

## 2013 ROAD RACE RANKINGS

5K MEN				5K WOMEN					
		TIME	EVENT	DATE		TIME	EVENT	DATE	
1	Tom Adams	00:15:42	Abingdon Parkrun	03-Aug	1	Sally Morley	00:18:10	John Carr 3	22-May
2	Mark Hall	00:16:34	John Carr 3	22-May	2	Beth Massey	00:19:08	John Carr 2	15-May
3	Dave Westhead	00:16:53	John Carr 3	22-May	3	Emma Barclay	00:19:20	John Carr 1	08-May
4	Dave Wilby	00:17:01	John Carr 1	08-May	4	Lucy Williamson	00:19:28	John Carr 3	22-May
5	Jack Wood	00:17:11	Leeds Parkrun	16-Feb	5	Sally Malir	00:19:32	John Carr 1	08-May
6	Ruaridh Mon-Williams	00:17:27	John Carr 2	15-May	6	Rebecca Mon-Williams	00:20:09	John Carr 2	15-May
7	Steve Coy	00:17:38	John Carr 3	22-May	7	Caz Farrow	00:20:17	Bradford Parkrun	21-Sep
8	Bradley Chapman	00:17:41	John Carr 2	15-May	8	Tilly Melechi	00:20:29	John Carr 1	08-May
9	Mark Iley	00:17:51	John Carr 2	15-May	9	Helen Ilsley	00:21:17	Huddersfield Parkrun	09-Feb
10	Rob Cunningham	00:18:00	John Carr 3	22-May	10	Lucy Haines	00:21:18	Bradford Parkrun	12-Jan

10K MEN				10K WOMEN					
		TIME	VENUE	DATE		TIME	EVENT	DATE	
1	Tom Adams	00:32:47	Lightwater	17-Mar	1	Sally Morley	00:36:57	Abbey Dash	17-Nov
2	Mark Hall	00:34:39	Askern	15-May	2	Caz Farrow	00:39:18	Ribble Valley	29-Dec
3	Dan Wilkinson	00:35:48	Abbey Dash	17-Nov	3	Beth Massey	00:40:03	Salford	29-Mar
4	Dave Westhead	00:35:52	Bradford	28-Apr	4	Kate Archer	00:40:17	Abbey Dash	17-Nov
5	Rob Cunningham	00:36:09	Blackpool	31-Aug	5	Sally Malir	00:40:51	Leeds	14-Jul
6	Dave Wilby	00:36:16	Apperley Bridge	23-May	6	Amanda Sterling	00:42:03	Abbey Dash	17-Nov
7	Ben Sheppard	00:37:05	Abbey Dash	17-Nov	7	Jane Bryant	00:44:56	Abbey Dash	17-Nov
8	Justin Phillips	00:37:22	Ribble Valley	29-Dec	8	Helen Horton	00:45:18	Abbey Dash	17-Nov
9	Henry Heavisides	00:37:23	Dewsbury	03-Feb	9	Alison Weston	00:45:31	Ribble Valley	29-Dec
10	Mark Iley	00:37:35	Dewsbury	03-Feb	10	Val Kerr	00:46:54	Ribble Valley	29-Dec

10 MILES MEN				10 MILES WOMEN					
		TIME	EVENT	DATE		TIME	EVENT	DATE	
1	Mark Hall	00:56:22	Snake Lane	24-Feb	1	Nicky Green	01:04:04	Stockport	08-Dec
2	Rob Cunningham	00:59:48	Burnsall	24-Aug	2	Beth Massey	01:05:21	Snake Lane	24-Feb
3	Mark Iley	01:02:25	Lytham	17-Mar	3	Caz Farrow	01:06:32	Stockport	08-Dec
4	Henry Heavisides	01:04:03	Snake Lane	24-Feb	4	Sally Malir	01:07:43	Snake Lane	24-Feb
5	Nick Richardson	01:04:26	Guy Fawkes	03-Nov	5	Kate Archer	01:11:14	Burnsall	24-Aug
6	Martin Archer	01:09:32	Eccup	07-Jul	6	Val Kerr	01:19:06	Burnsall	24-Aug
7	Andrew Merrick	01:09:33	Otley	12-Jun	7	Helen Horton	01:23:15	Otley	12-Jun
8	Neil Chapman	01:12:52	Burnsall	24-Aug	8	Adela Reperecki	01:23:41	Guy Fawkes	03-Nov
9	Stephen Rhodes	01:12:56	Burnsall	24-Aug	9	Christine Cox	01:24:40	Ripon	19-May
10	Ewan Welsh	01:13:14	Burnsall	24-Aug	10	Hilda Coulsey	01:26:51	Otley	12-Jun

1/2 MARATHON MEN				1/2 MARATHON WOMEN					
		TIME	VENUE	DATE		TIME	VENUE	DATE	
1	Mark Hall	01:15:36	Pollensa	03-Apr	1	Nicky Green	01:22:44	Peterborough	12-Oct
2	Dave Wilby	01:18:58	North Lincs	28-Apr	2	Caz Farrow	01:26:33	Redcar	29-Sep
3	Dan Wilkinson	01:21:15	GNR	15-Sep	3	Sally Malir	01:28:59	South Yorks	17-Mar
4	Rob Cunningham	01:22:06	GNR	15-Sep	4	Jane McCarthy	01:31:54	Bilbao	19-Oct
5	Derek Oliver	01:25:12	Blackpool	24-Feb	5	Jane Bryant	01:45:57	Bilbao	19-Oct
6	Henry Heavisides	01:27:02	Harris	06-Jul	6	Christine Cox	01:47:09	GNR	15-Sep
7	Andrew Merrick	01:29:34	Bilbao	19-Oct	7	Adela Reperecki	01:48:18	GNR	15-Sep
8	Michael Duffield	01:35:40	Leeds	12-May	8	Hilda Coulsey	01:53:22	GNR	15-Sep
9	David Howe	01:37:59	Leeds	12-May	9	Emma Curran	01:54:59	GNR	15-Sep
10	Neil Bloor	01:39:32	GNR	15-Sep	10	Anna Nolan	01:55:11	Bilbao	19-Oct

MARATHON MEN				MARATHON WOMEN					
		TIME	EVENT	DATE		TIME	EVENT	DATE	
1	Nick Pearce	03:07:41	Manchester	28-Apr	1	Nicky Green	02:58:31	Nice	10-Nov
2	Rob Cunningham	03:13:46	London	21-Apr	2	Sally Malir	03:09:46	London	21-Apr
3	Andrew Merrick	03:22:35	Boston	15-Apr	3	Alison Bennett	03:31:55	London	21-Apr
4	David Howe	03:48:03	London	21-Apr	4	Deborah Holmes	03:52:44	Boston	15-Apr
5	David Brown	03:51:09	Boston	15-Apr	5	Val Kerr	03:55:13	Snowdonia	26-Oct
6	Andy Webster	03:57:12	London	21-Apr	6	Hilda Coulsey	04:03:26	London	21-Apr
7	Eric Hawthorn	04:06:30	York	20-Oct	7	Christine Cox	04:04:59	York	20-Oct
8	Paul Sugden	04:08:16	Edinburgh	26-May	8	Charlotte Smithson	04:28:15	York	20-Oct
9	Dave Ibbotson	04:15:27	London	21-Apr	9	Linda Wilson	04:28:37	Blackpool	07-Apr
10	Neil Bloor	04:16:00	Chester	06-Oct	10	Rebecca Moores	04:29:00	London	21-Apr