

Road Race Rankings 2016

5K

	MEN	TIME	EVENT	DATE
1	Tom Adams	15:02	Podium	17-Jun
2	Matt Newell	16:08	Podium	17-Jun
3	Jack Wood	16:31	Skipton parkrun	10-Dec
4	Ruaridh Mon-Williams	16:32	Podium	05-Mar
5	Alex Hirst	17:17	Peckham Rye parkrun	20-Aug
6	Jack Cummings	17:23	John Carr	04-May
7	Mark Mon-Williams	17:48	Little Stoke parkrun	23-Jan
8	Tim Ashelford	18:03	Hatfield parkrun	17-Dec
9	Steve Coy	18:29	Fountains Abbey parkrun	06-Aug
10	Daniel Hayes	18:31	Skipton parkrun	24-Dec

5K

	WOMEN	TIME	EVENT	DATE
	Lucy Williamson	19:27	John Carr	04-May
	Jane McCarthy	20:17	Skipton parkrun	09-Jan
	Sally Malir	20:34	Bradford parkrun	10-Dec
	Jann Smith	21:20	Harrogate parkrun	03-Sep
	Helen Waddington	22:09	John Carr	18-May
	Sarah Edwards	22:12	John Carr	04-May
	Jean Sullivan	22:28	John Carr	18-May
	Adela Reperecki	22:34	John Carr	18-May
	Joanne Williamson	23:18	John Carr	04-May
	Stephanie Fox	23:36	John Carr	18-May

10K

	MEN	TIME	VENUE	DATE
1	Matt Newell	34:54	Dewsbury	07-Feb
2	Rob Cunningham	38:06	Bradford	13-Mar
3	Steve Coy	39:08	Ribble Valley	27-Dec
4	Andrew Overend	39:28	Abbey Dash	06-Nov
5	Richard Joel	40:08	Wetherby	04-Sep
6	Dick Waddington	40:18	Ribble Valley	27-Dec
7	Adrian Bastow	40:51	Bradford	13-Mar

10K

	WOMEN	TIME	EVENT	DATE
	Pauline Munro	37:36	Abbey Dash	06-Nov
	Lucy Williamson	39:50	Abbey Dash	06-Nov
	Kate Archer	40:03	Abbey Dash	06-Nov
	Jane McCarthy	40:11	Dewsbury	07-Feb
	Sally Malir	40:40	Ribble Valley	27-Dec
	Rachel Carter	41:45	Dewsbury	07-Feb
	Erin Keating	44:41	Leeds	10-Jul

8	Steve Newell	40:55	Dewsbury	13-Mar	Helen Waddington	46:30	Manchester	22-May
9	Michael Duffield	41:29	Bradford	13-Mar	Stephanie Fox	47:52	Bradford	13-Mar
10	Mike Helme	41:34	Abbey Dash	06-Nov	Sarah Hayes	48:43	Abbey Dash	06-Nov

10 MILES

	MEN	TIME	EVENT	DATE
1	Jack Wood	56:08	Guy Fawkes	06-Nov
2	Ben Sheppard	65:21	Temple Newsam Ten	10-Jan
3	Michael Lomas	66:30	Burnsall	20-Aug
4	Mike Helme	69:39	Yorkshire	09-Oct
5	Dave Robson	69:56	Burnsall	20-Aug
6	Geoff Howard	70:20	Blackpool	13-Mar
7	Paul Calderbank	71:45	Otley 10	08-Jun
8	Tom Worboys	73:25	Otley 10	08-Jun
9	Steve Murray	74:16	Burnsall	20-Aug
10	Martyn Stocker	75:17 *	Burnsall	20-Aug

10 MILES

	WOMEN	TIME	EVENT	DATE
	Jane McCarthy	65:29	Yorkshire	09-Oct
	Rachel Carter	71:10	Eccup 10	03-Jul
	Julie Watson	74:59	Thirsk	20-Mar
	Caroline Howe	79:11	Yorkshire	09-Oct
	Helen Waddington	82:45	Otley 10	08-Jun
	Jean Sullivan	84:13	Guy Fawkes	06-Nov
	Donna Jackson	88:53	Eccup 10	03-Jul
	Petra Bijsterveld	93:40	Eccup 10	03-Jul
	Sally Lynch	97:35	Yorkshire	09-Oct
	Hilda Coulsey	98:11	Guy Fawkes	06-Nov

1/2 MARATHON

	MEN	TIME	VENUE	DATE
1	Dave Westhead	1:23:56	Vale of York	11-Sep
2	Rob Cunningham	1:24:52	Winslow	03-Apr
3	Steve Weston	1:25:50	Winslow	03-Apr
4	Jonathan Sinclair	1:27:46	Leeds	08-May
5	Derek Oliver	1:27:36	Brass Monkey	17-Jan
6	Andrew Overend	1:28:37	Winslow	03-Apr

1/2 MARATHON

	WOMEN	TIME	VENUE	DATE
	Helen Waddington	01:40:18	Brass Monkey	17-Jan
	Caroline Howe	01:49:13	Leeds	08-May
	Christine Cox	01:51:01	GNR	11-Sep
	Charlotte Smithson	01:54:54	GNR	11-Sep
	Louise Airey	01:54:54	Bradford City Runs	30-Oct
	Hilda Coulsey	01:55:21	Brass Monkey	17-Jan

7	Steve Newell	1:33:24	Winslow	03-Apr	Donna Jackson	01:58:38	Leeds	08-May
8	Simon Jenkins	1:40:31	Bradford City Runs	30-Oct	Elizabeth Westhead	01:59:36	Leeds	08-May
9	Nigel Tapper	1:46:00	Robin Hood	25-Sep	Petra Bijsterveld	02:00:23	Brass Monkey	17-Jan
10	Rhys Jones	1:47:48	Leeds	08-May	Emma Curran	02:03:23	GNR	11-Sep

MARATHON

	MEN	TIME	EVENT	DATE
1	Steve Weston	3:06:08	London	24-Apr
2	Derek Oliver	3:13:14	London	24-Apr
3	David Howe	3:27:13	Yorkshire	09-Oct
4	Jonathan Schneider	3:35:45	Edinburgh	29-May
5	David Schneider	3:47:16	Paris	03-Apr
6	Tim Buckingham	3:39:30	Manchester	10-Apr
7	Stuart Herrington	3:54:57	Paris	03-Apr
8	Tom Worboys	3:56:38	Manchester	10-Apr
9	David Ibbotson	4:32:17	Paris	03-Apr
10	William Woodhead	4:34:08	London	24-Apr

MARATHON

	WOMEN	TIME	EVENT	DATE
	Helen Waddington	03:52:31	Yorkshire	09-Oct
	Claire McLoughlin	03:53:52	London	24-Apr
	Erin Keating	03:55:40	Paris	03-Apr
	Caroline Howe	04:01:20	Berlin	25-Sep
	Jan Carrier	04:08:52	Paris	03-Apr
	Fiona Schneider	04:41:00	Edinburgh	29-May
	Petra Bijsterveld	04:41:03	Kielder	02-Oct

* timekeeping error, no official time given but Garmin time obtained from Martyn, results corroborate he came in between 74:55 and 75:31