11/23 Wilmslow Festive	39:49	SNR
A-3	Georgia Fazakerley (U23)	14/05/23 Great Bristol Run	41:03	SNR
B-1	Alice Stiles (U23)	07/04/23 Isle of Man Easter Fest. of Running	45:20	SNR
A-4	Emma Brogan	07/04/23 Salford	48:08	SNR
A-5	Caroline Baba	26/11/23 Wilmslow Festive	48:09	V40
B-2	Emma Brogan	29/01/23 Stockport Daffodil	48:18	SNR
B-3	Caroline Baba	07/04/23 Salford	48:29	V40
A-6	Wendy Woodhead	26/11/23 Wilmslow Festive	48:32	V40
A-7	Lindsey Farrelly	26/11/23 Wilmslow Festive	51:00	V45
A-8	Hannah Blackwell	26/11/23 Wilmslow Festive	51:32	SNR
A-9	Catherine Jones	26/11/23 Wilmslow Festive	51:44	V50
B-4	Catherine Jones	19/11/23 Run Through Tatton (Knutsford)	54:27	V50
A-10	Catherine Poole	19/11/23 Run Through Tatton (Knutsford)	55:41	V50
A-11	Ann McLaughlin	05/03/23 Trafford (Partington)	56:23	V55
B-5	Ann McLaughlin	07/04/23 Salford	56:49	V55
B-6	Catherine Poole	21/05/23 AJ Bell Great Manchester Run	56:59	V50
C-1	Catherine Jones	21/05/23 AJ Bell Great Manchester Run	57:20	V50
A-12	Debbie Beresford	05/03/23 Trafford (Partington)	59:34	V55
A-13	Laura Przylipek	05/03/23 Trafford (Partington)	61:19	V35
A-14	Niki Burgess	05/03/23 Trafford (Partington)	61:38	V50
A-15	Tracy Farrell	26/11/23 Wilmslow Festive	62:04	V35
B-7	Tracy Farrell	07/04/23 Salford	62:14	V35
A-16	Julie Walmsley	07/04/23 Salford	62:47	V55
A-17	Maria Stripling	26/11/23 Wilmslow Festive	63:05	V55
B-8	Julie Walmsley	12/03/23 Chester	63:18	V55
A-18	Anne Hasson	26/11/23 Wilmslow Festive	63:25	V65
C-2	Julie Walmsley	02/01/23 North Lakes (Cockermouth)	63:28	V55
A-19	Jacqui Molloy	26/03/23 Waters Wilmslow	64:28	V60
A-20	Azra Zia	21/05/23 AJ Bell Great Manchester Run	64:41	V45
C-3	Tracy Farrell	29/10/23 Macclesfield Running Festival	65:19	V35
-	Julie Walmsley	09/07/23 Wilmslow Summer	65:59	V55
A-21	Linda Cross	07/04/23 Salford	67:59	V55

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

A-1	Ed Fazakerley	10/12/23 Stockport	1:08:16	V50
A-2	Andrew Almond	10/12/23 Stockport	1:10:19	V50
A-3	Chris Sewart	10/12/23 Stockport	1:18:27	V45
A-4	Craig Turner	10/12/23 Stockport	1:34:51	V55

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

A-1	Alice Stiles (U23)	10/12/23 Stockport	1:08:15	SNR
A-2	Wendy Woodhead	10/12/23 Stockport	1:24:23	V40
A-3	Hannah Blackwell	10/12/23 Stockport	1:27:52	SNR

2023 ROAD CHAMPIONSHIP – RACES RUN

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

A-1	Michael Merchant	15/10/23 Manchester	1:18:35	V40
A-2	Dave Walmsley	15/01/23 Brass Monkey (York)	1:21:17	V60
B-1	Dave Walmsley	02/01/23 North Lakes (Cockermouth)	1:23:17	V60
A-3	Matthew Crimes	26/03/23 Waters Wilmslow	1:25:08	V40
C-1	Dave Walmsley	05/03/23 Haweswater (Bampton)	1:25:27	V60
A-4	Simon Bareford	10/09/23 Great North Run (Newcastle)	1:27:26	V40
-	Dave Walmsley	21/05/23 Essar Chester	1:32:51	V60
A-5	Chris Sykes	26/03/23 Waters Wilmslow	1:33:23	V50
A-6	George Steele	26/03/23 Waters Wilmslow	1:34:44	V35
A-7	Glen Gandy	01/10/23 Congleton	1:35:50	V55
B-2	Glen Gandy	25/06/23 Southport	1:36:27	V55
A-8	Andrew Almond	24/09/23 Run Thru Warrington Runing Festival	1:37:31	V50
A-9	Chris Sewart	26/03/23 Waters Wilmslow	1:39:29	V45
A-10	Lloyd Barlow	26/03/23 Waters Wilmslow	1:41:47	V50
A-11	Neil Ryan	21/05/23 AJ Bell Great Manchester Run	1:41:49	V40
A-12	Jason Brogan	18/06/23 Freckleton	1:43:13	V50
B-3	Jason Brogan	26/03/23 Waters Wilmslow	1:43:53	V50
A-13	Shahzad Zia	21/05/23 AJ Bell Great Manchester Run	1:44:09	V45
B-4	Shahzad Zia	12/02/23 Run Aintree (Liverpool)	1:44:33	V45
C-2	Shahzad Zia	15/01/23 Essar Four Villages (Helsby)	1:45:07	V45
-	Shahzad Zia	08/01/23 Central Lancs New Year (Preston)	1:46:15	V45
-	Shahzad Zia	05/03/23 Oulton Park Running GP (Tarpoley)	1:50:15	V45
B-5	Andrew Almond	28/05/23 Buxton	1:50:35	V50
-	Shahzad Zia	22/01/23 Run Heaton Park (Manchester)	1:51:06	V45
-	Shahzad Zia	09/07/23 Lancaster Celebration of Running	1:52:18	V45
-	Shahzad Zia	10/09/23 Cheshire (Siddington)	1:55:57	V45
-	Shahzad Zia	19/03/23 Run Heaton Park (Manchester)	1:56:49	V45
A-14	Alex Masidlover	19/03/23 Wigan Festival	1:57:14	V40
-	Shahzad Zia	30/04/23 Uttoxeter Festival of Running	1:58:02	V45
-	Shahzad Zia	02/07/23 Ashbourne	1:59:55	V45
A-15	John Moroney	21/05/23 AJ Bell Great Manchester Run	2:01:16	V45
-	Shahzad Zia	28/05/23 Buxton	2:02:15	V45
-	Shahzad Zia	03/09/23 Run Heaton Park (Manchester)	2:05:34	V45
A-16	Kevin Dillon	15/01/23 Essar Four Villages (Helsby)	2:21:44	V65

Half Marathon x3 – Women

[A=member's best time; B=member's second best time; C=member's third best time]

A-1	Lucy Brown	10/09/23 Caernarfon	1:55:08	V45
A-2	Hannah Blackwell	15/10/23 Manchester	1:57:42	SNR
A-3	Helen Holme	26/03/23 Waters Wilmslow	1:57:45	V55
A-4	Catherine Jones	26/03/23 Waters Wilmslow	2:01:02	V50
B-1	Helen Holme	21/05/23 AJ Bell Great Manchester Run	2:03:22	V55
A-5	Catherine Poole	26/03/23 Waters Wilmslow	2:08:43	V50
A-6	Caroline Lacey	26/03/23 Waters Wilmslow	2:14:36	V55
A-7	Tracy Farrell	26/03/23 Waters Wilmslow	2:22:46	V35
A-8	Julie Walmsley	05/03/23 Haweswater (Bampton)	2:28:12	V55
A-9	Linda Cross	26/03/23 Waters Wilmslow	2:29:35	V55
B-2	Julie Walmsley	21/05/23 Essar Chester	2:41:31	V55

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

A-1	Matthew Crimes	16/04/23 Adidas Manchester	2:59:08	V40
A-2	Dave Walmsley	23/04/23 TCS London	3:13:31	V60
A-3	Simon Bareford	16/04/23 Adidas Manchester	3:28:38	V40
A-4	Glen Gandy	16/04/23 Adidas Manchester	3:33:17	V55
A-5	Andrew Almond	08/10/23 Isle of Wight (Cowes)	3:38:49	V50
A-6	Chris Sewart	16/04/23 Adidas Manchester	3:53:45	V45
A-7	Jason Brogan	23/04/23 TCS London	3:58:49	V50
A-8	Alex Masidlover	28/05/23 Edinburgh Festival	5:00:19	V40
A-9	Kevin Dillon	22/01/23 Funchal & European Masters (Portugal)	5:17:00	V65

Marathon x2 – Women [*Revised 11 Oct 2023] [A=member's best time; B=member's second best time]

A-1	Lucy Brown	16/04/23 Adidas Manchester	3:45:30	V45
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