

Cambridge Harriers - Road Running Rankings 2023

Male					1:27:36	Tom Coghill	M40	Cambridge	5 Mar
5 km					1:28:50	Matt Lisley	SEN	Brighton	2 Apr
14:52	Chris Loudon	M35	Battersea Park	21 Apr	1:29:04	Luke Ford	SEN	London	3 Sept
15:12	Tom Brooke	SEN	Battersea Park	17 Mar	1:30:05	Dan Easton	SEN	London	3 Sept
15:52	Brett Baker	SEN	Battersea Park	20 Dec	1:30:09	Peter St-Amour	M40	Dartford	5 Mar
16:27	James Macdonald	M40	Battersea Park	8 Aug	1:30:35	Clinton Lowe	SEN	London	3 Sept
16:38	Liam McLaughlin	SEN	Battersea Park	8 Aug	1:32:00	Ray Ramsay	SEN	Tunbridge Wells	19 Feb
18:27	Stephen Thompson	SEN	Battersea Park	29 Nov	1:33:22	Will Longhurst	SEN	St Albans	11 Jun
18:43	Matthew Preston	M50	Battersea Park	3 Dec	1:35:46	Graham Maynard	M60	Benidorm, SPN	17 Oct
18:54	Liam Carr	JUN	Victoria Park	7 May	1:36:32	Jonathan Idowu	JUN	London	3 Sept
19:39	Luke Ford	SEN	Hyde Park	29 Dec	1:40:36	George Siskos	SEN	Paddock Wood	12 Mar
20:33	Graham Maynard	M60	Battersea Park	8 Aug	1:41:04	Nathan Moncaster	SEN	London	3 Sept
23:21	Ian McCarthy	M65	Hyde Park	28 Jul	1:41:33	Clem Dixon	M60	Dartford	5 Mar
25:14	Paul Ford	M50	Hyde Park	29 Dec	1:45:41	James Floyd	M45	London	3 Sept
27:01	Keith Dungate	M75	Hyde Park	28 Apr	1:47:02	Richard Bennett	SEN	London	3 Sept
					1:54:19	Steve Brown	M60	Dartford	3 Sept
					1:58:46	Darren Waters	SEN	Southend	11 Jun
10 km					2:02:17	Paul Ford	M50	Worthing	30 Apr
31:51	Arthur Roux	SEN	Telford	10 Dec	2:20:11	Roderick Cooney	SEN	London	3 Sept
31:58	Tom Brooke	SEN	Battersea Park	1 Apr	2:20:22	Paul Warricker	M60	London	3 Sept
32:31	Bobby Babaker	SEN	London	24 Sept	2:31:45	Keith Dungate	M70	Lanzarote, SPN	
33:44	Brett Baker	SEN	London	24 Sept					
33:49	Phil Dickens	M40	Victoria Park	7 Apr	20 miles				
35:02	James Macdonald	M40	London	9 July	1:55:09	Tom Brooke	SEN	Lydd	7 Apr
36:41	Liam Carr	JUN	Telford	10 Dec	2:04:57	Ross May	SEN	Lydd	7 Apr
36:55	James Pitts	M40	London	7 Sept	2:28:49	Tom Coghill	SEN	Lydd	7 Apr
37:15	Jonathan Seargent	SEN	Battersea Park	29 Nov	2:39:24	Clem Dixon	M60	Lydd	7 Apr
37:37	Lewis Baker	SEN	London	24 Sept	2:53:29	Steve Brown	M60	Lydd	7 Apr
38:16	Christian Poulton	M50	London	24 Sept					
38:52	Mark Penny	SEN	Chatham, Kent	12 Nov	Marathon				
39:04	Tom Loia	SEN	London	24 Sept	2:27:16	Dean Lacy	M35	London	23 Apr
39:20	Stephen Thompson	SEN	Greenwich	7 Oct	2:28:34	James Macdonald	M40	Frankfurt, GER	29 Oct
40:26	Tom Castle	SEN	London	24 Sept	2:29:33	Tom Brooke	SEN	London	23 Apr
42:28	Dom Fiore	M50	Folkestone	28 May	2:37:56	Phil Dickens	M40	London	23 Apr
43:18	Tom Coghill	M40	Larkfield, Kent	17 Sept	2:39:20	Ross May	SEN	London	23 Apr
44:35	Nathan Moncaster	SEN	Battersea Park	11 Feb	2:45:44	John O'Mahony	M40	Manchester	14 Apr
46:08	Graham Maynard	M60	Larkfield, Kent	17 Sept	2:50:17	Dmitrij Savickij	SEN	London	23 Apr
51:04	Martin Hawkins	M60	Ashford	8 th Oct	2:52:59	Dave Worden	SEN	Brighton	2 Apr
51:26	Ian MaCarthy	M60	Larkfield, Kent	17 Sept	2:56:46	Geoff Smith	M40	Manchester	14 Apr
55:52	Paul Warricker	M60	London	24 Sept	2:57:07	James Pitts	M40	London	23 Apr
1:27:53	Les Pullen	M70	Lanzarote	2 Dec	2:59:50	Rob Shearer	M40	London	23 Apr
					3:00:07	Christian Poulton	M50	London	23 Apr
10 miles					3:00:32	Luke Martin	SEN	London	23 Apr
51:40	Dean Lacy	M35	Folkestone	7 Apr	3:03:50	Ray Ramsay	SEN	London	23 Apr
59:01	Greg Hills	SEN	Folkestone	7 Apr	3:12:15	Tom Coghill	M40	London	23 Apr
1:02:17	Christian Poulton	M50	Folkestone	7 Apr	3:13:36	Alex Tringham	SEN	Boston, USA	17 Apr
1:04:04	Ray Ramsay	SEN	Folkestone	7 Apr	3:17:57	Tom Loia	SEN	Copenhagen	14 May
1:06:53	Mark Penny	M40	Folkestone	7 Apr	3:21:58	Martin Leat	M60	Paris, FRN	2 Apr
1:07:08	Tom Coghill	M40	Folkestone	7 Apr	3:23:42	Ian Miller	M50	London	23 Apr
1:08:01	Peter St-Amour	M40	Canterbury	26 Jan	3:33:46	Clem Dixon	M60	Enschede, NL	16 Apr
1:18:55	Clem Dixon	M60	Folkestone	7 Apr	3:45:25	Matthew Durrant	M35	London	23 Apr
1:24:32	Mick Ellsmore	M70	Folkestone	7 Apr	3:47:50	Tom Castle	SEN	Brighton	2 Apr
1:27:08	Ian McCarthy	M60	Folkestone	7 Apr	3:51:26	Joe Sheldrake	SEN	Copenhagen	14 May
					3:55:12	Nathan Moncaster	SEN	Manchester	14 Apr
					3:55:45	Steve Brown	M60	London	23 Apr
Half Marathon									
1:09:06	Tom Brooke	SEN	Cambridge	5 Mar					
1:10:18	Bobby Babaker	SEN	London	3 Sept					
1:12:19	Ben Shearer	M40	Paddock Wood	12 Mar					
1:15:13	James Macdonald	M40	Tonbridge	1 Oct					
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					
1:20:52	Alex Peet	SEN	Cardiff	1 Oct					
1:22:48	Rob Shearer	M40	Tunbridge Wells	19 Feb					
1:23:29	James Pitts	M40	Valencia SPN	22 Oct					
1:23:58	Duncan Hope	M40	London	3 Sept					
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					
1:27:24	Martin Leat	M60	Cambridge	5 Mar					
1:27:25	Stephen Thompson	SEN	Hackney	21 May					

Cambridge Harriers - Road Running Rankings 2023

Female

5 km

16:12	Holly Dixon	SEN	Cardiff	12 Aug
16:30	Megan Marchant	SEN	Battersea Park	21 Apr
17:35	Lara Atkinson	SEN	Battersea Park	17 Feb
18:31	Georgia Huddleston	SEN	Battersea Park	21 Apr
19:13	Christine Lutsch	W40	Battersea Park	15 Sept
20:39	Sue Dixon	W50	Battersea Park	3 Dec
22:08	Sally Carr	W50	Battersea Park	3 Dec
22:19	Rose Baker	W55	Hyde Park	29 Dec
25:23	Joanna Park	W45	Hyde Park	29 Dec
26:56	Maria Macdonald	W70	Hyde Park	27 Jan
30:06	Stephanie Dungate	W65	Hyde Park	27 Jan
32:37	Helen Joussein	W60	Hyde Park	27 Jan

10 km

33:55	Holly Dixon	SEN	Telford	10 Dec
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
41:40	Julie Backley	W50	Brighton	19 Nov
42:34	Sue Dixon	W50	London	9 July
45:22	Sally Carr	W50	Victoria Park	7 May
45:52	Rose Baker	W55	Charing	9 June
48:54	Jessica Lowe	SEN	London	2 May
49:49	Joanna Park	W45	Brighton	2 Apr
1:06:54	Helen Joussein	W60	London	24 Sept
1:09:31	Stephanie Dungate	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

1:17:30	Holly Dixon	SEN	London	3 Sept
1:23:34	Lucy Foreman	SEN	York	15 Jan
1:27:00	Emily Meins	SEN	Victoria Park	12 Nov
1:27:54	Christine Lutsch	W40	Wokingham	23 Feb
1:28:55	Katie Sanders	SEN	Paddock Wood	12 Mar
1:30:55	Catherine Martin	SEN	Paddock Wood	12 Mar
1:35:23	Susan Dixon	W50	London	3 Sept
1:38:01	Hayley Newman	SEN	Hastings	26 Mar
1:41:34	Sally Carr	W50	London	3 Sept
1:41:49	Jessica Lowe	SEN	London	3 Sept
1:43:36	Maggie Illingworth	W45	Paddock Wood	12 Mar
1:48:01	Sophie Johnson	SEN	London	3 Sept
2:02:15	Angela Ford	W50	Worthing	30 Apr
2:04:33	Joanne Barber	W50	London	3 Sept
2:09:06	Maria Macdonald	W70	Hastings	26 Mar
2:35:50	Helen Joussein	W60	Lanzarote,SPN	2 Dec
2:42:32	Stephanie Dungate	W70	Lanzarote, SPN	2 Dec

20 miles

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

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