

Road Race Rankings 2017

5K

MEN	TIME	EVENT	DATE
1 Tom Adams	15:31	John Carr 3	17-May
2 Jack Cummings	16:13	John Carr 3	17-May
3 Jack Wood	16:24	Evensplits 5K	22-Nov
4 Ruaridh Mon-Williams	17:02	Portobello parkrun	28-Oct
5 Matt Newell	17:12	Skipton parkrun	01-Jan
6 Alex Hirst	17:30	Cardiff parkrun	13-May
7 Rob Cunningham	18:01	Stretford	25-Feb
8 Stephen Coy	18:04	John Carr 3	17-May
9 David Westhead	18:06	John Carr 1	03-May
10 Martin Archer	18:11	Bradford parkrun	04-Nov

10K

MEN	TIME	VENUE	DATE
1 Tom Adams	31:24	Blackpool Illuminations	26-Aug
2 Cameron Reilly	34:28	Abbey Dash	05-Nov
3 Oscar Stapleton	35:01	Abbey Dash	05-Nov
4 Martin Archer	36:34	Harrogate 10K	02-Jul
5 Ian Fothergill	37:13	Ribble Valley 10K	31-Dec
6 William Wood	38:35	Keighley	26-Mar
7 Rob Cunningham	39:33	Ribble Valley 10K	31-Dec
8 Dick Waddington	39:54	Abbey Dash	05-Nov
9 Derek Oliver	40:48	Abbey Dash	05-Nov
10 Dave Robson	41:21	Wetherby	03-Sep

10 MILES

MEN	TIME	EVENT	DATE
1 Jack Wood	56:34	Otley	07-Jun
2 David Foyston	01:05:42	Otley	07-Jun
3 Andrew Overend	01:08:23	Otley	07-Jun
4 Dave Robson	01:08:49	Burnsall 10M	19-Aug

5 Tom Worboys	01:13:58	Otley	07-Jun
6 Philip Hirst	01:20:37	Guy Fawkes	05-Nov
7 Peter Lewis	01:44:24	Guy Fawkes	05-Nov
8			
9			
10			

1/2 MARATHON

MEN	TIME	VENUE	DATE
1 Will Simmons	01:14:48	Chester	21-May
2 Rob Cunningham	01:19:31	Brass Monkey	15-Jan
3 Jonathan Sinclair	01:27:02	Leeds Half	14-May
4 Derek Oliver	01:32:35	Brass Monkey	15-Jan
5 William Wood	01:32:01	Longhorn HM	23-Apr
6 Rhys Jones	01:37:41	Leeds Half	14-May
7 George Fisher	01:42:49	GNR	10-Sep
8 David Howe	01:45:09	GNR	10-Sep
9 Alex Hyde	2:00:12	Manchester	28-May
10 Chris Cunningham	2:02:39	GNR	10-Sep

MARATHON

MEN	TIME	EVENT	DATE
1 Ben Sheppard	02:59:22	Blackpool	23-Apr
2 Derek Oliver	03:09:10	London	23-Apr
3 Andrew Merrick	03:17:00	Chicago	08-Oct
4 Tim Buckingham	03:28:57	London	23-Apr
5 Mike Helme	03:33:26	Yorkshire	08-Oct
6 David Howe	03:41:01	Edinburgh	28-May
7 Michael Duffield	03:41:10	Yorkshire	08-Oct
8 Jonathan Turner	03:47:48	Yorkshire	08-Oct
9 Stuart Herrington	03:56:58	London	23-Apr
10 David Ibbotson	04:23:02	London	23-Apr

5K

WOMEN	TIME	EVENT	DATE
Jane McCarthy	19:34	John Carr 1	03-May
Lucy Williamson	19:39	Penrhyn parkrun	28-Oct
Sally Armitage	20:13	Evensplits 4	27-Sep
Kate Archer	20:20	Skipton parkrun	26-Aug
Sally Malir	20:47	John Carr 2	10-May
Helen Thurston	21:32	Keswick parkrun	26-Aug
Caroline Howe	22:47	John carr 1	03-May
Sarah Pickering	22:49	Carlisle parkrun	09-Dec
Alison Bennett	23:19	John Carr 3	17-May
Alison Weston	23:29	John Carr 3	17-May

10K

WOMEN	TIME	EVENT	DATE
Jane McCarthy	40:05	Leeds 10K	09-Jul
Pauline Munro	40:28	Bradford	19-Mar
Lucy Williamson	41:06	Wetherby	03-Sep
Sally Malir	41:40	Dewsbury	04-Feb
Kate Archer	42:21	Ribble Valley 10K	31-Dec
Sally Armitage	44:12	Abbey Dash	05-Nov
Helen Thurston	44:49	Wetherby	03-Sep
Mary Gibbons	45:16	Abbey Dash	05-Nov
Caroline Howe	46:12	York	06-Aug
Jean Sullivan	48:00	Bradford	19-Mar

10 MILES

WOMEN	TIME	EVENT	DATE
Jane McCarthy	01:05:48	Yorkshire 10M	08-Oct
Rachel Carter	01:14:08	Otley 10	07-Jun
Caroline Howe	01:19:30	Eccup 10M	02-Jul
Mary Gibbons	01:20:26	Otley 10	07-Jun

Alison Weston	01:23:06	Burnsall 10M	19-Aug
Adela Reperecki	01:26:29	Guy Fawkes	05-Nov
Petra Bijsterveld	01:29:27	Zwolle Zuid 10M	15-Apr
Helen Waddington	01:29:57	Guy Fawkes	05-Nov
Hilda Coulse	01:30:33	Eccup	02-Jul

1/2 MARATHON

WOMEN	TIME	VENUE	DATE
Lucy Williamson	01:27:55	Anglesey	05-Mar
Caroline Howe	01:43:09	GNR	10-Sep
Jane Thomas	01:47:29	Leeds Half	14-May
Janet Grace	01:51:23	Brass Monkey	15-Jan
Jean Sullivan	01:53:32	Heart of Eden	15-Oct
Jane Bryant	01:54:28	Leeds Half	14-May
Charlotte Smithson	01:54:32	GNR	10-Sep
Emma Curran	01:58:18	GNR	10-Sep
Hilda Coulse	01:58:37	Leeds Half	14-May
Melanie Edwards	01:59:29	Leeds Half	14-May

MARATHON

WOMEN	TIME	EVENT	DATE
Caroline Howe	03:46:40	Yorkshire Marathon	08-Oct
Jan Carrier	04:02:39	London	23-Apr
Petra Bijsterveld	04:53:50	Snowdonia	28-Oct
Fiona Schneider	05:11:58	Yorkshire	08-Oct

