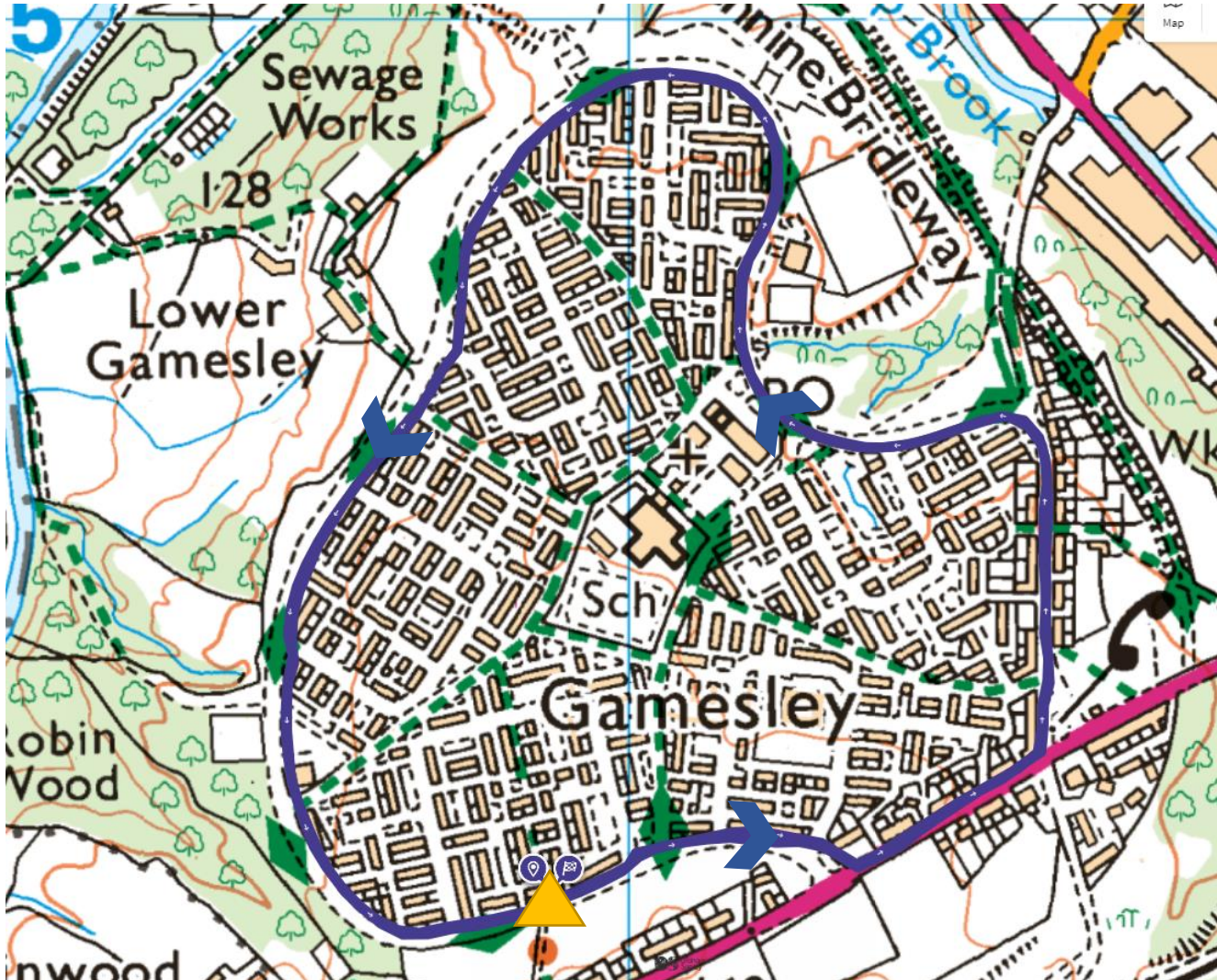




2023 Club Championships

By the Numbers.....

February 2023 – Gamesley 5K TT



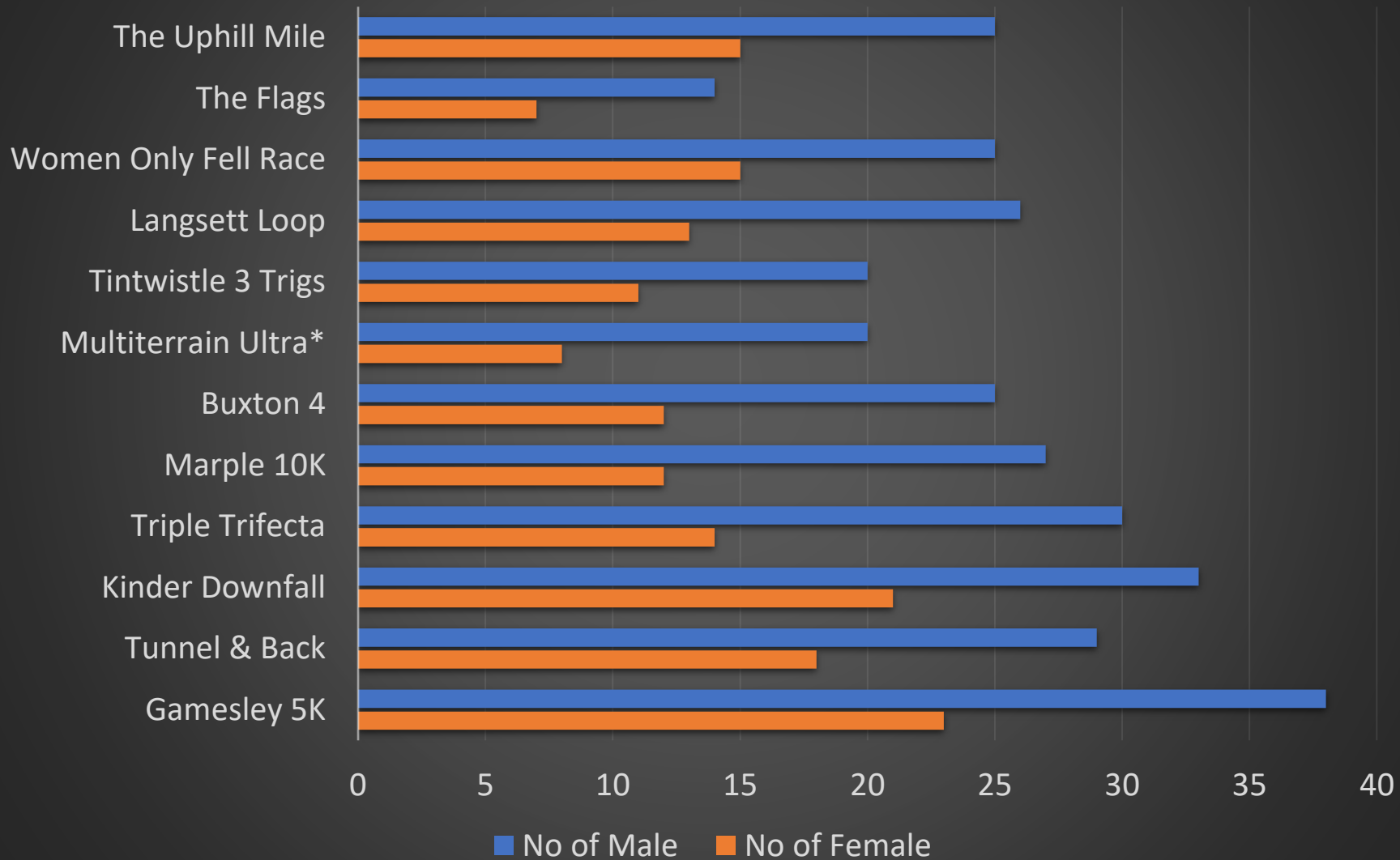
Discipline = Road
3.1 Miles x 170 ft

Time Trial Only

Mens Winner =
Seb Kinsey (18:42)

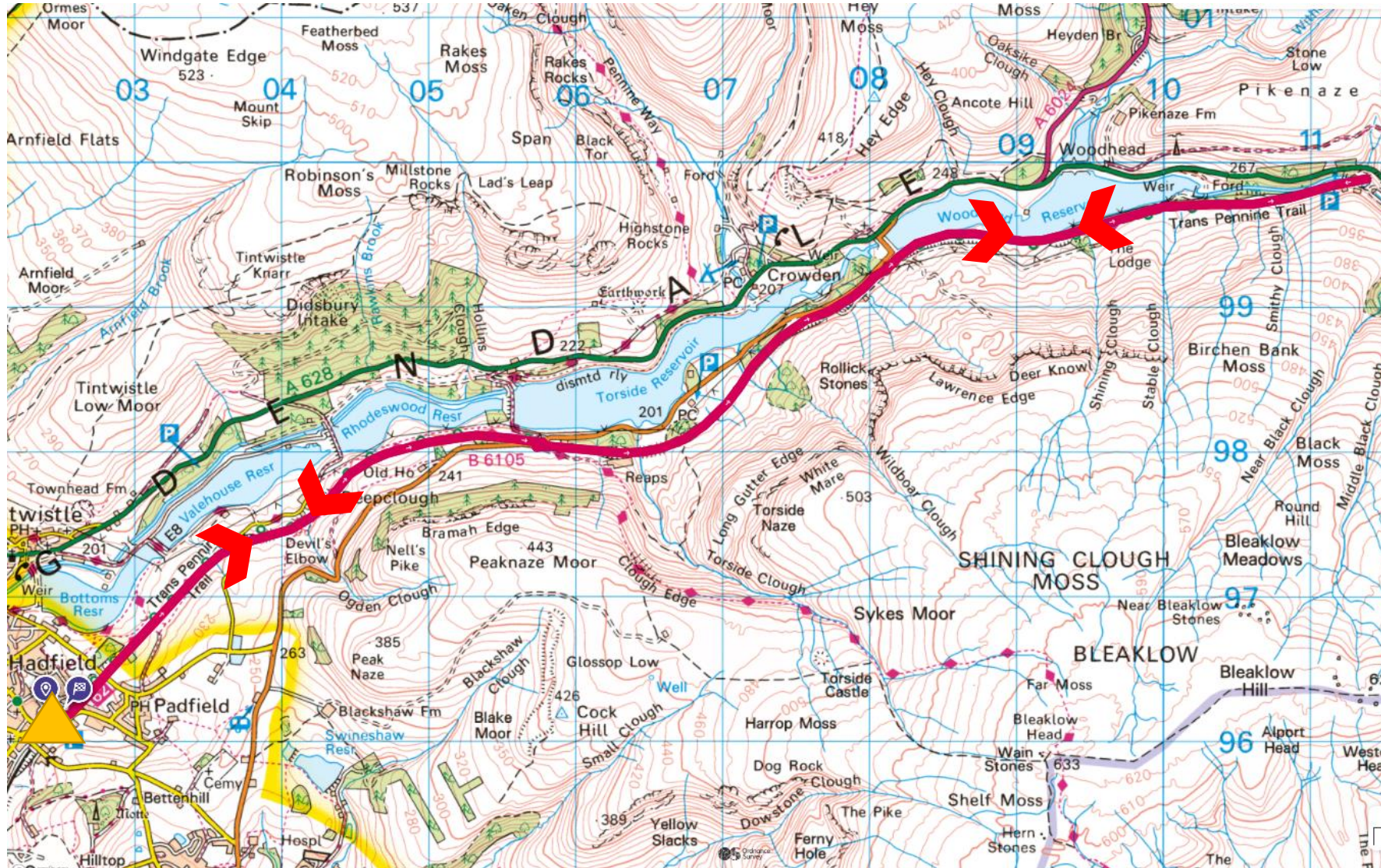
Womens Winner =
Rachel Sproston (22:23)

Number of Participants M/F



- 78 Harriers ran 1 race or more.
- Gamesley 5K had the highest combined participation (61 Harriers).

March 2023 – Tunnel & Back



Discipline = Trail
13.1 Miles x 460 ft

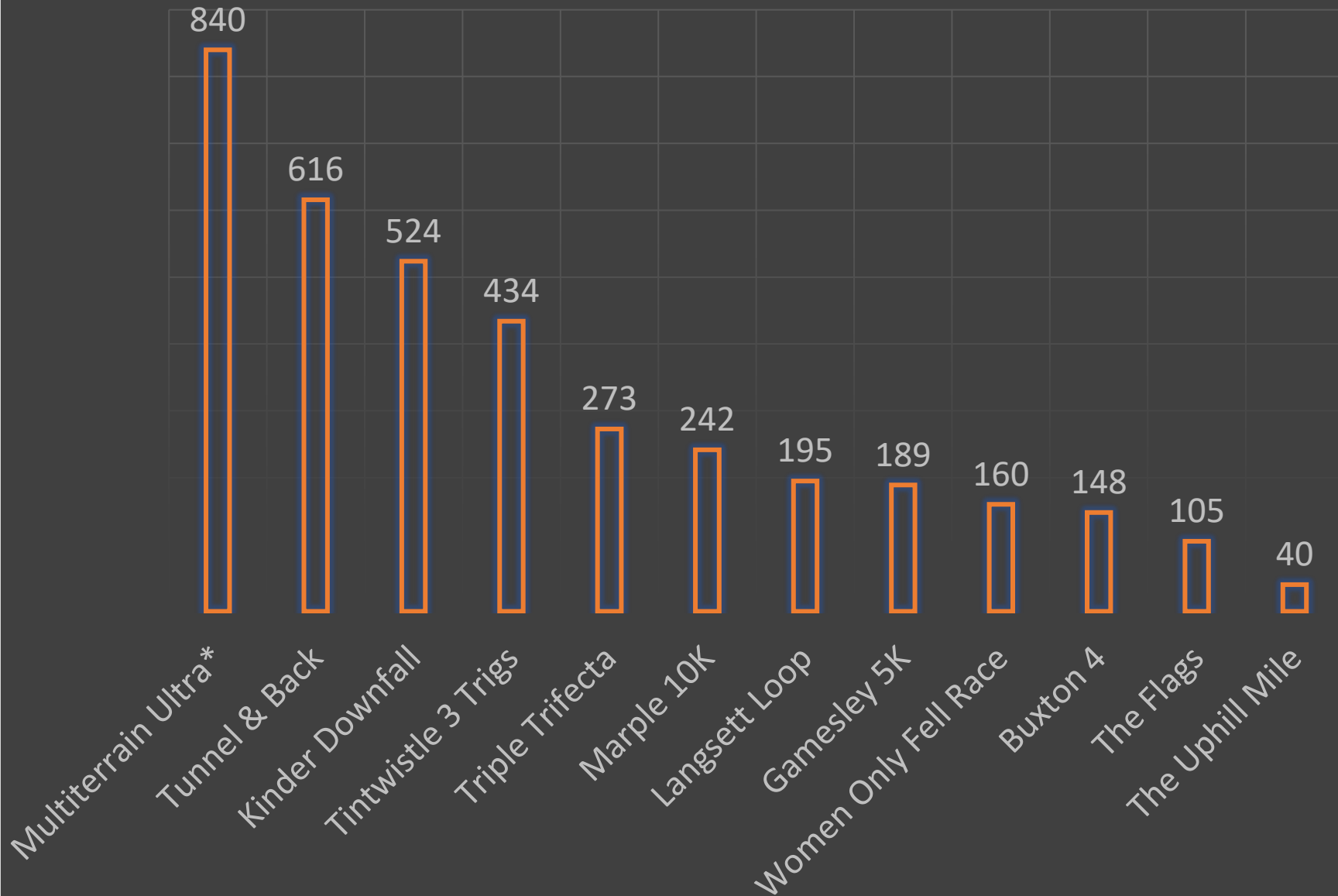
Time Trial Only

Mens Winner =
James Barnard (1:21:19)

Womens Winner =
Lucy Wasinski (1:37:33)



Club Total Mileage per Race



- Total miles covered in the 2023 Champs = 3,765 miles (6,059km)

April 2023 – Kinder Downfall



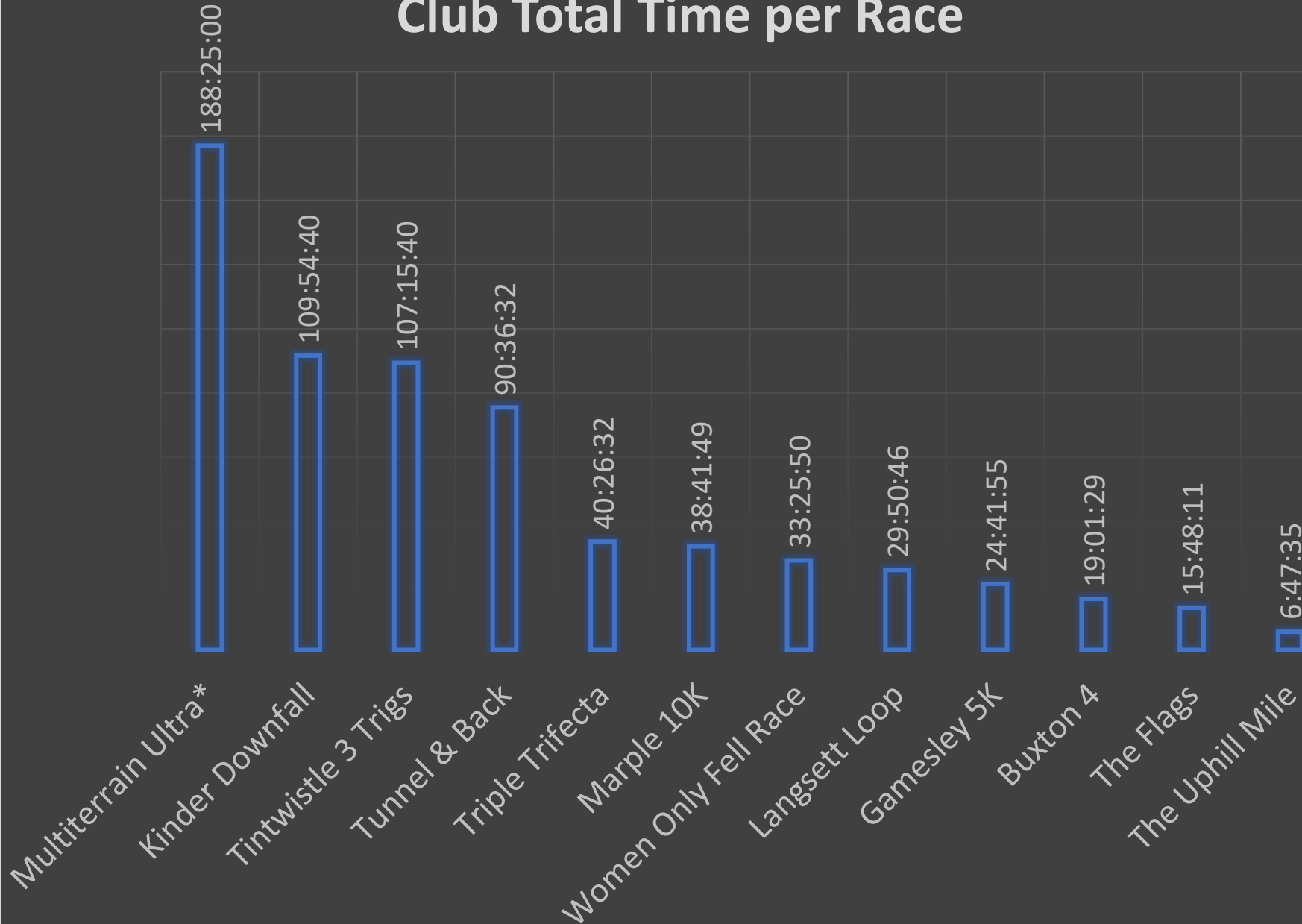
Discipline = Fell
9.7 Miles x 2000 ft

Time Trial or Race (23/04/23)

Mens Winner =
Ben Tetler (1:13:48)
Womens Winner =
Zoe Barton (1:45:02)



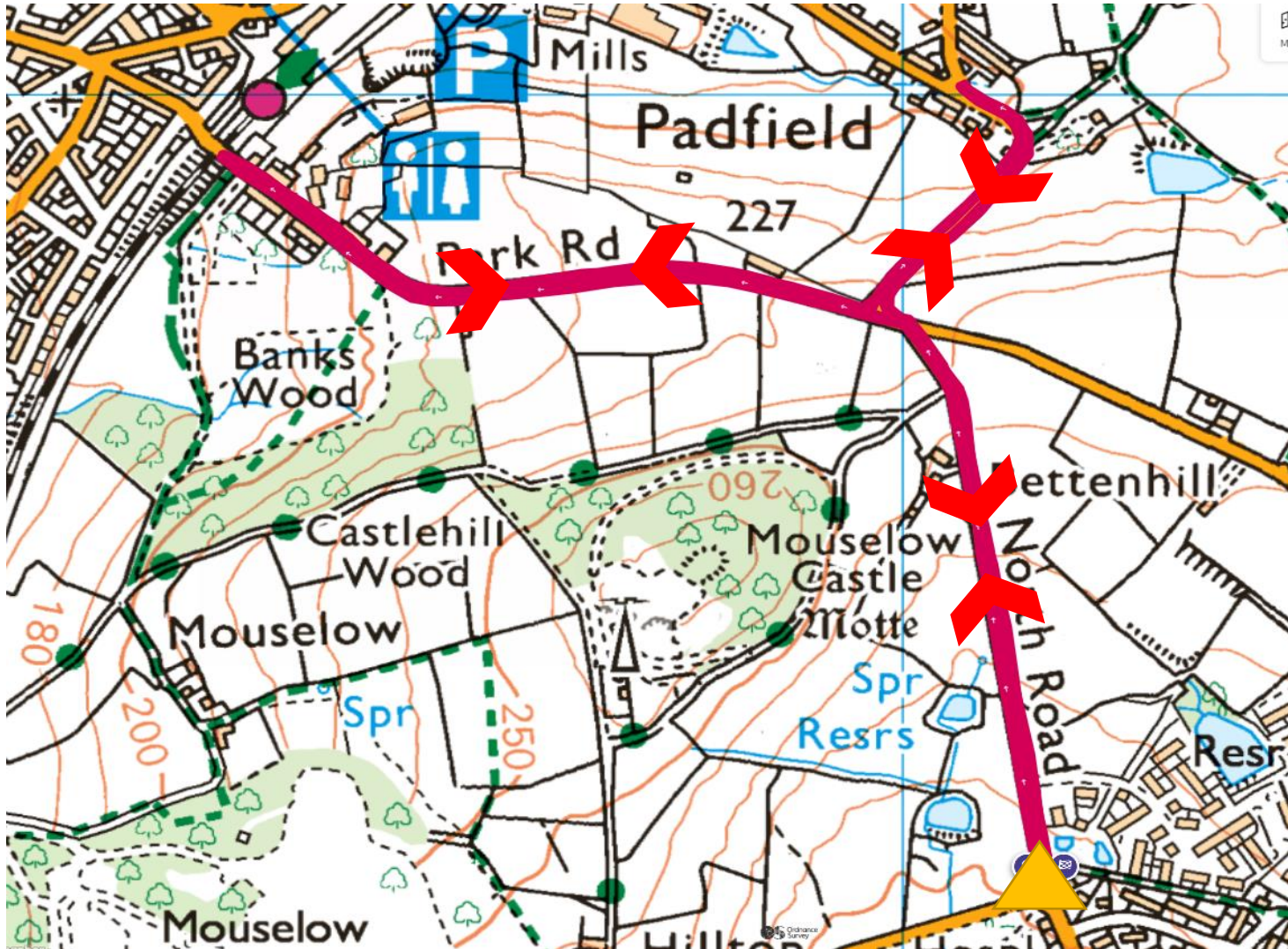
Club Total Time per Race



- Total Time spent on the 2023 Champs = 704 hours (over 29 days solid!)

*Total time is excluding multiday Ultra completions, but adding these 7 people at average completion time of 6.75 hours

May 2023 – Triple Trifecta



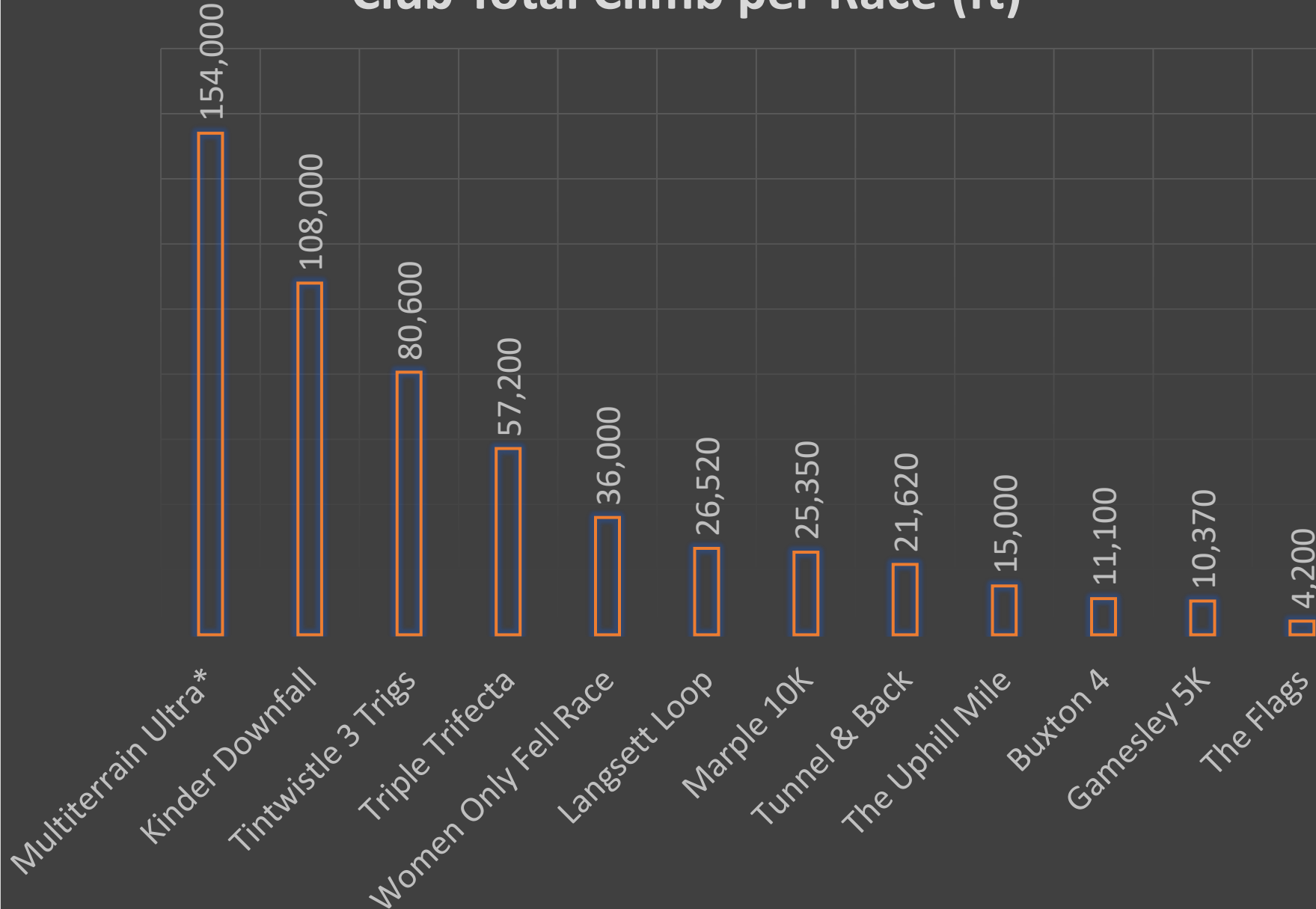
Discipline = Road
6.2 Miles x 1300 ft

Time Trial Only

Mens Winner =
Sean Phillips (41:20)
Womens Winner =
Lucy Wasinski (45:33)

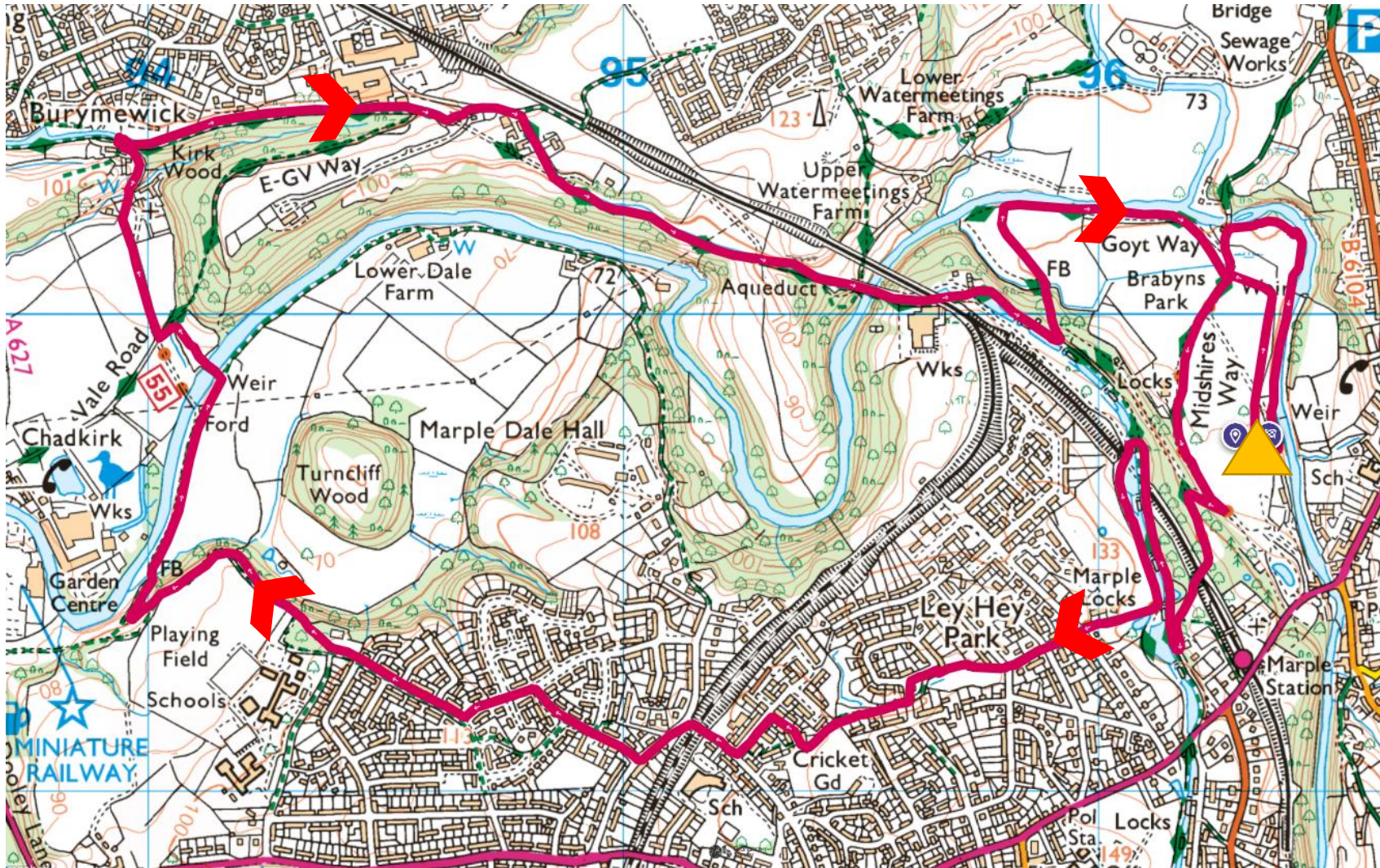


Club Total Climb per Race (ft)



- Total Climb during the 2021 Champs = 549,960 feet (167,628 metres).
- Almost 19 times up Mount Everest from sea level.

June 2023 – Marple Carnival 10K



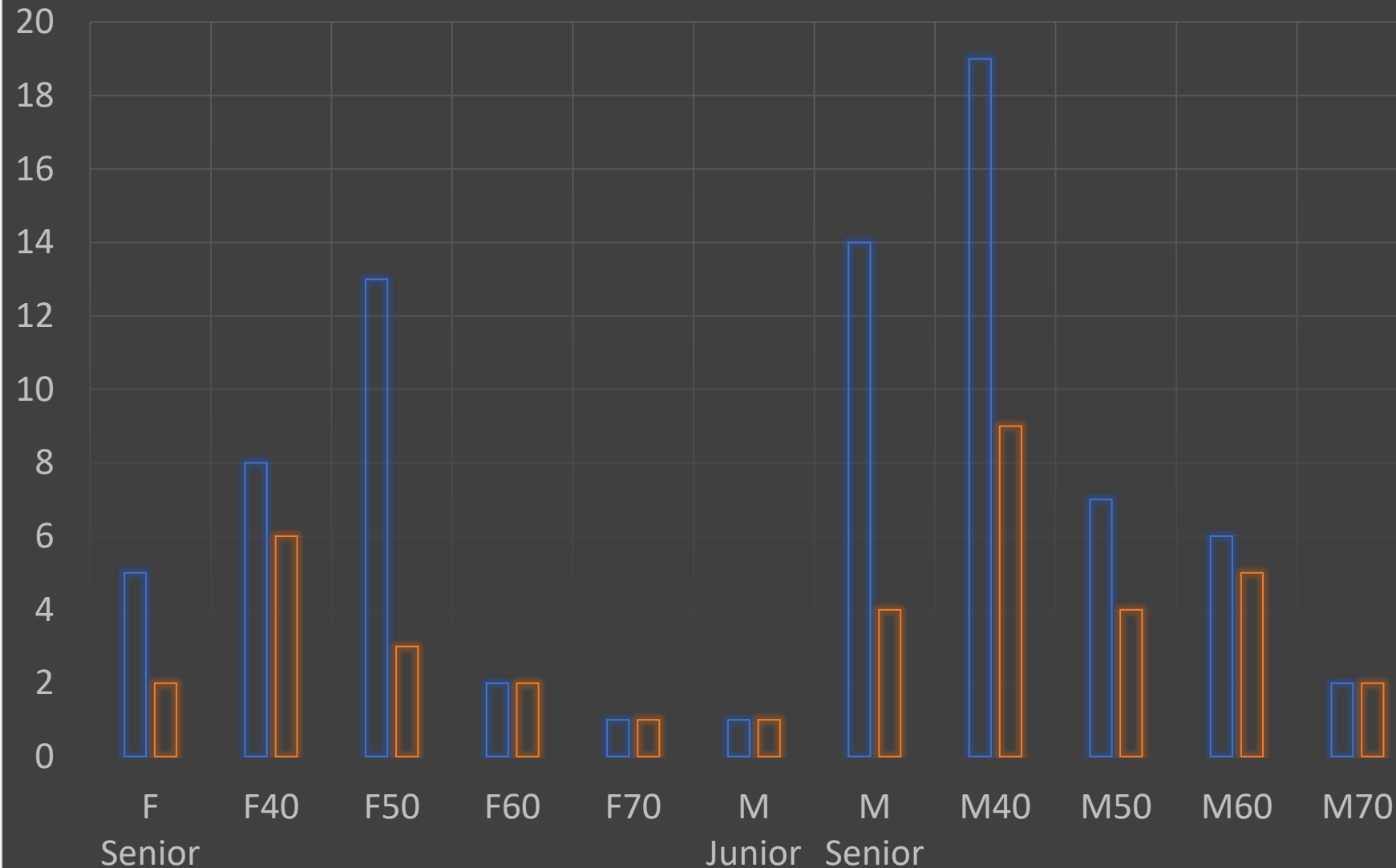
Discipline = Trail
6.2 Miles x 650 ft

Time Trial or
Race (18/06/23)

Mens Winner =
James Barnard (39:24)
Womens Winner =
Rachel Sproston (47:07)

Age Category Participation & Qualification

□ No Of Participants □ No of Qualifiers



- M40 had the highest number of participants.
- M40 had the highest number of qualifiers. Most competitive?

July 2023 – Buxton Carnival 4



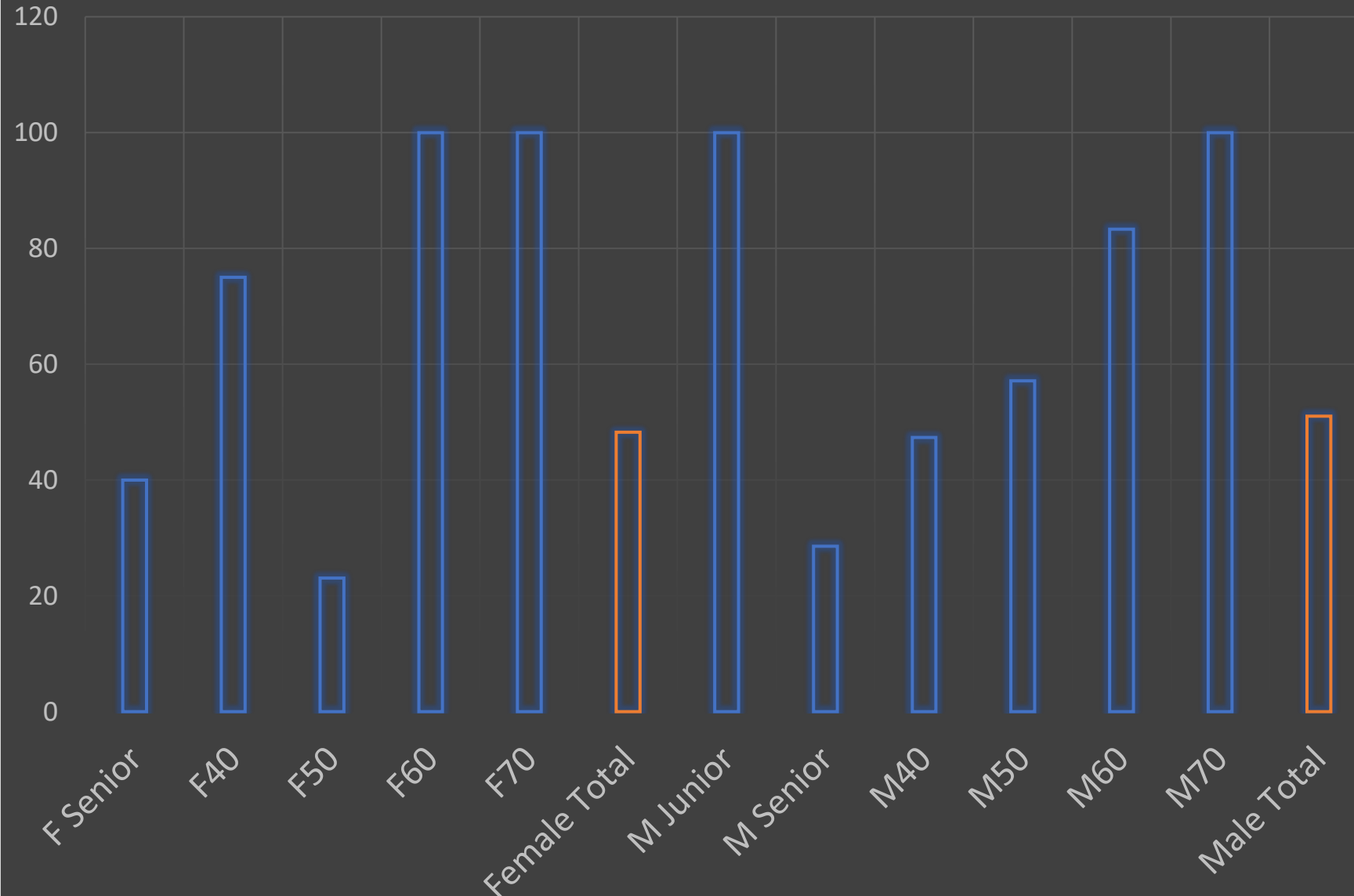
Discipline = Road
4 Miles x 300 ft

Time Trial or
Race (08/07/23)

Mens Winner =
James Barnard (22:48)
Womens Winner =
Rachel Sproston (28:47)

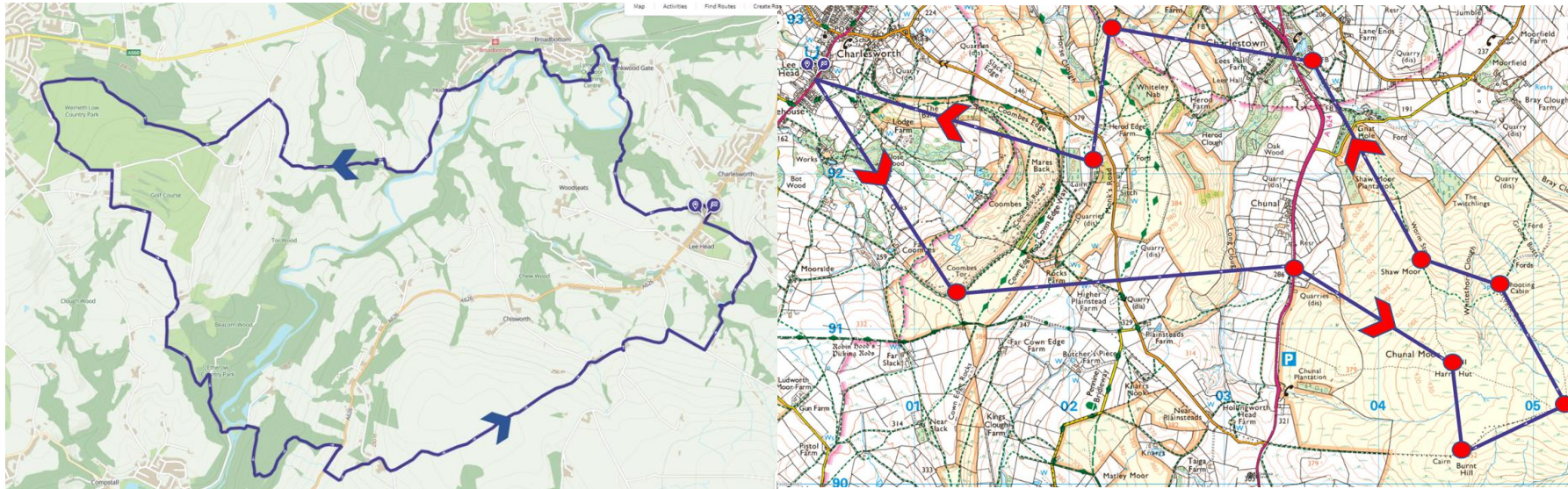


% Qualified (Overall Champs)



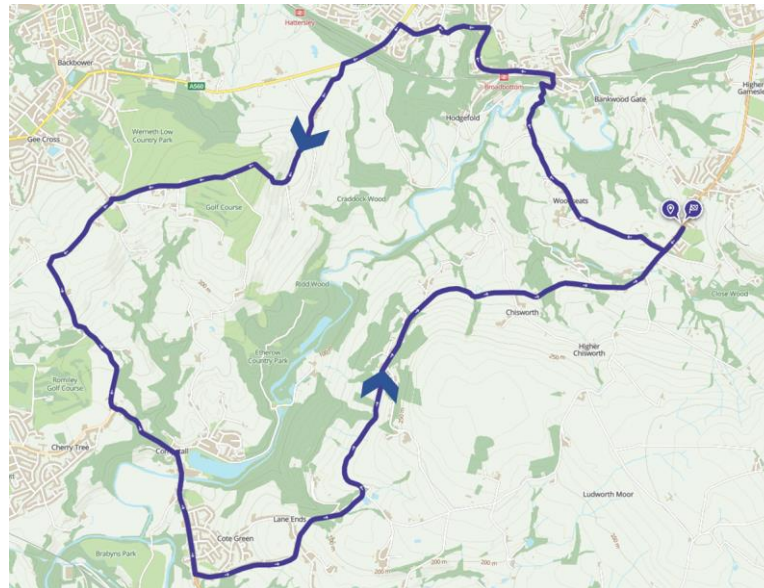
- Overall, the men were slightly “more committed” (51%) than the women (48%).

August 2023 – GDH Multi Terrain Ultra



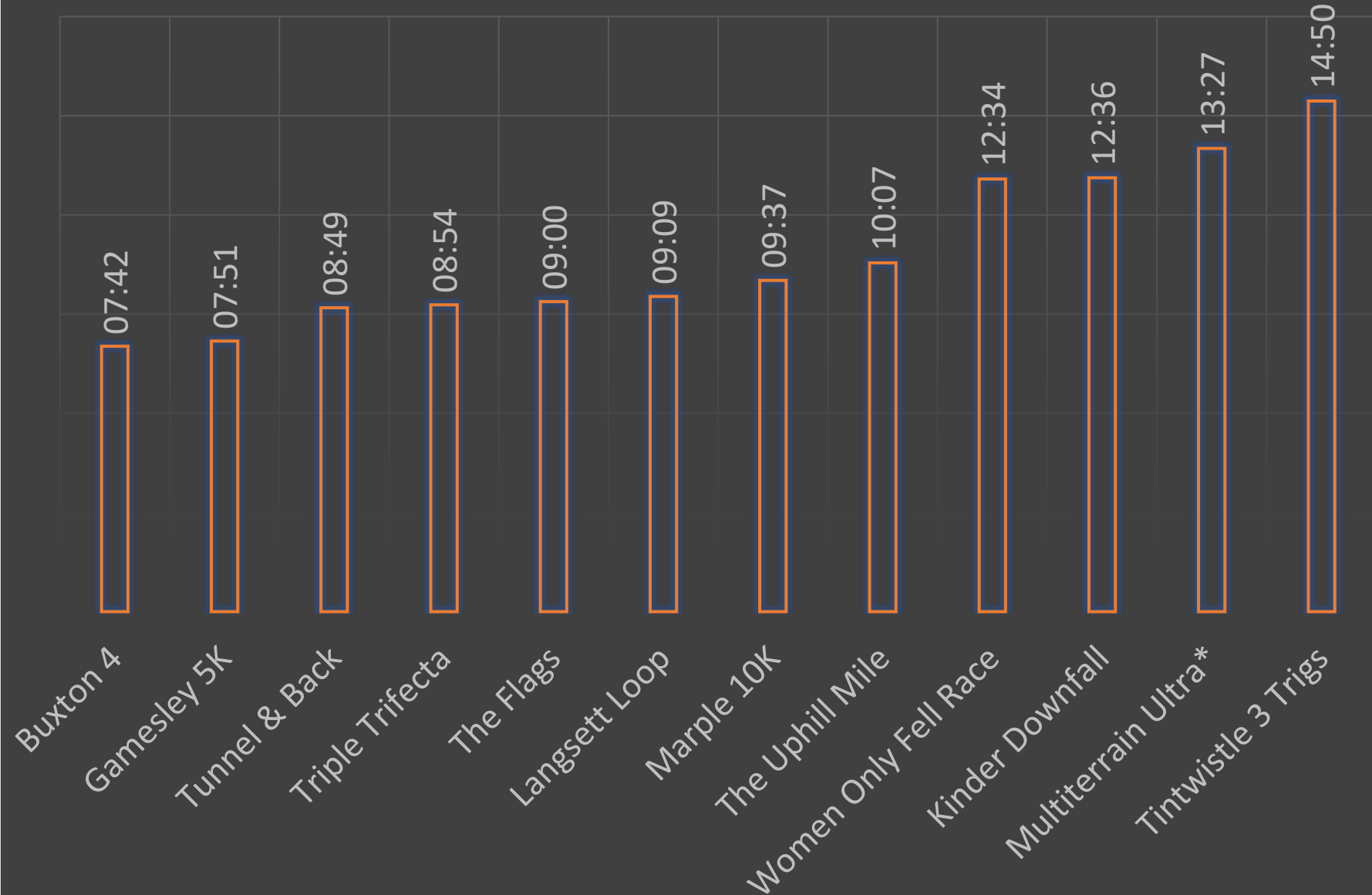
Discipline = Ultra
3 x 10 Miles x 5,500ft

Time Trial Only



Mens Winner =
Josh Southall (4:57:03)
Womens Winner =
Rachel Sproston (6:20:25)

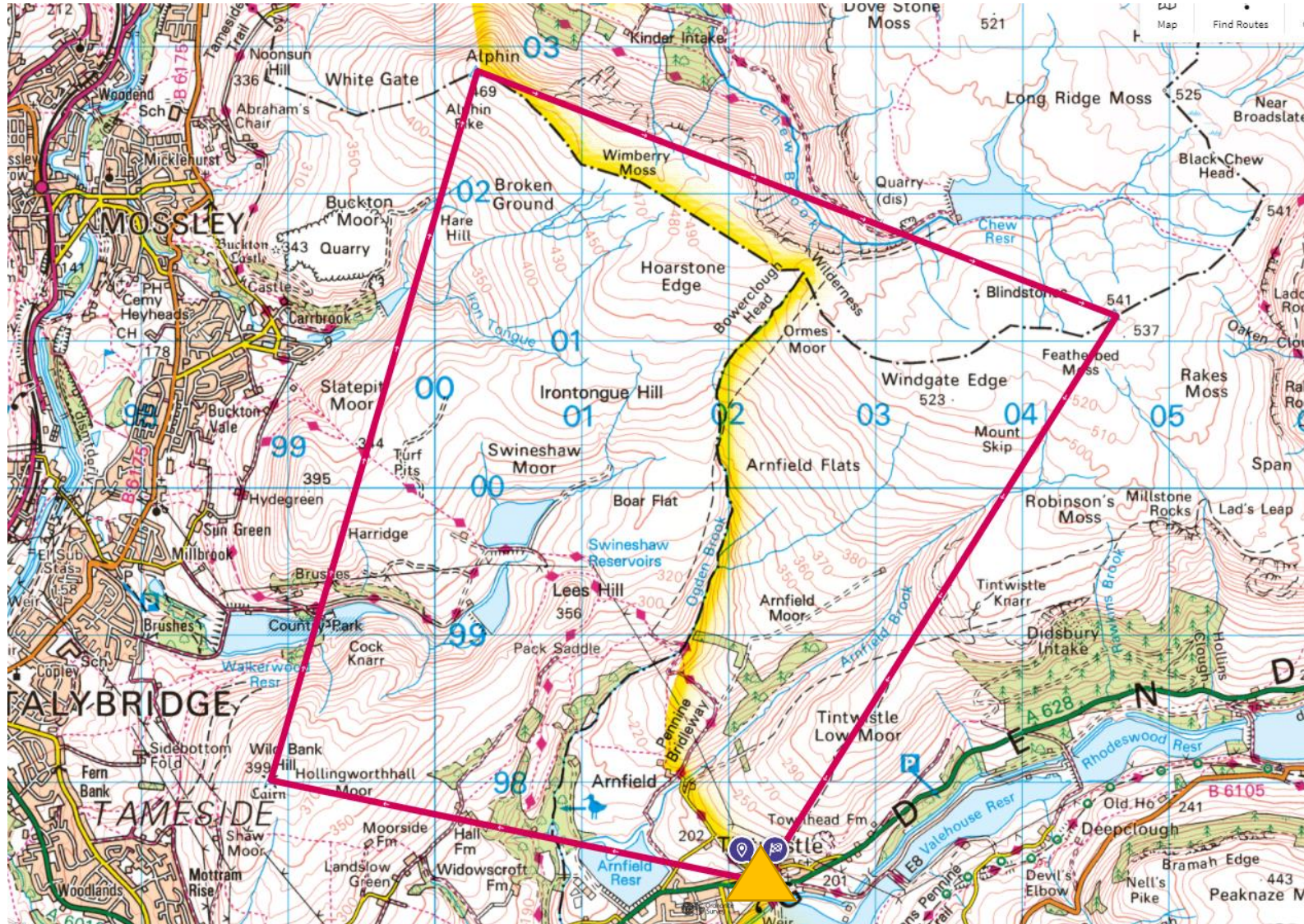
Average Club Pace (mins/mile)



- Buxton 4 gave the fastest mile splits, while 3 Trigs yielded the slowest pace.

*Total time is excluding multiday Ultra completions, but adding these 7 people at average completion time of 6.75 hours

September 2023 – Tintwistle 3 Trigs



Discipline = Fell
14 Miles x 2,600 ft

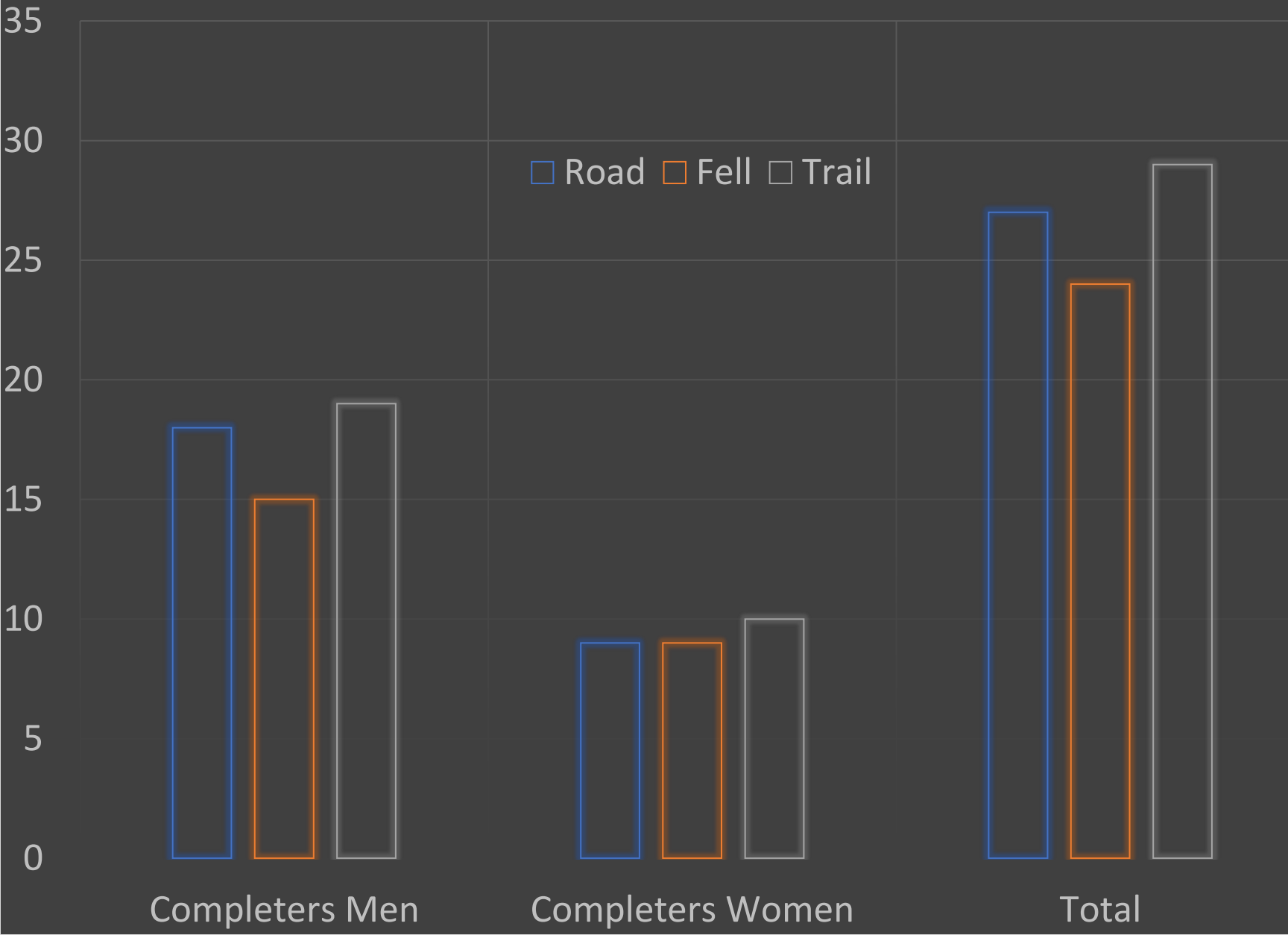
Time Trial Only

Mens Winner =
James Barnard (2:06:31)

Womens Winner =
Sue Venton (3:14:59)

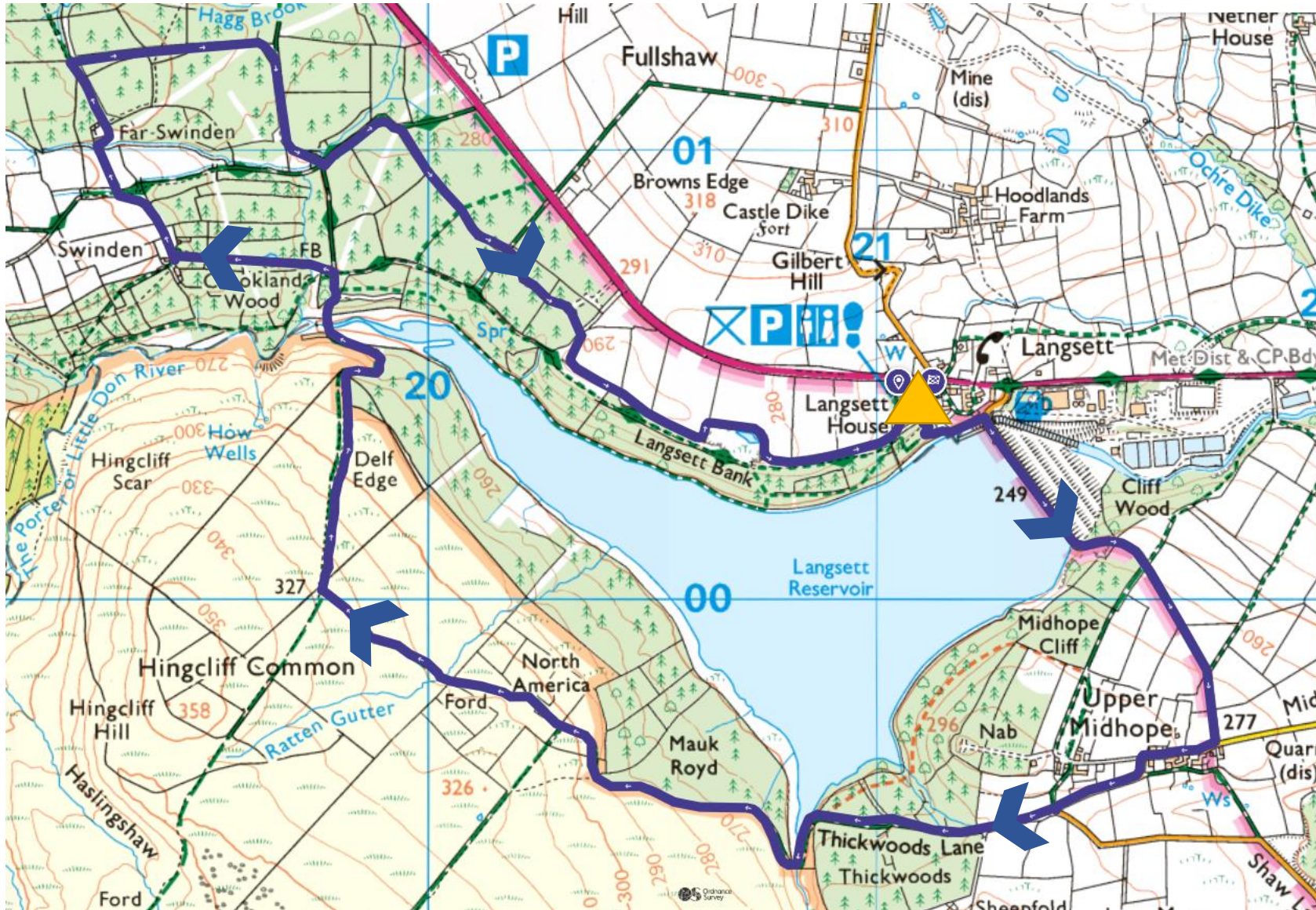


Completers of Individual Disciplines (All 3 Races)



- Trail had the largest number of completers
- Fell had the lowest number of completers

October 2023 – Langsett Loop



Discipline = Road
5 Miles x 680 ft

Time Trial Only

Mens Winner =
Josh Southall (31:54)
Womens Winner =
Rachel Sproston (39:07)

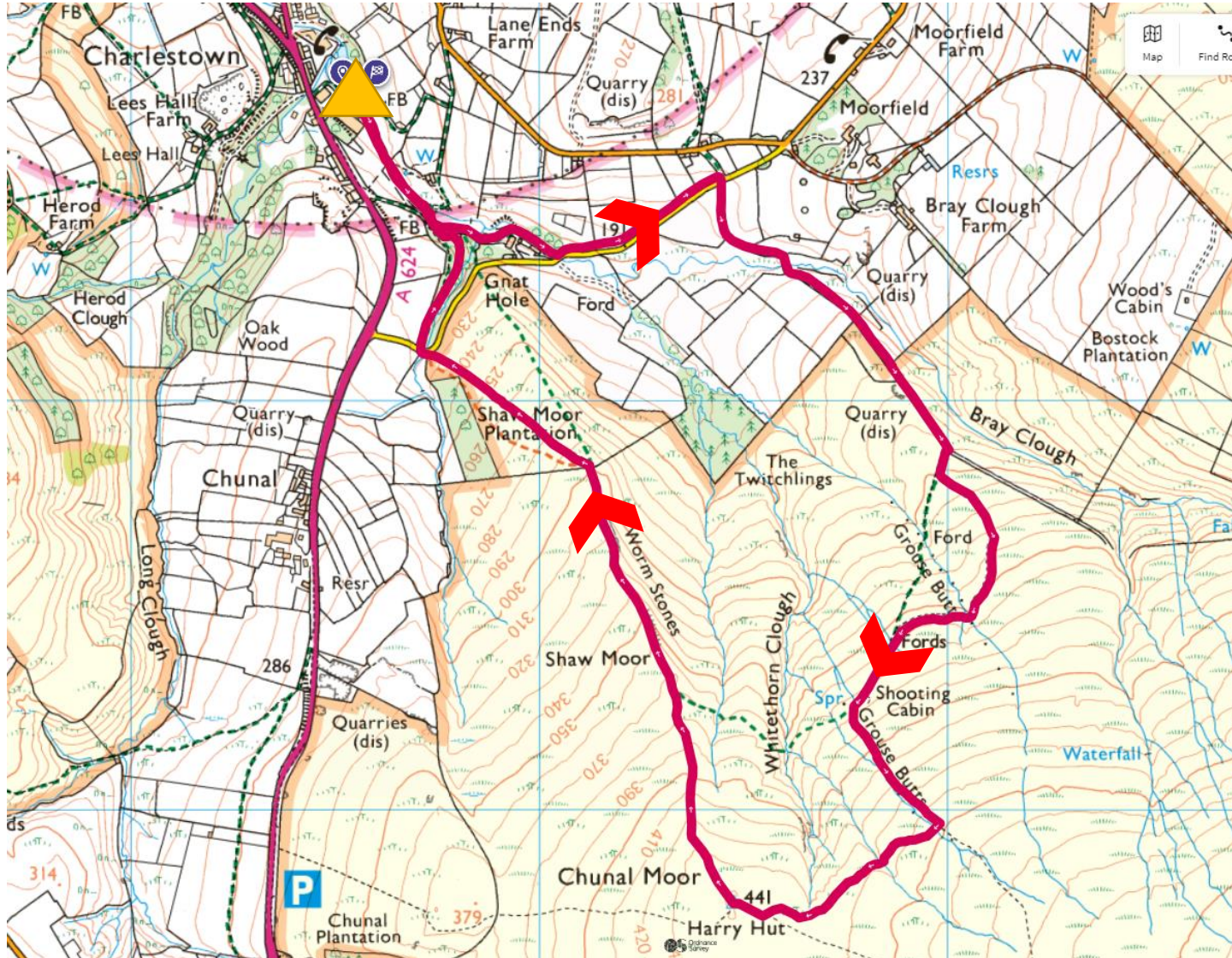
2023 “All Stars” – All 12 Events Completed (16 Harriers)



(F70) Beryl Buckley
(F60) Christine Peters
(F60) Sue Venton
(F50) Rachel Sproston
(F40) Amanda Holtey
(F40) Rachel Walton
(F40) Marie Williamson

(M60) Rob Murphy
(M60) Nick Ham
(M50) Ian Jackson
(M50) Alan Tainsh
(M40) Neal Bann
(M40) Ian Crutchley
(M40) Riccardo Giussani
(M40) Guy Riddell
(M) James Barnard

November 2023 – Glossopdale “Women's Only” Fell Race



Discipline = Fell
4 Miles x 900 ft

Time Trial Only

Mens Winner =
Steve Brown (29:45)
Womens Winner =
Immy Trinder (37:32)

All Stars of the All Stars?



Amanda Holtey

Most Accumulated Time F (Excluding Multi-day Ultra Runners)
= 26 Hours, 48 Minutes

Rachel Sproston, Beryl Buckley

Highest Accumulated Points Total F = 360 (full house)

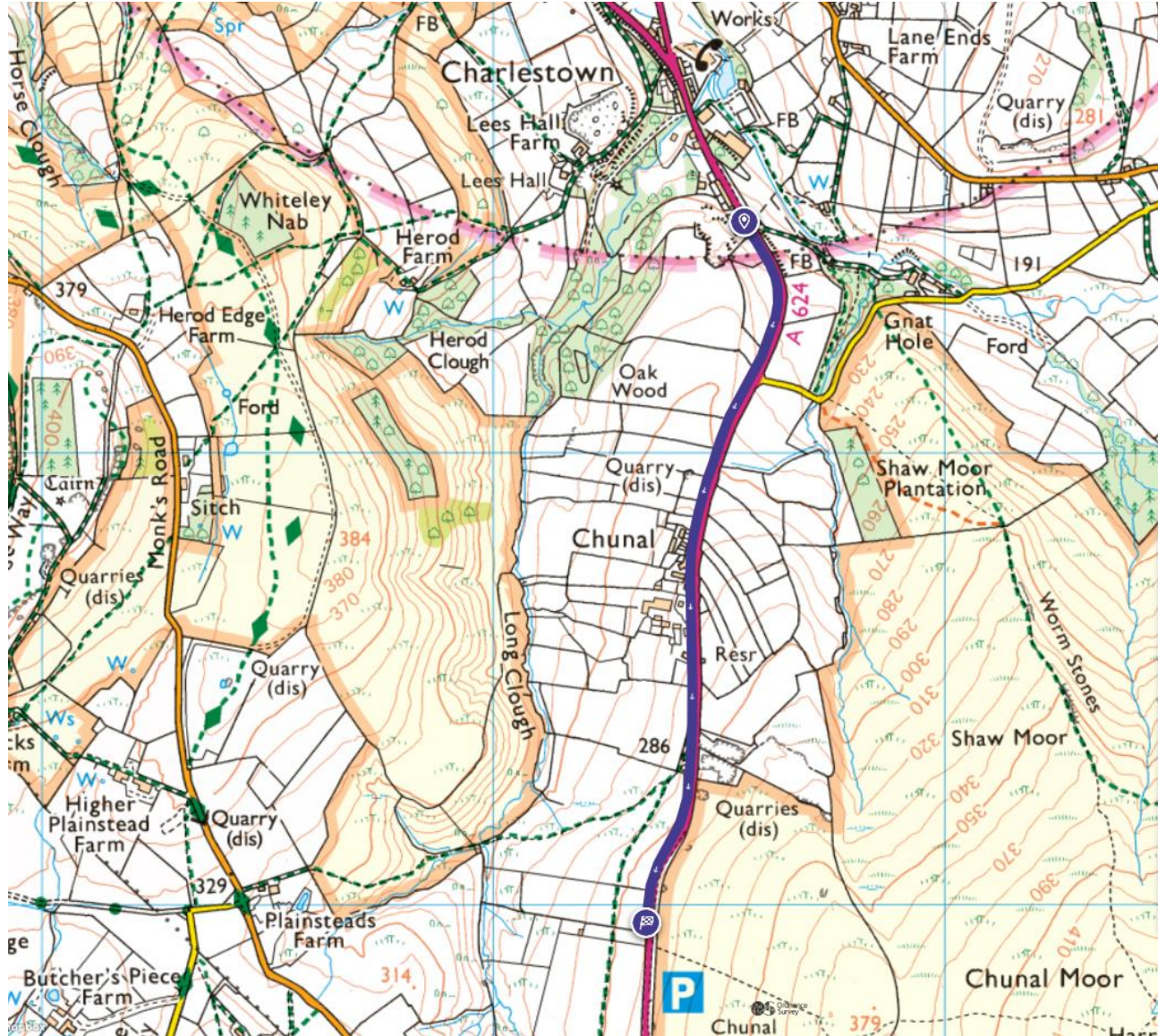
Ian Jackson

Most Accumulated Time M (Excluding Multi-day Ultra Runners)
= 21 Hours, 1 Minutes

Rob Murphy

Highest Accumulated Points Total M = 351

2023 Anytime – Uphill Mile

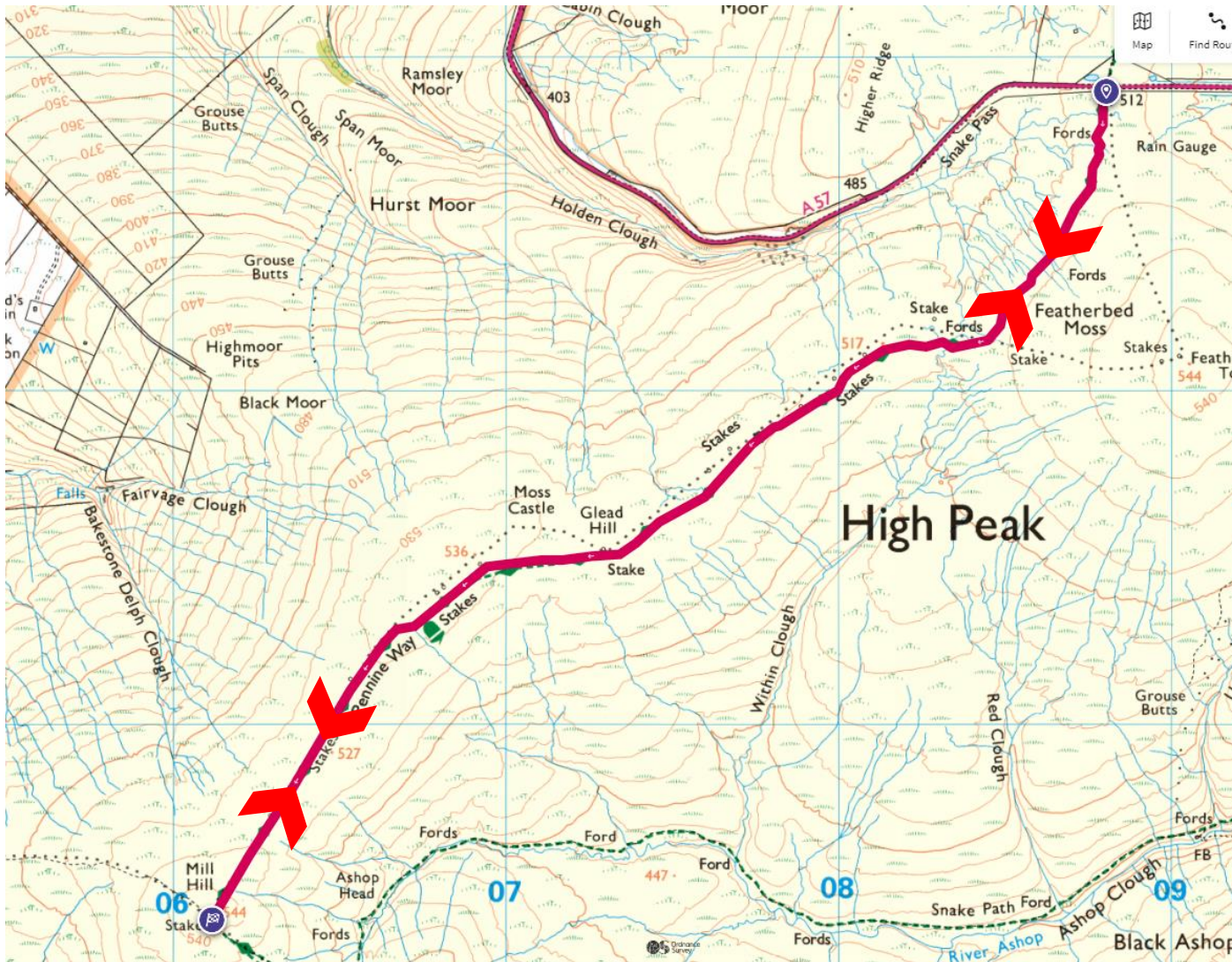


Discipline = Anytime
1 Miles x 375 ft

Time Trial Only

Mens Winner =
Josh Southall & Luke Bidwell (7:13)
Womens Winner =
Immy Trinder (8:24)

2023 Anytime – The Flags



Discipline = Anytime
5 Miles x 200 ft

Time Trial

Mens Winner =
James Barnard (32:25)
Womens Winner =
Rachel Sproston (46:17)