

Cambridge Harriers - Road Running Rankings 2023

Male

5 km				
14:52	Chris Loudon	M35	Battersea Park	21 Apr
15:12	Tom Brooke	SEN	Battersea Park	17 Mar
18:54	Liam Carr	JUN	Victoria Park	7 May
21:22	Graham Maynard	M60	Hyde Park	31 Mar
23:50	Ian McCarthy	M65	Hyde Park	28 Apr
27:01	Keith Dungeate	M75	Hyde Park	28 Apr

10 km

31:58	Tom Brooke	SEN	Battersea Park	1 Apr
33:49	Phil Dickens	M40	Victoria Park	7 Apr
39:23	Tom Loia	SEN	Battersea Park	11 Feb
40:14	Mark Penny	M40	Whitstable	1 May
42:28	Dom Fiore	M50	Folkestone	28 May
44:35	Nathan Moncaster	SEN	Battersea Park	11 Feb

10 miles

51:40	Dean Lacy	M35	Folkestone	7 Apr
59:01	Greg Hills	SEN	Folkestone	7 Apr
1:02:17	Christian Poulton	M50	Folkestone	7 Apr
1:04:04	Ray Ramsay	SEN	Folkestone	7 Apr
1:06:53	Mark Penny	M40	Folkestone	7 Apr
1:07:08	Tom Coghill	M40	Folkestone	7 Apr
1:08:01	Peter St-Amour	M40	Canterbury	26 Jan
1:18:55	Clem Dixon	M60	Folkestone	7 Apr
1:24:32	Mick Ellsmore	M70	Folkestone	7 Apr
1:27:08	Ian McCarthy	M60	Folkestone	7 Apr

Half Marathon

69:06	Tom Brooke	SEN	Cambridge	5 Mar
1:12:19	Ben Shearer	M40	Paddock Wood	12 Mar
1:15:19	James Macdonald	M40	Dartford	5 Mar
1:16:28	Dave Worden	SEN	Paddock Wood	12 Mar
1:18:48	John O'Mahony	M40	Paddock Wood	12 Mar
1:19:18	Greg Hills	SEN	Paddock Wood	12 Mar
1:19:23	Luke Martin	SEN	Dartford	5 Mar
1:22:48	Rob Shearer	M40	Tunbridge Wells	19 Feb
1:23:40	James Pitt	M40	Tunbridge Wells	19 Feb
1:24:04	Rob Shearer	M40	Paddock Wood	12 Mar
1:24:23	Alex Tringham	SEN	Lydd	12 Mar
1:25:31	Tom Loia	SEN	Cambridge	5 Mar
1:25:49	Christian Poulton	M50	Paddock Wood	12 Mar
1:27:36	Tom Coghill	M40	Cambridge	5 Mar
1:28:50	Matt Lisle	SEN	Brighton	2 Apr
1:30:09	Peter St-Amour	M40	Dartford	5 Mar
1:32:00	Ray Ramsay	SEN	Tunbridge Wells	19 Feb
1:40:36	George Siskos	SEN	Paddock Wood	12 Mar
1:41:33	Clem Dixon	M60	Dartford	5 Mar
1:41:35	Nathan Moncaster	SEN	Greenwich Park	4 Mar
1:57:19	Steve Brown	M60	Dartford	5 Mar
2:02:17	Paul Ford	M50	Worthing	30 Apr

20 miles

1:55:09	Tom Brooke	SEN	Lydd	7 Apr
2:04:57	Ross May	SEN	Lydd	7 Apr
2:28:49	Tom Coghill	SEN	Lydd	7 Apr
2:39:24	Clem Dixon	M60	Lydd	7 Apr
2:53:29	Steve Brown	M60	Lydd	7 Apr

Marathon

2:27:16	Dean Lacy	M35	London	23 Apr
2:29:33	Tom Brooke	SEN	London	23 Apr
2:32:38	James Macdonald	M40	Boston, USA	17 Apr
2:37:56	Phil Dickens	M40	London	23 Apr
2:39:20	Ross May	SEN	London	23 Apr
2:45:44	John O'Mahony	M40	Manchester	14 Apr
2:50:17	Dmitrij Savickij	SEN	London	23 Apr
2:52:59	Dave Worden	SEN	Brighton	2 Apr
2:56:46	Geoff Smith	M40	Manchester	14 Apr
2:57:07	James Pitt	M40	London	23 Apr
2:59:50	Rob Shearer	M40	London	23 Apr
3:00:07	Christian Poulton	M50	London	23 Apr
3:00:32	Luke Martin	SEN	London	23 Apr

3:03:50	Ray Ramsay	SEN	London	23 Apr
3:12:15	Tom Coghill	M40	London	23 Apr
3:13:36	Alex Tringham	SEN	Boston, USA	17 Apr
3:17:57	Tom Loia	SEN	Copenhagen	14 May
3:23:42	Ian Miller	M50	London	23 Apr
3:33:46	Clem Dixon	M60	Enschede, NL	16 Apr
3:45:25	Matthew Durrant	M35	London	23 Apr
3:47:50	Tom Castle	SEN	Brighton	2 Apr
3:51:26	Tom Sheldrake	SEN	Copenhagen	14 May
3:55:12	Nathan Moncaster	SEN	Manchester	14 Apr
3:55:45	Steve Brown	M60	London	23 Apr

Female

5 km				
16:16	Holly Dixon	SEN	Battersea Park	21 Apr
16:30	Megan Marchant	SEN	Battersea Park	21 Apr
17:35	Lara Atkinson	SEN	Battersea Park	17 Feb
26:56	Maria Macdonald	W70	Hyde Park	27 Jan
30:06	Stephanie Dungeate	W65	Hyde Park	27 Jan
32:37	Helen Jousselin	W60	Hyde Park	27 Jan

10 km

37:23	Lucy Foreman	SEN	Dewsbury	5 Feb
39:21	Georgia Huddleston	SEN	Battersea Park	4 Mar
39:48	Catherine Martin	SEN	Battersea Park	22 Feb
40:16	Lucy Marlow	W35	Chester	12 Mar
42:43	Sue Dixon	W50	Chester	12 Mar
45:22	Sally Carr	W50	Victoria Park	7 May
49:49	Joanna Park	W45	Brighton	2 Apr
1:09:31	Stephanie Dungeate	W65	Brighton	2 Apr
1:13:16	Monica Grehan	W70	Brighton	2 Apr

10 miles

1:09:37	Sue Dixon	W55	Folkestone	7 Apr
1:16:08	Sally Carr	W50	Folkestone	7 Apr
1:25:54	Joanna Park	W45	Folkestone	7 Apr
1:31:41	Maria Macdonald	W70	Folkestone	7 Apr

Half Marathon

1:23:34	Lucy Foreman	SEN	York	15 Jan
1:27:54	Christine Lutsch	W40	Wokingham	23 Feb
1:28:13	Emily Meins	SEN	Paddock Wood	12 Mar
1:28:55	Katie Sanders	SEN	Paddock Wood	12 Mar
1:30:55	Catherine Martin	SEN	Paddock Wood	12 Mar
1:38:01	Hayley Newman	SEN	Hastings	26 Mar
1:43:36	Maggie Illingworth	W45	Paddock Wood	12 Mar
2:02:15	Angela Ford	W50	Worthing	30 Apr
2:09:06	Maria Macdonald	W70	Hastings	26 Mar
2:09:38	Joanna Park	W45	Dartford	5 Mar

20 miles

2:14:28	Lucy Foreman	SEN	Hillingdon	7 Apr
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Marathon

2:58:05	Lucy Foreman	SEN	London	23 Apr
3:04:44	Louise Ahrendsen	W45	London	23 Apr
3:34:53	Rose Baker	W55	London	23 Apr
3:41:33	Katica Puga	SEN	Manchester	14 Apr
3:43:02	Maggie Illingworth	W45	Manchester	14 Apr
4:23:14	Maria Macdonald	W70	Boston, USA	17 Apr