

Here's a breakdown of the **Manx 20 Mile Championship** winners from 1979 to 2023, categorised by **male and female** winners along with their finishing times.

Male Winners

- **1979** – Steve Kelly (1:53:14)
- **1980** – Steve Kelly (1:54:19)
- **1981** – Steve Kelly (1:54:01)
- **1982** – Steve Kelly (1:54:16)
- **1983** – Steve Kelly (1:49:38)
- **1984** – Steve Kelly (1:50:15)
- **1985** – Steve Kelly (1:50:09)
- **1986** – Steve Kelly (1:50:24)
- **1987** – Steve Kelly (1:54:22)
- **1988** – Steve Kelly (No time recorded)
- **1989** – No race
- **1990** – Robbie Callister (1:58:38)
- **1991** – Kevin Albinson (1:56:20)
- **1992** – Len Carr (2:08:32)
- **1993** – Alan Postlethwaite (2:06:34)
- **1994** – Kevin Albinson (2:00:33)
- **1995** – Paul Curphey (1:59:00)
- **1996** – Andy Fox (1:57:46)
- **1997** – Berni Cannon (1:57:08)
- **1998** – Berni Cannon (2:00:11)
- **1999** – Paul Curphey (2:02:14)
- **2000** – Tony Okell (1:51:54)
- **2001** – Tony Okell (1:46:53)
- **2002** – Paul Curphey (2:04:49)
- **2003** – Peter Hughes (2:05:19)

- **2004** – Ian Gale (2:01:43)
 - **2005** – Murray Lambden (2:01:37)
 - **2006** – Paul Curphey (2:14:45)
 - **2007** – Nigel Armstrong (2:05:16)
 - **2008** – Nigel Armstrong (2:02:17)
 - **2009** – Murray Lambden (2:03:37)
 - **2010** – Ed Gumbley (2:02:10)
 - **2011** – Tony Okell (2:03:55)
 - **2012** – Mike Garrett (2:01:24)
 - **2013** – Ed Gumbley (2:02:14)
 - **2014** – Adam Russell (2:08:56)
 - **2015** – Kevin Deakes (2:09:04)
 - **2016** – Nigel Armstrong (2:10:20)
 - **2017** – Ian Goatman (2:09:37)
 - **2018** – Orran Smith (2:00:46)
 - **2019** – Paul Sykes (2:01:15)
 - **2020** – Christian Varley (1:55:16)
 - **2021** – Oliver Lockley (1:42:48) [**Course Record**]
 - **2022** – Paul Atherton (1:59:16)
 - **2023** – Nzama Nhlanhla (1:56:46)
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Female Winners

- **1981** – Margaret Lockley (2:13:35)
- **1982** – Margaret Lockley (2:05:37)
- **1983** – Ann Gomer (2:35:58)
- **1984** – Ann Gomer (2:38:33)
- **1985** – Ann Gomer (2:27:34)
- **1986** – Ann Gomer (2:18:21)

- **1987** – Maureen Oddie (2:13:32)
- **1988** – Irene Corlett (No time recorded)
- **1989** – No race
- **1990** – Steph Quirk (2:25:33)
- **1991** – Ann Gomer (2:31:53)
- **1996** – Christine Bathgate (2:49:24)
- **1997** – Doreen Wilson (3:02:43)
- **1998** – Marie Noon (2:23:21)
- **2000** – Maureen Kelly (3:35:35)
- **2001** – Kathy Butler (3:00:36)
- **2002** – Shirley Moore (2:57:48)
- **2003** – Michelle Kewley (2:54:27)
- **2004** – Janine Cringle (2:51:41)
- **2005** – Samantha Cowin (2:53:54)
- **2007** – Kate Lister (2:52:27)
- **2008** – Elizabeth McGowan (2:53:21)
- **2009** – Nikki Boyde (2:30:29)
- **2010** – Nikki Boyde (2:21:51)
- **2011** – Nikki Boyde (2:17:00)
- **2012** – Helen Taylor (2:41:06)
- **2013** – Elizabeth McGowan (2:44:48)
- **2014** – Helen Taylor (2:38:06)
- **2015** – Helen Taylor (2:36:01)
- **2016** – Helen Taylor (2:35:34)
- **2017** – Helen Taylor (2:39:14)
- **2018** – Dawn Yates (2:30:33)
- **2019** – Bernie Johnson & Aime Kane (2:41:42)
- **2020** – Helen Taylor (2:38:09)

- **2021** – Jayne Farquhar (2:43:16)
- **2022** – Rebekah Pate (2:23:42)
- **2023** – Sarah Webster (2:09:43)

This list provides a **historical overview** of all the **male and female champions** along with their respective **winning times**. Notably, **Oliver Lockley** set the **fastest recorded time (1:42:48) in 2021**, while **Sarah Webster** ran the **fastest female time (2:09:43) in 2023**.