

**2014 ROAD RACE RANKINGS****5K**

	<b>MEN</b>	<b>TIME</b>	<b>EVENT</b>	<b>DATE</b>
1	Tom Adams	0:15:16	John Carr1	7-May
2	Mark Mon-Williams	0:17:20	John Carr2	14-May
3	Ruaridh Mon-Williams	0:17:24	John Carr1	7-May
4	Jack Wood	0:17:35	Leeds Woodhouse	15-Nov
5	Stephen Coy	0:17:49	John Carr3	21-May
6	Steve Weston	0:18:03	John Carr2	14-May
7	Andrew Sheldon	0:18:23	John Carr1	7-May
8	Euan Brennan	0:18:27	Harrogate parkrun	12-Apr
9	Mark Iley	0:18:30	John Carr2	14-May
10	Alex Hirst	0:18:39	Lewisham parkrun	18-Jun

**5K**

	<b>WOMEN</b>	<b>TIME</b>	<b>EVENT</b>	<b>DATE</b>
	Sally Morley	0:17:47	John Carr3	21-May
	Nicky Green	0:18:06	John Carr2	14-May
	Catherine Farrow	0:18:46	John Carr2	14-May
	Jane McCarthy	0:18:55	John Carr2	14-May
	Tilly Melechi	0:19:05	John Carr1	7-May
	Sally Malir	0:19:27	John Carr1	7-May
	Lizzie Herbert	0:19:27	John Carr2	14-May
	Lucy Jacques	0:19:29	John Carr2	14-May
	Lucy Haines	0:19:34	John Carr3	21-May
	Beth Massey	0:19:53	John Carr2	14-May

**10K**

	<b>MEN</b>	<b>TIME</b>	<b>VENUE</b>	<b>DATE</b>
1	Tom Adams	0:31:43	Abbey Dash	16-Nov
2	Dan Wilkinson	0:35:15	Salford	7-Sep
3	Matt Newell	0:36:10	Dewsbury	2-Feb
4	Stephen Whiteley	0:37:55	Abbey Dash	16-Nov
5	Dick Waddington	0:38:04	Abbey Dash	16-Nov
6	Mark Iley	0:38:06	Salford	18-Apr
7	Rob Cunningham	0:38:13	Abbey Dash	16-Nov
8	David Brown	0:38:42	Dewsbury	2-Feb
9	Justin Phillips	0:39:02	Keighley BigK	30-Mar
10	Andrew Merrick	0:39:09	Abbey Dash	16-Nov

**10K**

	<b>WOMEN</b>	<b>TIME</b>	<b>EVENT</b>	<b>DATE</b>
	Nicky Green	0:36:22	Cheshire	30-Mar
	Jane McCarthy	0:39:14	Abbey Dash	16-Nov
	Sally Malir	0:39:17	Ribble Valley	28-Dec
	Catherine Farrow	0:40:22	Hawkshead	18-Jun
	Rachel Carter	0:40:33	Bradford	16-Mar
	Lucy Williamson	0:40:41	Ribble Valley	28-Dec
	Kate Archer	0:40:42	Abbey Dash	16-Nov
	Beth Massey	0:41:56	Bradford	16-Mar
	Helen Horton	0:44:49	Dewsbury	2-Feb
	Helen Waddington	0:46:20	Ribble Valley	28-Dec

**10 MILES**

	<b>MEN</b>	<b>TIME</b>	<b>EVENT</b>	<b>DATE</b>
1	Dan Wilkinson	0:59:49	Thirsk	23-Mar
2	Steve Weston	1:01:13	Thirsk	23-Mar
3	Gavin Lamb	1:04:29	Burnsall	23-Aug
4	Derek Oliver	1:04:46	Thirsk	23-Mar
5	Nick Pearce	1:05:49	Thirsk	23-Mar
6	Ron Cunningham	1:05:55	Guy Fawkes	2-Nov
7	Mark Iley	1:08:03	Burnsall	23-Aug
8	Dick Waddington	1:08:35	Guy Fawkes	2-Nov
9	Ken Souyave	1:10:31	Thirsk	23-Mar
10	Jonathan Schneider	1:13:56	Burnsall	23-Aug

**10 MILES**

	<b>WOMEN</b>	<b>TIME</b>	<b>EVENT</b>	<b>DATE</b>
	Sally Malir	1:06:27	Thirsk	23-Mar
	Rachel Carter	1:10:10	Eccup	13-Jul
	Jane McCarthy	1:10:14	Guy Fawkes	2-Nov
	Catherine Farrow	1:10:16	Ripon	18-May
	Kate Archer	1:10:43	Eccup	13-Jul
	Beth Massey	1:15:43	Ripon	18-May
	Rachel McKay	1:15:50	Otley	11-Jun
	Julie Watson	1:19:09	Thirsk	23-Mar
	Hilda Coulsey	1:23:01	Thirsk	23-Mar
	Stephanie Fox	1:23:27	Burnsall	23-Aug

**1/2 MARATHON**

	<b>MEN</b>	<b>TIME</b>	<b>VENUE</b>	<b>DATE</b>
1	Steve Weston	1:21:39	Brass Monkey	19-Jan
2	Rob Cunningham	1:22:10	Brass Monkey	19-Jan
3	Justin Phillips	1:23:44	Brass Monkey	19-Jan
4	Andrew Merrick	1:25:43	Brass Monkey	19-Jan
5	Stephen Coy	1:26:57	Brass Monkey	19-Jan
6	Tom Worboys	1:28:05	Vale of York	7-Sep
7	Michael Duffield	1:33:05	Bradford	26-Oct
8	David Schneider	1:35:09	Geneva	4-May
9	Ewan Welsh	1:40:07	Vale of York	7-Sep
10	Kevin Lawson	1:47:29	GNR	7-Sep

**1/2 MARATHON**

	<b>WOMEN</b>	<b>TIME</b>	<b>VENUE</b>	<b>DATE</b>
	Nicky Green	1:20:01	Wilmslow	23-Mar
	Caz Farrow	1:25:07	Brass Monkey	19-Jan
	Jane McCarthy	1:27:12	Wilmslow	23-Mar
	Sally Malir	1:27:18	Vale of York	7-Sep
	Rachel Carter	1:30:58	Leeds	20-May
	Helen Horton	1:40:02	Brass Monkey	19-Jan
	Hilda Coulsey	1:48:07	Peterborough	12-Oct
	Christine Cox	1:48:33	GNR	7-Sep
	Charlotte Smithson	1:48:37	Leeds	20-May
	Adela Reperechi	1:53:22	Bridlington	19-Oct

**MARATHON**

	<b>MEN</b>	<b>TIME</b>	<b>EVENT</b>	<b>DATE</b>
1	Dan Wilkinson	2:57:59	Manchester	6-Apr
2	Andrew Merrick	3:03:42	London	13-Apr
3	Steve Weston	3:20:55	Manchester	6-Apr
4	Steve Coy	3:23:01	London	13-Apr
5	Tom Worboys	3:34:25	Manchester	6-Apr
6	Simon Jenkins	3:48:08	Manchester	6-Apr
7	Neil Bloor	3:50:43	Lochaber	6-Apr
8	Nigel Rapper	3:55:26	London	13-Apr
9	Mike Baldwin	3:56:48	Seville	23-Feb
10	Paul Sugden	4:20:23	London	13-Apr

**MARATHON**

	<b>WOMEN</b>	<b>TIME</b>	<b>EVENT</b>	<b>DATE</b>
	Nicky Green	2:53:56	London	13-Apr
	Sally Malir	3:09:36	London	13-Apr
	Helen Horton	3:54:29	London	13-Apr
	Charlotte Smithson	3:57:22	Yorkshire	12-Oct
	Val Kerr	3:58:00	London	13-Apr
	Hilda Coulsey	4:05:48	Boston	21-Apr
	Sharon Meadows	4:20:23	London	13-Apr
	Emily Kerr	4:28:14	London	13-Apr
	Rebecca Moores	4:47:18	London	13-Apr
	Sally Lynch	4:51:41	Manchester	6-Apr