

ROAD RACING LADDERS FOR VALE ROYAL AC

MEN

5k

Time	Name	Age Category	Place & Year
13.58	C Perry	Senior	Barrowford 2020
14.31	E Bowker	U20	Christleton 2015
14.31	R Serif	Senior	Battersea Park 2023
14.40	J Brown	Senior	Armagh 2019
14.42	A Dight	Senior	Kingsley 2022
14.46	A Miles	Senior	Armagh 2023
14.47	Chris Williams	Senior	Kingsley 2023
14.47	D Lloyd	Senior	Kingsley 2022
14.50	J Humphries	Senior	Kingsley 2023
14.52	R Moore	Senior	Battersea Park 2022
14.54	J Wilson	U20	Leicester 2023
14.57	Aaron Doyle	Senior	Kingsley 2023
14.58	B McIntosh	Senior	Battersea Park 2023
15.03	Nathan Williams	Senior	Kingsley 2022
15.05	M Sheen	U20	Armagh 2016
15.14	M Vennard	U20	Christleton 2013
15.15	Alex Doyle	U20	Kingsley 2020
15.21	M Rowlinson	Senior	Kingsley 2022
15.27	S Ruscoe	Senior	Christleton 2001
15.28	M McCormack	Senior	Kingsley 2020
15.28	E Pettitt	U20	Newcastle 2022
15.32	A Hall	Senior	Christleton 2015
15.35	J Griffiths	Senior	Kingsley 2023
15.35	T Taylor	U17	Kingsley 2023
15.37	C Standidge	Senior	Christleton 2023
15.37	G Tomlinson	Senior	Christleton 2006
15.39	Z Bamber	U20	Christleton 2013
15.39	Olly Williams	Senior	Kingsley 2018
15.45	S Doyle	V40	Christleton 2013
15.53	Gareth Williams	Senior	Christleton 2004
15.55	Cameron Weaver	U20	Capenhurst 2017
15.59	H Dexter	Senior	Kingsley 2020
15.59	M Crabtree	V40	Christleton 2023
16.00	R Bowden	U17	Kingsley 2023
16.08	A Gibbs	V45	Horwich 2009
16.17	J Betteley	U20	Delamere 2017
16.21	A McNab	U17	Kingsley 2023
16.23	J Kettle	Senior	Bowdon 2001
16.23	J O'Reilly	U17	Kingsley 2023
16.24	P Griffith	U17	Delamere 2021
16.29	D Carney	U17	Hemel Hempstead 2020
16.33	T Corwood	U17	Kingsley 2022
16.34	G Miles	Senior	Christleton 2005
16.36	E Davies-Hayes	U20	Kingsley 2023
16.41	Charlie Weaver	Senior	Kingsley 2023
16.43	Chris Jones	Senior	Kingsley 2019
16.45	E McNab	U20	Kingsley 2023
16.46	Danny Smith	Senior	Sale 2022
16.46	J Ainsworth	V40	Capenhurst 2018
16.47	G Thompson	Senior	Kingsley 2016
16.50	P Toolis	Senior	Christleton 2001
16.50	N Tipping	Senior	Crewe 2015
16.53	M Harrington	V45	Sale 2017
16.55	Chris Jones	Senior	Kingsley 2017
16.57	G Frost	Senior	Sale 2022
16.58	S Caldwell	Senior	Christleton 2015
16.59	R McBain	V40	Kingsley 2022
17.07	T Armstrong	Senior	Sale 2013
17.14	D Gough	Senior	Christleton 2001
17.17	T Corwood	U17	Kingsley 2022
17.17	R Oliver	Senior	Capenhurst 2014
17.19	P Maher	V55	Bowden 2010
17.21	W McKay	U15	Crewe 2017
17.23	G Richardson	V45	Kingsley 2020
17.23	D Cottier	V40	Sale 2012
17.28	J Dufty	U17	Dunham Massey 2016

10 miles

Time	Name	Age Category	Place & Year
50.28	A Dight	Senior	York 2023
52.29	R Moore	Senior	Stockport 2023
52.40	Aaron Doyle	Senior	Lancaster 2023
52.42	J Kettle	Senior	Sale 1997
53.29	B McIntosh	Senior	Preston 2022
53.41	N Williams	Senior	Wimborne 2023
54.07	K Moss	V45	Sale 1997
54.30	S Doyle	V40	Warford 2012
54.47	P Maher	V40	Sale 1997
56.24	C Standidge	Senior	Stockport 2013
56.36	G Williams	Senior	Wrexham 2004
58.12	G Miles	Senior	Stockport 2003
59.13	D Stevens	Senior	Stockport 1995
59.20	T Armstrong	Senior	Blackpool 2012
59.42	S Lumsden	V40	Portsmouth 2023
59.54	S Caldwell	Senior	Wrexham 2015

5 miles

Time	Name	Age Category	Place & Year
24.29	N Jones	Senior	Altrincham 1995
24.42	D Rathbone	Senior	Sale 1997
25.22	Chris Williams	Senior	Alsager 2020
25.29	A Miles	Senior	Alsager 2022
25.34	A Dight	Senior	Pie & Peas 2023
25.39	M Sheen	Senior	Spring 5 2018
25.40	Nathan Williams	Senior	Chester 2023
25.42	J Kettle	Senior	Chester 1997
25.48	E Bowker	U20	Pie & Peas 2015
25.49	Aaron Doyle	Senior	Pie & Peas 2023
25.53	J Brown	U20	Alsager 2018
25.53	K Moss	V45	Alsager 2000
25.55	C Perry	Senior	Alsager 2015
26.12	G Tomlinson	Senior	Chester 2005
26.22	R Godden	Senior	Alsager 1999
26.29	S Doyle	V40	Chester 2014
26.36	M McCormack	Senior	Alsager 2020
26.39	G Thompson	Senior	Chester 2006
26.39	J Griffiths	Senior	Alsager 2023
26.40	J Humphries	Senior	Pie & Peas 2022
26.44	G Williams	Senior	Alsager 2004
26.48	P Maher	V40	Chester 1997
26.50	M Rowlinson	Senior	Pie & Peas 2021
26.55	J Wilson	U20	Pie & Peas 2023
26.57	A Clews	U20	Pie & Peas 2010
27.01	C Weaver	U20	Pie & Peas 2016
27.04	Ollie Williams	Senior	Alsager 2018
27.08	J Betteley	U17	Pie & Peas 2015
27.11	R Moore	Senior	Pie & Peas 2017
27.19	M McCormack	Senior	Pie & Peas 2023
27.20	C Standidge	Senior	Chester 2014
27.22	S Whitehead	Senior	Pie & Peas 2017
27.25	Z Bamber	U20	Burtonwood 2013
27.29	P Toolis	Senior	Alsager 2000
27.30	R Johnson	Senior	Chester 1999
27.31	Alex Doyle	U20	Pie & Peas 2019
27.34	M Crabtree	V40	Chester 2023
27.40	M Vennard	U20	Pie & Peas 2014
27.45	N Hardman	V40	Altrincham 1995
27.47	G Miles	Senior	Alsager 2005
27.49	R Serif	U17	Pie & Peas 2019
27.57	T Annable	V40	Alsager 2009
27.57	J Ainsworth	V40	Chester 2018
27.58	Chris Jones	Senior	Abergele 2019
27.58	D Stevens	Senior	Chester 1996

28.00

1/2 Marathon

Time	Name	Age Category	Place & Year
65.36	C Perry	Senior	Wilmslow 2022
68.06	Ryan Moore	Senior	Manchester 2023
68.54	D Lloyd	Senior	Manchester 2022
69.24	Aaron Doyle	Senior	Wilmslow 2023
70.22	R Serif	Senior	London 2022
70.36	J Humphries	Senior	Wilmslow 2023
71.03	G Tomlinson	Senior	Wilmslow 2007
71.06	Chris Williams	Senior	Manchester 2019
71.28	P Maher	V40	Wilmslow 1996
71.43	C Standidge	Senior	Manchester 2019
71.45	S Doyle	V40	Wilmslow 2015
72.09	J Kettle	Senior	Wilmslow 2000
72.20	B McIntosh	Senior	Big Half 2022
73.44	J Carter	Senior	Wilmslow 1996
74.36	P Toolis	Senior	Wilmslow 2000
74.44	D Stevens	Senior	Wilmslow 1996
74.44	G Williams	Senior	Wilmslow 2005
75.05	R Price	Senior	Wilmslow 1996
75.06	T Annable	V40	Wrexham 2009
75.46	N Hardman	V40	Wilmslow 1996
75.55	Z Cross	U20	Newcastle 2009
75.58	Ryan Smith	Senior	Manchester 2021
76.32	R Johnson	Senior	Wilmslow 1999
76.53	G Miles	V40	Wrexham 2008

77.00

10k

Time	Name	Age Category	Place & Year
29.45	C Perry	Senior	Barrowford 2020
30.08	A Dight	Senior	Wilmslow 2023
30.36	N Jones	Senior	Manchester 1996
30.54	Chris Williams	Senior	Barrowford 2020
30.57	A Miles	Senior	Telford 2022
30.58	M Sheen	Senior	Salford 2018
31.03	R Serif	U20	Telford 2022
31.07	R Moore	Senior	Wilmslow 2023
31.14	Aaron Doyle	Senior	Wilmslow 2023
31.20	B McIntosh	Senior	Knutsford 2022
31.53	R Godden	Senior	Birchwood 1999
31.59	G Tomlinson	Senior	Preston 2007
32.10	M Vennard	Senior	Alderley Edge 2017
32.15	S Doyle	V40	Arley 2014
32.17	Nathan Williams	Senior	London 2022
32.26	K Moss	V45	Guilden Sutton 1998
32.31	J Kettle	Senior	Manchester 1996
32.40	M McCormack	Senior	Wilmslow 2019
32.47	J Griffiths	Senior	Wilmslow 2023
32.48	C Standidge	V40	Arley 2020
32.48	P Stradling	Senior	Trafford 2023
33.03	R Bowden	U17	Wilmslow 2023
33.06	Z Bamber	U20	Crewe 2013
33.17	P Maher	V40	Guilden Sutton 1996
33.28	A Hall	Senior	Ellesmere 2015
33.32	M Crabtree	V40	Wilmslow 2021
33.32	Gareth Williams	Senior	Eastleigh 2004
33.45	J Chatten	U20	Arley 2015
33.47	Ryan Smith	Senior	Wilmslow 2021
33.47	M Weedall	V40	Crewe 1999
33.48	A Clews	U20	Sandbach 2010
33.58	Ollie Williams	Senior	Trafford 2017
34.05	C Hulse	V40	Manchester 1996
34.18	N Tipping	U20	Crewe 2014
34.19	P Toolis	Senior	East Cheshire 1999
34.20	G Miles	Senior	Trafford 2005
34.28	J Ainsworth	V40	Wilmslow 2017
34.37	S Hendrie	V40	Manchester 1997
34.40	Danny Smith	Senior	Wilmslow 2022
34.41	Chris Jones	Senior	Wilmslow 2018
34.58	G Thompson	Senior	Barcelona 2017
34.59	G Frost	Senior	Runcorn Bridge 2022
35.04	D Smith	Senior	Wilmslow 2022
35.07	T Annable	V40	Trafford 2009
35.13	C Weaver	Senior	Southport 2023
35.23	E Pettitt	U17	Llandudno 2019
35.33	M Harrington	V40	Warrington 2017
35.47	T Armstrong	Senior	Crewe 2013
35.51	S Caldwell	Senior	Leeds 2012
35.55	R Oliver	Senior	Guilden Sutton 2013

36.00

Marathon

Time	Name	Age Category	Place & Year
2.16.26	C Perry	Senior	Valencia 2023
2.26.33	Chris Williams	Senior	London 2021
2.29.46	B McIntosh	Senior	Eindhoven 2023
2.33.07	S Doyle	V40	Manchester 2016
2.34.48	G Tomlinson	Senior	London 2006
2.36.34	P Stradling	Senior	London 2023
2.40.42	Aaron Doyle	U20	Blackpool 2021
2.44.12	Ryan Smith	Senior	Manchester 2022
2.46.36	Rob McBain	V40	London 2022
2.48.57	T Armstrong	Senior	London 2013
2.50.01	C Jones	Senior	Manchester 2019
2.50.37	T Annable	V40	London 2008
2.51.49	R Oliver	Senior	Rome 2014
2.55.21	P Stradling	Senior	Lisbon 2021
2.58.12	C Weaver	Senior	Paris 2023
2.59.07	G Richardson	V45	Windsor 2020
2.59.14	A Burgess	Senior	London 2022
2.59.48	I Brough	V45	London 2016

3.00.00

ROAD RACING LADDERS FOR VALE ROYAL AC

LADIES

5k

Time	Name	Age Category	Place & Year
16.16	K Brough (Olliver)	Senior	Sale 2015
16.24	T McCormick	Senior	Kingsley 2022
16.28	H Weedall	U17	Kingsley 2021
16.37	A Howarth	Senior	Battersea Pk 2022
16.38	N Archer	Senior	Christleton 2008
16.44	A Pettit	Senior	Christleton 2016
16.45	S Dufour-Jackson	Senior	Kingsley 2023
16.52	L Renondeau	V40	Kingsley 2020
16.57	E Lowery	Senior	Battersea Pk 2023
16.59	L Gray	Senior	Kingsley 2022
17.02	Holly Smith	U15	Kingsley 2017
17.02	Grace Roberts	U17	Tameside 2021
17.09	K Moulds	Senior	Kingsley 2022
17.16	O Renshaw	Senior	Upton 2004
17.28	Chloe Dooley	Senior	Kingsley 2020
17.37	J Thorn	V40	Chester 2001
17.39	S Murphy	V35	Kingsley 2017
17.39	J Spencer (Thompson)	Senior	Kingsley 2017
17.40	Hope Smith	U17	Kingsley 2021
17.42	S Griffiths	Senior	Kingsley 2016
18.03	K Spilsbury	Senior	Christleton 2016
18.18	K Titlow	Senior	Kingsley 2017
18.19	Lucy Smith	U15	Kingsley 2017
18.29	G Barnett	Senior	Crewe 2013
18.31	Natasha Smith	V45	Kingsley 2017
18.38	Sophie Smith	U20	Crewe 2015
18.39	C Broad	U20	Sale 2017
18.39	A Begbie	V40	Kingsley 2023
18.40	H Carrington	Senior	Kingsley 2023
18.41	H Whitby	Senior	Hollins Green 2005
18.47	S Tarbuck	Senior	Kingsley 2022
18.49	A Hildrup	V35	Kingsley 2017
18.55	K Gerrard	U17	Crewe 2012
18.56	K Riley	Senior	Forest Park 2013
18.57	C Dimmick	U17	Crewe 2016
19.04	E Bridge	U20	Christleton 2017
19.17	H Weedall	U13	Northwich 2016
19.23	C Pettitt	Senior	Kingsley 2017
19.16	Carolyn Dooley	V40	Kingsley 2018
19.21	I Ashcroft	U17	Delamere 2021
19.34	Z Broughton	U17	Kingsley 2023
19.34	J Parsons	U15	Hollins Green 2010
19.35	L Burch	Senior	Kingsley 2022
19.35	M Hough	U17	Forest Park 2013
19.37	M Roberts	U20	Kingsley 2023
19.45	Helen Smith	V40	Christleton 2012
19.49	M Johnson	Senior	Christleton 2013
19.59	D Broad	V55	Capenhurst 2022

20

10 miles

Time	Name	Age Category	Place & Year
56.01	T McCormick	Senior	Cabbage Patch 2023
57.29	N Archer	Senior	Wallsall 2006
58.05	A Pettitt	Senior	Thirsk 2016
59.32	O Renshaw	Senior	Sale 2004
62.38	K Brough (Olliver)	Senior	Blackpool 2017
64.01	J Thorn	V35	Flint 1994
64.25	A Begbie	V40	Myerscough 2022
70.04	M Fenn	V35	Fenland 2010
70.16	S Young	V50	Sale 2010
71.01	M Taverner	V40	Preston 2010

5 miles

Time	Name	Age Category	Place & Year
27.09	K Brough (Olliver)	Senior	Alsager 2014
27.11	T McCormick	Senior	Battersea 2021
27.51	N Archer	Senior	Alsager 2008
28.25	S Dufour-Jackson	Senior	Alsager 2023
28.25	L Gray	Senior	Alsager 2023
28.35	H Weedall	U20	Pie & Peas 2023
28.47	O Renshaw	Senior	Alsager 2005
28.48	L Renondeau	V40	Alsager 2020
29.46	A Howarth	Senior	Pie & Peas 2023
29.59	Holly Smith	Senior	Pie & Peas 2023
30.08	J Thorn	V40	Chester 1999
30.26	S Smith	U20	Chester 2015
30.52	A Hildrup	V35	Alsager 2018
31.05	K Titlow	Senior	Chester 2016
31.10	S Wood	Senior	Alsager 1999
31.10	K Spilsbury	Senior	P&P 2013
31.11	M Huxley	U17	P&P 2010
31.11	H Whitby	Senior	Dolgellau 2011
31.14	S Murphy	Senior	Pie & Peas 2015
31.22	A Pettit	U20	Pie & Peas 2012
31.23	G Barnett	Senior	Pie & Peas 2013
32.06	S Smith	U17	Alsager 2015
32.13	Chloe Dooley	U20	Abergele 2018
32.22	S Stockton	U17	Pie & Peas 2006
32.29	K Moulds	Senior	Alsager 2018
32.44	J Parsons	U17	Pie & Peas 2012
32.47	C Owen	V45	Chester 2003
32.52	Carolyn Dooley	V40	Abergele 2018
33.03	E Pyatt	U20	Alsager 2014
33.18	H Smith	V45	Chester 2017
33.19	D Broad	V55	Alsager 2023
33.47	M Taverner	V45	Dolgellau 2007

1/2 Marathon

Time	Name	Age Category	Place & Year
74.40	N Archer	Senior	Edinburgh 2007
74.42	T McCormick	Senior	London 2023
74.42	A Howarth	Senior	Manchester 2023
78.38	L Renondeau	V40	Siddington 2020
79.18	K Brough (Olliver)	Senior	Birmingham 2015
79.18	L Gray	Senior	Liverpool 2022
79.25	O Renshaw	Senior	Nottingham 2005
79.55	A Pettit	Senior	Big Half 2022
80.57	Chloe Dooley	Senior	Cardiff 2019
81.10	K Moulds	Senior	Wrexham 2023
81.17	J Thorn	V35	Helsby 1996
81.38	S Murphy	V35	Wilmslow 2015
83.35	K Spilsbury	Senior	Reading 2017
84.53	J Watt	Senior	Chester 2017
85.15	S Young	V45	Wilmslow 2000
85.26	G Barnett	Senior	Congleton 2013
86.01	Natasha Smith	V45	Chester 2017
86.29	H Whitby	Senior	Wrexham 2008
86.42	D Searle	Senior	Stoke 2021
86.53	A Begbie	V40	Wilmslow 2023
87.10	S Wood	Senior	Wilmslow 1999
87.15	J Campion	V40	Wrexham 2007
88.06	Carolyn Dooley	V40	Manchester 2016
88.54	H Fowls	Senior	Helsby 2004
89.46	K Titlow	Senior	Chester 2017
90.10	C Pettitt	Senior	Paris 2022
90.27	Helen Smith	V40	Helsby 2016
91.18	M Taverner	V45	Wrexham 2008
91.48	Mel Smith	V35	Helsby 2010

1.32.00

10k

Time	Name	Age Category	Place & Year
33.18	S Stockton	Senior	France 2014
33.23	T McCormick	Senior	Eastleigh 2022
33.49	H Weedall	U20	Telford 2023
34.03	K Brough (Olliver)	Senior	Manchester 2013
34.13	N Archer	Senior	Trafford 2008
34.34	S Dufour-Jackson	Senior	Wilmslow 2023
34.49	A Howarth	Senior	Telford 2021
34.49	A Pettit	Senior	Middlesborough 2015
35.13	K Moulds	Senior	Trafford 2022
35.36	Liz Renondeau	V40	Arley 2020
35.40	O Renshaw	Senior	Cardiff 2004
36.18	Chloe Dooley	Senior	Manchester 2023
36.24	S Murphy	V40	Leeds 2017
36.39	K Spilsbury	Senior	Leeds 2014
37.11	S Griffiths	Senior	Arley 2016
37.22	J Spencer (Thompson)	Senior	Barcelona 2017
37.43	M Huxley	Senior	Sandbach 2021
38.12	J Thorn	V35	Liverpool 1996
38.34	G Barnett	Senior	Guilden Sutton 2013
38.36	A Begbie	V40	Wilmslow 2022
38.41	Chloe Broad	Senior	Stone 2019
38.47	A Hildrup	Senior	High Legh 2015
38.53	H Carrington	Senior	Telford 2022
39.00	Sophie Smith	U20	Crewe 2015
39.10	H Whitby	Senior	Trafford 2005
39.26	Carolyn Dooley	V40	Wilmslow 2017
39.58	K Titlow	Senior	Farndon 2016
40.18	K Stringer	U17	Antrobus 2008
40.22	H Smith	V50	Wilmslow 2023
40.41	P Thorn	Senior	Guilden Sutton 2008
40.47	I Ashcroft	U17	Sandbach 2021
41.07	E Pyatt	U20	Arley 2014
41.09	N Smith	V45	Farndon 2016
41.14	C Pettitt	Senior	London 2021
41.17	Claire Thompson	Senior	Crewe 2004
41.32	D Broad	V55	Wilmslow 2022
41.46	L Burch	Senior	High Legh 2022
42.14	M Fenn	V35	Warrington 2010
42.20	J Hartley	V50	Alderley Edge 2023
42.32	M Johnson	V35	Wilmslow 2017
42.41	M Taverner	V45	Wrexham 2007

43.00

Marathon

Time	Name	Age Category	Place & Year
2.33.45	T McCormick	Senior	Valencia 2023
2.40.15	A Howarth	Senior	Valencia 2023
2.42.07	L Renondeau	V40	Manchester 2022
2.42.22	N Archer	Senior	London 2010
2.54.58	S Murphy	V35	Manchester 2015
2.59.38	K Brough (Olliver)	Senior	Manchester 2017
3.03.10	A Hildrup	V35	Manchester 2015
3.04.18	K Spilsbury	Senior	Gold Coast 2019
3.08.00	M Fenn	V35	Bungay 2010
3.10.34	J Thorn	V35	London 1996
3.13.40	G Barnett	Senior	London 2016
3.14.17	P Davies	V40	Rotterdam 1994
3.14.19	J Campion	V40	London 2008
3.12.00	C Dooley	V45	London 2019
3.15.26	H Smith	V45	London 2016
3.18.29	H Whitby	Senior	Chicago 2006
3.19.09	S Tarbuck	Senior	Manchester 2021
3.23.50	S Rees	Senior	Chester 2014
3.25.15	M Taverner	V45	London 2008

3.30.00