

## 2010 ROAD RACE RANKINGS

| 5K MEN |                   |      |       |             | 5K WOMEN |    |                    |      |       |             |        |
|--------|-------------------|------|-------|-------------|----------|----|--------------------|------|-------|-------------|--------|
|        |                   | CAT. | TIME  | EVENT       | DATE     |    |                    | CAT. | TIME  | EVENT       | DATE   |
| 1      | Tom Adams         | M    | 16:12 | Rupert Road | 03-Mar   | 1  | Kate Archer        | F    | 21:31 | Rupert Road | 03-Mar |
| 2      | Nick Richardson   | M35  | 17:53 | Rupert Road | 03-Mar   | 2  | Diane Haggard      | F45  | 21:38 | Rupert Road | 03-Mar |
| 3      | Dave Westhead     | M    | 17:56 | Rupert Road | 03-Mar   | 3  | Jann Smith         | F40  | 21:52 | Rupert Road | 03-Mar |
| 4      | Richard Reeve     | M50  | 18:25 | Rupert Road | 03-Mar   | 4  | Val Kerr           | F    | 23:03 | Rupert Road | 03-Mar |
| 5      | Jonathan Sinclair | M45  | 18:30 | Rupert Road | 03-Mar   | 5  | Sharon Meadows     | F    | 23:18 | Rupert Road | 03-Mar |
| 6      | Henry Heavisides  | M55  | 18:34 | HPTT        | 13-Feb   | 6  | Natalie Curtis     | F    | 23:26 | Rupert Road | 03-Mar |
| 7      | Ben Sheppard      | M    | 18:35 | Rupert Road | 03-Mar   | 7  | Ros Frost          | F    | 23:45 | Rupert Road | 03-Mar |
| 8      | Rob Cunningham    | M    | 19:16 | HPTT        | 30-Jan   | 8  | Karen Lambe        | F    | 23:50 | Rupert Road | 03-Mar |
| 9      | Dave Cummings     | M45  | 19:24 | Rupert Road | 03-Mar   | 9  | Lynn Donohue       | F    | 25:51 | Rupert Road | 03-Mar |
| 10     | Julian Carter     | M    | 19:33 | Rupert Road | 03-Mar   | 10 | Sheena Pickersgill | F45  | 26:14 | Rupert Road | 03-Mar |

| 10K MEN |                  |      |          |          | 10K WOMEN |    |                 |      |          |          |        |
|---------|------------------|------|----------|----------|-----------|----|-----------------|------|----------|----------|--------|
|         |                  | CAT. | TIME     | VENUE    | DATE      |    |                 | CAT. | TIME     | EVENT    | DATE   |
| 1       | Dave Wilby       | M    | 00:35:36 | Dewsbury | 07-Feb    | 1  | Jane Bryant     | F40  | 00:41:30 | Dewsbury | 07-Feb |
| 2       | Justin Phillips  | M    | 00:36:08 | Dewsbury | 07-Feb    | 2  | Alison Bennett  | F45  | 00:41:34 | Dewsbury | 07-Feb |
| 3       | Henry Heavisides | M55  | 00:37:04 | Dewsbury | 07-Feb    | 3  | Fiona Schneider | F50  | 00:51:07 | Dewsbury | 07-Feb |
| 4       | Nick Pearce      | M55  | 00:38:13 | Dewsbury | 07-Feb    | 4  |                 |      |          |          |        |
| 5       | Richard Hinsley  | M    | 00:39:12 | Dewsbury | 07-Feb    | 5  |                 |      |          |          |        |
| 6       | Adrian Bastow    | M40  | 00:41:04 | Dewsbury | 07-Feb    | 6  |                 |      |          |          |        |
| 7       | Vic Verecondi    | M45  | 00:45:23 | Dewsbury | 07-Feb    | 7  |                 |      |          |          |        |
| 8       | Martin Wright    | M45  | 00:49:44 | Dewsbury | 07-Feb    | 8  |                 |      |          |          |        |
| 9       | Paul Sugden      | M45  | 00:50:46 | Dewsbury | 07-Feb    | 9  |                 |      |          |          |        |
| 10      |                  |      |          |          |           | 10 |                 |      |          |          |        |

| 10 MILE MEN |                 |      |          |            | 10 MILE WOMEN |    |               |      |          |            |        |
|-------------|-----------------|------|----------|------------|---------------|----|---------------|------|----------|------------|--------|
|             |                 | CAT. | TIME     | EVENT      | DATE          |    |               | CAT. | TIME     | EVENT      | DATE   |
| 1           | Nick Richardson | M35  | 01:00:29 | Snake Lane | 28-Feb        | 1  | Gaenor Coy    | F35  | 01:27:46 | Snake Lane | 28-Feb |
| 2           | Nigel Tapper    | M45  | 01:09:29 | Snake Lane | 28-Feb        | 2  | Jacqui Weston | F40  | 01:31:20 | Snake Lane | 28-Feb |
| 3           | Paul Sugden     | M45  | 01:23:55 | Snake Lane | 28-Feb        | 3  |               |      |          |            |        |
| 4           |                 |      |          |            |               | 4  |               |      |          |            |        |
| 5           |                 |      |          |            |               | 5  |               |      |          |            |        |
| 6           |                 |      |          |            |               | 6  |               |      |          |            |        |
| 7           |                 |      |          |            |               | 7  |               |      |          |            |        |
| 8           |                 |      |          |            |               | 8  |               |      |          |            |        |
| 9           |                 |      |          |            |               | 9  |               |      |          |            |        |
| 10          |                 |      |          |            |               | 10 |               |      |          |            |        |

| 1/2 MARATHON MEN |                   |      |          |              | 1/2 MARATHON WOMEN |    |                    |      |          |               |        |
|------------------|-------------------|------|----------|--------------|--------------------|----|--------------------|------|----------|---------------|--------|
|                  |                   | CAT. | TIME     | VENUE        | DATE               |    |                    | CAT. | TIME     | VENUE         | DATE   |
| 1                | Justin Phillips   | M    | 01:19:21 | Brass Monkey | 24-Jan             | 1  | Sally Malir        | F45  | 01:28:06 | Brass Monkey  | 24-Jan |
| 2                | Andy Wiggans      | M45  | 01:20:09 | Blackpool    | 21-Feb             | 2  | Jane Bryant        | F40  | 01:30:34 | Brass Monkey  | 24-Jan |
| 3                | Jonathan Sinclair | M45  | 01:20:17 | Brass Monkey | 24-Jan             | 3  | Jann Smith         | F40  | 01:36:27 | Blackpool     | 21-Feb |
| 4                | Stephen Coy       | M35  | 01:21:17 | Brass Monkey | 24-Jan             | 4  | Helen Horton       | F45  | 01:39:32 | Brass Monkey  | 24-Jan |
| 5                | Paul O'Looney     | M40  | 01:21:22 | Brass Monkey | 24-Jan             | 5  | Catherine Gibbons  | F    | 01:45:32 | Brass Monkey  | 24-Jan |
| 6                | Henry Heavisides  | M55  | 01:21:31 | Brass Monkey | 24-Jan             | 6  | Sheena Pickersgill | F45  | 01:57:33 | Brass Monkey  | 24-Jan |
| 7                | David Brown       | M40  | 01:24:27 | Brass Monkey | 24-Jan             | 7  | Bernadette Gibbons | F55  | 01:58:12 | Brass Monkey  | 24-Jan |
| 8                | Neil Chapman      | M50  | 01:26:44 | Brass Monkey | 24-Jan             | 8  | Ashleigh Brownhill | F    | 02:00:30 | Brass Monkey  | 24-Jan |
| 9                | Sean Murphy       | M    | 01:30:39 | Brass Monkey | 24-Jan             | 9  | Jacqui Weston      | F40  | 02:02:10 | Brass Monkey  | 24-Jan |
| 10               | Keith Wood        | M45  | 01:36:45 | Brass Monkey | 24-Jan             | 10 | Judith Scarfe      | F40  | 02:02:46 | Central Lancs | 07-Feb |

| MARATHON MEN |  |      |      |       | MARATHON WOMEN |    |  |      |      |       |      |
|--------------|--|------|------|-------|----------------|----|--|------|------|-------|------|
|              |  | CAT. | TIME | EVENT | DATE           |    |  | CAT. | TIME | EVENT | DATE |
| 1            |  |      |      |       |                | 1  |  |      |      |       |      |
| 2            |  |      |      |       |                | 2  |  |      |      |       |      |
| 3            |  |      |      |       |                | 3  |  |      |      |       |      |
| 4            |  |      |      |       |                | 4  |  |      |      |       |      |
| 5            |  |      |      |       |                | 5  |  |      |      |       |      |
| 6            |  |      |      |       |                | 6  |  |      |      |       |      |
| 7            |  |      |      |       |                | 7  |  |      |      |       |      |
| 8            |  |      |      |       |                | 8  |  |      |      |       |      |
| 9            |  |      |      |       |                | 9  |  |      |      |       |      |
| 10           |  |      |      |       |                | 10 |  |      |      |       |      |