

Race Rankings 2019

5K

	MEN	TIME	EVENT	DATE	
1	Euan Brennan	14:52	Podium	17/08/2019	CR
2	Jack Wood	15:14	York parkrun	21/12/2019	
3	Nathan Edmondson	15:35	Evensplits Leeds	23/10/2019	
4	Tom Adams	15:36	Lee Valley	21/08/2019	
5	Dom Coy	15:53	Evensplits Leeds	27/11/2019	
6	Oli Murphy	15:54	Morecambe parkrun	21/10/2019	
7	Ruaridh Mon Williams	15:55	Podium	17/08/2019	
8	Cam Reilly	15:58	Fountains Abbey parkrun	21/12/2019	
9	Oscar Stapleton	16:55	Riverside parkrun	09/03/2019	
10	Dan McKeown	16:58	Northern Masters	16/11/2019	

5K

	WOMEN	TIME	EVENT	DATE	
	Jemima Elgood	16:54	Cardiff	05/05/2019	CR
	Helen Thurston	18:09	Evensplits Leeds	27/02/2019	
	Lucy Williamson	19:09	Penrhyn parkrun	07/12/2019	
	Sally Armitage	19:23	Podium	30/11/2019	
	Rachel Carter	19:39	Bradford parkrun	21/12/2019	
	Kate Archer	19:57	Skipton parkrun	08/06/2019	
	Jane McCarthy	20:20	John Carr	08/05/2019	
	Beth Massey	20:25	Northern Masters	16/11/2019	
	Sarah Pickering	20:36	Bradford parkrun	12/01/2019	
	Sally Malir	20:57	York Millennium Bridge	13/08/2019	

10K

	MEN	TIME	VENUE	DATE
1	Tom Adams	31:57	Cyprus	24/11/2019
2	Jack Cummings	32:35	Abbey Dash	27/10/2019
3	Cameron Reilly	32:36	Bury	15/09/2019
4	Dom Coy	33:26	Ribble Valley	29/12/2019
5	Istvan Jacso	35:18	Bradford	17/03/2019
6	Dan McKeown	36:30	Whixley	27/10/2019
7	Nathan Edmondson	37:20	Up the Odda	05/05/2019
8	Nick Helliwell	37:29	Ribble Valley	19/04/2019
9	Michael Abrams-Cohen	37:45	Newcastle upon Tyne	10/11/2019
10	David Westhead	38:21	Bradford	17/03/2019

10K

	WOMEN	TIME	EVENT	DATE	
	Jemima Elgood	35:33	Salford	19/04/2019	CR
	Lucy Williamson	38:53	Wetherby	01/09/2019	
	Sally Armitage	39:14	Doncaster	24/11/2019	
	Kate Archer	39:42	Bradford	17/03/2019	
	Brit Tate	40:38	Ribble Valley	29/12/2019	
	Sarah Pickering	41:42	Bradford	17/03/2019	
	Pauline Munro	42:44	Harrogate	30/06/2019	
	Sally Malir	43:23	Salford	19/04/2019	
	Catherine Gibbons	43:47	Ribble Valley	29/12/2019	
	Beth Massey	43:55	Catforth	09/06/2019	

10 MILES

	MEN	TIME	EVENT	DATE
1	Jack Wood	54:46	Otley	12/06/2019
2	Jack Cummings	56:27	Burnsall	24/08/2019
3	David Foyston	1:07:12	Otley	12/06/2019
4	Jonathan Turner	1:07:37	Eccup	30/06/2019
5	David Westhead	1:07:52	Eccup	30/06/2019
6	Mike Abrams-Cohen	1:08:03	Guy fawkes	03/11/2019
7	Steve Murray	1:08:44	Guy fawkes	03/11/2019
8	Lawrence Basham	1:09:00	Burnsall	24/08/2019
9	Nick Helliwell	1:09:25	Burnsall	24/08/2019
10	Dave Robson	1:09:26	Eccup	30/06/2019

10 MILES

	WOMEN	TIME	EVENT	DATE
	Rachel Carter	01:08:14	Eccup	30/06/2019
	Kate Archer	01:08:45	Guy Fawkes	03/11/2019
	Beth Massey	01:09:55	Vale of York	14/04/2019
	Sally Malir	01:12:00	Snake Lane	24/02/2019
	Caroline Howe	01:15:36	Eccup	30/06/2019
	Catherine Crawley	01:15:48	Eccup	30/06/2019
	Sarah Gresswell	01:16:46	Eccup	30/06/2019
	Nicky Liptrot	01:18:42	Eccup	30/06/2019
	Mary Fairclough	01:18:59	Eccup	30/06/2019
	Claire McLoughlin	01:21:50	Guy Fawkes	03/11/2019

1/2 MARATHON

	MEN	TIME	VENUE	DATE	
1	Jack Wood	01:10:42	Brass Monkey	13/01/2019	CR
2	Tom Adams	01:11:17	Cyprus	23/11/2019	V35 CR
3	Jack Cummings	01:11:24	Ilkley	14/07/2019	
4	Rob Cunningham	01:25:25	Ilkley	14/07/2019	
5	Dave Foyston	01:27:08	Ilkley	14/07/2019	
6	Andrew Overend	01:27:18	Ilkley	14/07/2019	
7	Jonathan Turner	01:28:17	Manchester	13/10/2019	
8	Nick Helliwell	01:28:19	Vale of York	15/09/2019	
9	Jim Ryder	01:29:43	Ilkley	14/07/2019	
10	Dick Waddington	01:30:10	Liverpool	10/03/2019	

1/2 MARATHON

	WOMEN	TIME	VENUE	DATE
	Lucy Williamson	1:26:12	Ilkley	14/07/2019
	Kate Archer	1:27:26	York	13/01/2019
	Rachel Carter	1:29:56	Ilkley	14/07/2019
	Jane McCarthy	1:32:34	Ilkley	14/07/2019
	Sally Malir	1:39:37	Sherburn in Elmet	15/09/2019
	Mary Fairclough	1:42:43	Ilkley	14/07/2019
	Nicky Liptrot	1:44:34	Ilkley	14/07/2019
	Rebecca Mon-Williams	1:44:48	Ilkley	14/07/2019
	Kay Pearce	1:45:05	Ilkley	14/07/2019
	Caroline Howe	1:48:47	Harewood	17/02/2019

MARATHON

	MEN	TIME	EVENT	DATE
1	Matthew Cox	02:45:51	London	28/04/2019
2	Daniel McKeown	02:51:30	Manchester	07/04/2019
3	Robert Cunningham	03:06:05	York	20/10/2019
4	Dick Waddington	03:10:14	Manchester	07/04/2019
5	Peter De Sanctis	03:15:31	Chester	06/10/2019
6	Jack Wood	03:23:10	Snowdon	14/07/2019
7	Dave Reynier	03:23:50	London	28/04/2019
8	Michael Abrams-Cohen	03:36:58	London	28/04/2019
9	Tom Adams	03:37:30	Snowdon	14/07/2019
10	Tom Worboys	03:40:46	Liverpool	26/05/2019

MARATHON

	WOMEN	TIME	EVENT	DATE	
	Kate Archer	03:09:57	Edinburgh	26/05/2019	
	Lucy Williamson	03:14:12	Manchester	07/04/2019	
	Caroline Howe	03:55:00	Paris	14/04/2019	
	Helen Waddington	03:58:15	Manchester	07/04/2019	
	Hilda Coulsey	04:17:16	Berlin	29/09/2019	V65 CR
	Paula Reynier	04:24:18	York	20/10/2019	
	Jean Sullivan	04:24:22	Ambleside	19/05/2019	
	Jill Ezard	04:27:41	London	28/04/2019	
	Jacqui Weston	04:34:28	London	28/04/2019	
	Fiona Schneider	04:45:57	Athens, GRE	10/11/2019	