

2022 ROAD CHAMPIONSHIP – RACES RUN

Psn	Name	Day/Month Race	Time	Cat
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**2022 SENIOR ROAD RACE
CHAMPIONSHIP**
1st January to 31st December 2022

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	28/07/22 Sale Sizzler	15:42	U20
B-1	Joseph Farrelly	30/06/22 Sale Sizzler	15:55	U20
A-2	Dave Walmsley	26/08/22 Mid Cheshire, Kingsley	17:48	V55
B-2	Dave Walmsley	30/06/22 Sale Sizzler	17:49	V55
A-3	Alex Masidlover	11/08/22 Sale Sizzler	18:05	V40
C-1	Dave Walmsley	11/08/22 Sale Sizzler	18:29	V55
A-4	Dave Gee	28/07/22 Sale Sizzler	19:56	V65
A-5	Glen Gandy	28/07/22 Sale Sizzler	20:05	V55
B-3	Glen Gandy	14/07/22 Sale Sizzler	20:10	V55
C-2	Glen Gandy	11/08/22 Sale Sizzler	20:12	V55
B-4	Dave Gee	30/06/22 Sale Sizzler	20:20	V65
C-3	Dave Gee	11/08/22 Sale Sizzler	20:23	V65
D-1	Glen Gandy	30/06/22 Sale Sizzler	20:34	V55
A-6	Barry Fenton	30/06/22 Sale Sizzler	21:03	V45
A-7	Andy Tulip	28/07/22 Sale Sizzler	21:33	V45
A-8	Chris Sewart	28/07/22 Sale Sizzler	21:34	V45
B-5	Chris Sewart	14/07/22 Sale Sizzler	21:35	V45
A-9	David Dyer	14/07/22 Sale Sizzler	21:39	V50
B-6	David Dyer	28/07/22 Sale Sizzler	21:59	V50
C-4	Chris Sewart	30/06/22 Sale Sizzler	22:10	V45
C-5	David Dyer	30/06/22 Sale Sizzler	22:46	V50
A-10	Michael Cunningham	14/07/22 Sale Sizzler	25:20	V75
A-11	Kevin Dillon	04/12/22 BMAF Champs, Battersea Park	27:13	V65
A-12	Arnold Bradshaw	24/04/22 Bolton	27:54	V70
B-7	Kevin Dillon	14/05/22 EMAC Champs, Grossetto, Italy	28:03	V65
A-13	Elliot Brady	28/07/22 Sale Sizzler	28:47	U20
B-8	Arnold Bradshaw	04/12/22 BMAF Champs, Battersea Park	29:22	V70
B-9	Elliot Brady	11/08/22 Sale Sizzler	30:16	U20
C-6	Elliot Brady	30/06/22 Sale Sizzler	31:40	U20
D-2	Elliot Brady	14/07/22 Sale Sizzler	32:31	U20

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Psn	Name	Day/Month Race	Time	Cat
5K x4 – Women [A=member's best time; B=member's 2 nd best time; C=member's 3 rd best time; D=member's 4 th best time]				
A-1	Caroline Baba	14/07/22 Sale Sizzler	23:05	V40
B-1	Caroline Baba	28/07/22 Sale Sizzler	23:15	V40
C-1	Caroline Baba	30/06/22 Sale Sizzler	23:23	V40
D-1	Caroline Baba	11/08/22 Sale Sizzler	24:14	V40
A-2	Wendy Woodhead	28/07/22 Sale Sizzler	24:15	V40
B-2	Wendy Woodhead	30/06/22 Sale Sizzler	24:36	V40
A-3	Lindsey Farrelly	30/06/22 Sale Sizzler	24:39	V40
B-3	Lindsey Farrelly	28/07/22 Sale Sizzler	24:48	V40
A-4	Catherine Jones	28/07/22 Sale Sizzler	25:21	V50
A-5	Katie Cooper (U23)	17/04/22 Isle of Man Easter Festival	26:17	SNR
C-2	Wendy Woodhead	11/08/22 Sale Sizzler	26:25	V40
A-6	Ann McLaughlin	28/07/22 Sale Sizzler	26:49	V55
A-7	Helen Holme	11/08/22 Sale Sizzler	26:59	V55
B-4	Helen Holme	14/07/22 Sale Sizzler	27:26	V55
B-5	Ann McLaughlin	30/06/22 Sale Sizzler	27:32	V55
A-8	Tracy Farrell	28/07/22 Sale Sizzler	28:48	V35
A-9	Julie Walmsley	28/07/22 Sale Sizzler	29:01	V55
A-10	Debbie Beresford	30/06/22 Sale Sizzler	29:27	V55
B-6	Julie Walmsley	11/08/22 Sale Sizzler	30:17	V55
C-3	Julie Walmsley	30/06/22 Sale Sizzler	31:41	V55
B-7	Tracy Farrell	30/06/22 Sale Sizzler	31:42	V35
D-2	Julie Walmsley	14/07/22 Sale Sizzler	32:32	V55
C-4	Tracy Farrell	14/07/22 Sale Sizzler	32:33	V35

5 Mile x1 – Men

A-1	David Dyer	12/05/22 Buxworth	42:11	V50
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5 Mile x1 – Women

A-1	Caroline Baba	13/07/22 Tony Barnes Sefton Park 5	39:28	V40
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10K x3 – Men

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

A-1	Dave Walmsley	01/05/22 Alderley Edge Bypass	36:17	V55
B-1	Dave Walmsley	11/12/22 Trafford	36:24	V55
C-1	Dave Walmsley	15/04/22 Salford	36:35	V55
A-2	Ed Fazakerley	22/12/22 Ribble Valley	37:29	V50
-	Dave Walmsley	27/11/22 Wilmslow Festive	37:43	V55
-	Dave Walmsley	22/05/22 Great Manchester Run	37:49	V55
-	Dave Walmsley	14/08/22 Ron Hill Accrington	38:42	V55
A-3	Maurice Oldham	01/05/22 Alderley Edge Bypass	44:08	V65
B-2	Maurice Oldham	20/03/22 Waters Wilmslow	44:11	V65
C-2	Maurice Oldham	10/07/22 Wilmslow Summer	45:00	V65
A-4	Chris Sykes	22/05/22 Great Manchester Run	45:02	V45
A-5	Neil Ryan	27/11/22 Wilmslow Festive	45:21	V40
A-6	Andy Tulip	04/09/22 Run Through Altrincham	45:38	V45
B-3	Neil Ryan	27/03/22 Wolverhampton	45:40	V40
C-3	Neil Ryan	04/09/22 Run Through Altrincham	45:57	V40
-	Neil Ryan	30/01/22 Stockport Daffodil	46:02	V40
-	Neil Ryan	28/04/22 Run Media City	46:10	V40
A-7	Shahzad Zia	03/07/22 Run Through Chester Zoo	46:24	V45
B-4	Shahzad Zia	05/06/22 Run Through Jubilee Bridge	46:25	V45
-	Maurice Oldham	31/07/22 Colshaw Hall, Knutsford	46:39	V65
C-4	Shahzad Zia	04/09/22 Run Through Altrincham	46:51	V45
-	Neil Ryan	12/03/22 Run Through Tatton	46:55	V40
-	Neil Ryan	08/05/22 Run Through Heaton Park	47:18	V40
-	Shahzad Zia	26/05/22 Run Media City	47:55	V45
A-8	Ryan McCue (V35)	22/05/22 Great Manchester Run	48:19	SNR
-	Neil Ryan	10/07/22 Wilmslow Summer	48:21	V40
-	Shahzad Zia	03/08/22 Run Through Tatton	48:37	V45
A-9	Craig Turner	06/03/22 Trafford	48:39	V55
A-10	Tim Butt	22/05/22 Great Manchester Run	48:52	V40
-	Shahzad Zia	12/03/22 Run Through Tatton	49:01	V45
-	Shahzad Zia	05/11/22 Run Through Tatton	49:15	V45
-	Shahzad Zia	12/02/22 Run Through Tatton	50:14	V45
-	Shahzad Zia	08/01/22 Run Through Tatton	51:11	V45
-	Shahzad Zia	04/12/22 Blackburn	51:15	V45
B-5	Craig Turner	20/03/22 Waters Wilmslow	52:08	V55

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Psn	Name	Day/Month Race	Time	Cat
<i>10K x3 – Men – continued.....</i>				
-	Neil Ryan	10/12/22 Run Through Tatton	52:11	V40
A-11	Matt Hanson	27/11/22 Wilmslow Festive	54:26	V45
A-12	Kevin Dillon	17/04/22 Jim Dingwall Round the Houses	57:22	V65
A-13	Elliot Brady	27/11/22 Wilmslow Festival	59:35	U20
A-14	Arnold Bradshaw	15/04/22 Salford	60:07	V70
A-15	Steve McCall	20/03/22 Waters Wilmslow	61:22	V60
A-16	Stephen Cragg	03/07/22 Run Through Chester Zoo	61:40	V70
B-6	Kevin Dillon	08/07/22 WM Champs, Tampere, Finland	62:29	V65
B-7	Steve McCall	26/05/22 Run Media City, Salford	62:33	V60
B-8	Stephen Cragg	20/03/22 Waters Wilmslow	62:41	V70
C-5	Craig Turner	27/11/22 Wilmslow Festive	62:53	V55
C-6	Steve McCall	30/06/22 Run Media City, Salford	63:11	V60
-	Dave Walmsley (<i>with Julie</i>)	10/07/22 Wilmslow Summer	63:49	V55
C-7	Stephen Cragg	26/05/22 Run Media City, Salford	64:00	V70
-	Stephen Cragg	30/04/22 It's a Piece of Cake	65:48	V70
A-17	Tony Brady	28/07/22 Run Media City	65:58	V70
B-9	Tony Brady	26/05/22 Run Media City	66:21	V70
-	Stephen Cragg	27/11/22 Wilmslow Festive	66:27	V70
C-8	Tony Brady	30/04/22 It's A Piece of Cake	67:59	V70
-	Tony Brady	20/03/22 Waters Wilmslow	68:02	V70
B-10	Elliot Brady	10/09/22 Run Through Tatton	69:38	U20
-	Tony Brady	30/01/22 Stockport Daffodil	71:16	V70
-	Stephen Cragg	10/12/22 Run Through Tatton	72:09	V70
-	Stephen Cragg	30/01/22 Stockport Daffodil	76:39	V70
<i>10K x3 – Women [A=member's best time; B=member's second best time; C=member's third best time]</i>				
A-1	Caroline Baba	27/11/22 Wilmslow Festive	47:18	V40
A-2	Lindsey Farrelly	30/01/22 Stockport Daffodil	51:08	V40
A-3	Helen Holme	30/01/22 Stockport Daffodil	53:14	V55
A-4	Nicola Ball	30/01/22 Stockport Daffodil	54:07	SNR
B-1	Caroline Baba	30/01/22 Stockport Daffodil	54:10	V40
C-1	Caroline Baba	16/10/22 Knutsford	54:36	V40
B-2	Lindsey Farrelly	16/10/22 Knutsford	54:43	V40
A-5	Ann McLaughlin	15/04/22 Salford	56:13	V55
B-3	Ann McLaughlin	27/11/22 Wilmslow Festive	56:28	V55
C-2	Ann McLaughlin	30/01/22 Stockport Daffodil	56:33	V55
-	Caroline Baba	03/04/22 Fleetwood	57:20	V40
A-6	Debbie Beresford	30/01/22 Stockport Daffodil	57:56	V55
A-7	Caroline Lacey	27/11/22 Wilmslow Festive	59:09	V55
A-8	Tracy Farrell	27/11/22 Wilmslow Festive	59:36	V35
A-9	Anne Hassan	27/11/22 Wilmslow Festive	59:49	V60
B-4	Debbie Beresford	15/04/22 Salford	60:03	V55
A-10	Nikki Burgess	14/05/22 Run Through Tatton	60:21	V50
A-11	Laura Przlypiak	10/07/22 Wilmslow Summer	60:49	V35
A-12	Julie Walmsley	22/05/22 Great Manchester Run	61:09	V55
B-5	Nikki Burgess	10/07/22 Wilmslow Summer	61:22	V50
B-6	Laura Przlypiak	30/01/22 Stockport Daffodil	61:44	V35
C-3	Nikki Burgess	12/02/22 Run Through Tatton	61:51	V50
A-13	Maria Royal	30/01/22 Stockport Daffodil	61:52	V60
B-7	Julie Walmsley	10/07/22 Wilmslow Summer	62:09	V55
B-8	Maria Royal	27/11/22 Wilmslow Festive	62:42	V60
C-4	Laura Przlypiak	01/05/22 Alderley Edge Bypass	62:56	V35
J=A-14	Linda Cross	27/11/22 Wilmslow Festive	63:01	V55
J=A-14	Jacqui Molloy	30/01/22 Stockport Daffodil	63:01	V60
C-5	Julie Walmsley	01/05/22 Alderley Edge Bypass	63:01	V55
C-6	Debbie Beresford	27/11/22 Wilmslow Festive	64:29	V55
-	Nikki Burgess	30/01/22 Stockport Daffodil	66:00	V50
-	Julie Walmsley	14/08/22 Ron Hill Accrington	66:17	V55
A-16	Sarah Cawley	30/01/22 Stockport Daffodil	66:34	V40
B-9	Tracy Farrell	30/01/22 Stockport Daffodil	66:36	V35
B-10	Caroline Lacey	30/01/22 Stockport Daffodil	66:39	V55
C-7	Tracy Farrell	22/05/22 Great Manchester Run	67:35	V35
B-11	Sarah Cawley	22/05/22 Great Manchester Run	67:35	V40
A-17	Azra Zia	22/05/22 Great Manchester Run	67:58	V45
-	Tracy Farrell	10/09/22 Run Through Tatton	69:38	V35
B-12	Linda Cross	30/01/22 Stockport Daffodil	73:19	V55

2022 ROAD CHAMPIONSHIP – RACES RUN

Psn	Name	Day/Month Race	Time	Cat
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10 Mile x2 – Men [A=member's best time; B=member's second best time]

A-1	Ed Fazakerley	20/11/22 Stockport	1:02:21	V50
A-2	Neil Ryan	20/11/22 Stockport	1:17:00	V40
A-3	Chris Sewart	20/11/22 Stockport	1:17:23	V45
A-4	Kevin Dillon	27/11/22 BMAF Champs, Gravesend	1:36:05	V65
A-5	Alex Masidlover	27/03/22 Liverpool	1:47:43	V40

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

A-1	Wendy Woodhead	20/11/22 Stockport	1:23:29	V40
A-2	Caroline Baba	20/03/22 Wigan Festival	1:36.54	V40
A-3	Nicola Ball	20/03/22 Wigan Festival	1:36.56	SNR
B-1	Caroline Baba	22/06/22 Run Through Heaton Park	1:39.27	V40

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

A-1	Ed Fazakerley	16/01/22 Essar Four Villages	1:21:03	V50
A-2	Dave Walmsley	06/03/22 Haweswater (Bampton)	1:21:57	V55
B-1	Dave Walmsley	20/03/22 Waters Wilmslow	1:22:33	V55
A-3	Ben O'Brien (V35)	20/03/22 Waters Wilmslow	1:23:32	SNR
C-1	Dave Walmsley	13/02/22 Run Aintree	1:23:32	V55
A-4	Scott Dodd	09/10/22 Manchester	1:34:41	SNR
A-5	Glen Gandy	20/11/22 Conwy	1:38:28	V55
A-6	Casey Longden	20/03/22 Waters Wilmslow	1:38:30	V40
A-7	Neil Ryan	22/05/22 Great Manchester Run	1:40:02	V40
B-2	Glen Gandy	20/03/22 Wigan Festival	1:40:12	V55
A-8	Chris Sewart	20/03/22 Waters Wilmslow	1:40:45	V45
A-9	Shahzad Zia	22/05/22 Great Manchester Run	1:41:28	V45
A-10	Alex Masidlover	19/06/22 Nottingham Holme Run	1:42:12	V40
C-2	Glen Gandy	07/08/22 Windmill, Lytham St Annes	1:42:41	V55
B-3	Shahzad Zia	19/06/22 Freckleton	1:44:20	V45
C-3	Shahzad Zia	15/05/22 Run Through Aintree Racecourse	1:47:30	V45
B-4	Neil Ryan	20/03/22 Waters Wilmslow	1:47:31	V40
-	Shahzad Zia	20/11/22 Oulton Park Running Grand Prix	1:50:03	V45
-	Shahzad Zia	31/07/22 Run Aintree	1:51:25	V45
A-11	Kevin Dillon	16/01/22 Essar Four Villages	1:51:59	V65
-	Shahzad Zia	20/03/22 Run Through Heaton Park	1:52:26	V45
-	Shahzad Zia	30/01/22 Run Through Heaton Park	1:53:19	V45
-	Shahzad Zia	16/10/22 Run Heaton, Manchester	1:57:06	V45
-	Shahzad Zia	13/02/22 Run Aintree, Liverpool	1:57:10	V45

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	23/10/22 Bangor	1:43:42	V45
A-2	Wendy Woodhead	22/05/22 Great Manchester Run	1:53:11	V40
A-3	Katie Cooper (U23)	08/03/22 Leeds	2:14:48	SNR
J=A-4	Nicola Ball	19/06/22 Freckleton	2:15:37	SNR
J=A-4	Caroline Baba	19/06/22 Freckleton	2:15:37	V40
A-6	Julie Walmsley	15/05/22 Essar Chester	2:25:48	V55
B-1	Julie Walmsley	06/03/22 Haweswater (Bampton)	2:26:51	V55
A-7	Linda Cross	09/10/22 Manchester	2:27:16	V55
A-8	Jacqui Molloy	09/10/22 Manchester	2:27:16	V60

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

A-1	Alex Masidlover	02/10/22 MBNA Chester	2:57:37	V40
A-2	Simon Bareford	02/10/22 TCS London	3:11.01	V40
A-3	Barry Fenton	02/10/22 MBNA Chester	3:33:07	V45

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

A-1	Wendy Woodhead	02/10/22 MBNA Chester	4:04:43	V40
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