

2010 ROAD RACE RANKINGS

| 5K MEN | | | | | 5K WOMEN | | | | | | |
|--------|-------------------|------|-------|-------------|----------|----|----------------|------|-------|-------------|--------|
| | | CAT. | TIME | EVENT | DATE | | | CAT. | TIME | EVENT | DATE |
| 1 | Tom Adams | M | 16:12 | Rupert Road | 03-Mar | 1 | Sally Morley | F35 | 18:14 | John Carr 2 | 12-May |
| 2 | Dave Wilby | M | 16:35 | John Carr 1 | 05-May | 2 | Alison Bennett | F45 | 19:25 | John Carr 2 | 12-May |
| 3 | Mark Mon-Williams | M45 | 17:22 | John Carr 3 | 19-May | 3 | Jane Bryant | F40 | 19:37 | John Carr 1 | 05-May |
| 4 | Richard Reeve | M50 | 17:23 | John Carr 2 | 12-May | 4 | Diane Haggard | F45 | 21:11 | John Carr 1 | 05-May |
| 5 | Henry Heavisides | M55 | 17:29 | John Carr 1 | 05-May | 5 | Jann Smith | F40 | 21:16 | John Carr 2 | 12-May |
| 6 | Mark Iley | M45 | 17:48 | John Carr 2 | 12-May | 6 | Kate Archer | F | 21:31 | Rupert Road | 03-Mar |
| 7 | Steve Coy | M35 | 17:50 | John Carr 3 | 19-May | 7 | Lucy Jacques | FJ | 22:53 | John Carr 3 | 19-May |
| 8 | Nick Richardson | M35 | 17:53 | Rupert Road | 03-Mar | 8 | Val Kerr | F50 | 23:03 | Rupert Road | 03-Mar |
| 9 | Dave Westhead | M | 17:56 | Rupert Road | 03-Mar | 9 | Sue Bickerdike | F40 | 23:03 | John Carr 1 | 05-May |
| 10 | Andy Wiggans | M45 | 18:02 | John Carr 3 | 19-May | 10 | Gaenor Coy | F35 | 23:06 | John Carr 1 | 05-May |

| 10K MEN | | | | | 10K WOMEN | | | | | | |
|---------|------------------|------|----------|----------------|-----------|----|-------------------|------|----------|----------------|--------|
| | | CAT. | TIME | VENUE | DATE | | | CAT. | TIME | EVENT | DATE |
| 1 | Tom Adams | M | 00:34:19 | ApperleyBridge | 27-May | 1 | Jane Bryant | F40 | 00:41:30 | Dewsbury | 07-Feb |
| 2 | Dave Wilby | M | 00:35:06 | Dewsbury | 07-Feb | 2 | Alison Bennett | F45 | 00:41:34 | Dewsbury | 07-Feb |
| 3 | Justin Phillips | M | 00:36:08 | Dewsbury | 07-Feb | 3 | Kate Archer | F | 00:42:26 | Bradford | 21-Mar |
| 4 | Andy Wiggans | M45 | 00:37:01 | Rothwell | 03-May | 4 | Kelly Harrison | F | 00:43:29 | Wakefield | 28-Mar |
| 5 | Richard Reeve | M50 | 00:37:02 | Rothwell | 03-May | 5 | Jann Smith | F40 | 00:45:39 | Jane Tomlinson | 04-Jul |
| 6 | Henry Heavisides | M55 | 00:37:04 | Dewsbury | 07-Feb | 6 | Rebecca Stapleton | F | 00:47:17 | Keighley | 14-Mar |
| 7 | Steve Weston | M45 | 00:37:19 | Harrogate | 25-Jul | 7 | Sue Bickerdike | F40 | 00:48:35 | Bradford | 21-Mar |
| 8 | Nick Pearce | M55 | 00:38:13 | Dewsbury | 07-Feb | 8 | Karen McNicholas | F | 00:48:43 | Bradford | 21-Mar |
| 9 | Richard Hinsley | M | 00:39:12 | Dewsbury | 07-Feb | 9 | Fiona Schneider | F50 | 00:51:07 | Dewsbury | 07-Feb |
| 10 | Rob Cunningham | M | 00:40:54 | Harrogate | 25-Jul | 10 | Christine Cox | F | 00:51:54 | Harrogate | 25-Jul |

| 10 MILE MEN | | | | | 10 MILE WOMEN | | | | | | |
|-------------|-------------------|------|----------|------------|---------------|----|--------------------|------|----------|------------|--------|
| | | CAT. | TIME | EVENT | DATE | | | CAT. | TIME | EVENT | DATE |
| 1 | Nick Richardson | M35 | 01:00:29 | Snake Lane | 28-Feb | 1 | Sally Malir | F45 | 01:09:17 | Eccup | 11-Jul |
| 2 | Jonathan Sinclair | M45 | 01:05:25 | Otley | 09-Jun | 2 | Caroline Bell | F | 01:14:11 | Eccup | 11-Jul |
| 3 | Nigel Tapper | M45 | 01:09:29 | Snake Lane | 28-Feb | 3 | Jann Smith | F40 | 01:14:51 | Otley | 09-Jun |
| 4 | Duncan Cooper | M40 | 01:10:33 | Eccup | 11-Jul | 4 | Helen Horton | F45 | 01:19:13 | Eccup | 11-Jul |
| 5 | Paul Stephens | M50 | 01:11:29 | Eccup | 11-Jul | 5 | Sue Bickerdike | F40 | 01:23:46 | Eccup | 11-Jul |
| 6 | Mike Baldwin | M50 | 01:13:08 | Otley | 09-Jun | 6 | Helen Shaw | F | 01:26:36 | Askern | 08-Aug |
| 7 | Stephen Rhodes | M | 01:14:23 | Eccup | 11-Jul | 7 | Gaenor Coy | F35 | 01:27:46 | Snake Lane | 28-Feb |
| 8 | John Woodward | M45 | 01:14:50 | Eccup | 11-Jul | 8 | Jacqui Weston | F40 | 01:31:20 | Snake Lane | 28-Feb |
| 9 | Vic Verecondi | M45 | 01:15:18 | Lancaster | 01-Aug | 9 | Bernadette Gibbons | F55 | 01:34:33 | Otley | 09-Jun |
| 10 | John Muirhead | M45 | 01:20:02 | Eccup | 11-Jul | 10 | | | | | |

| 1/2 MARATHON MEN | | | | | 1/2 MARATHON WOMEN | | | | | | |
|------------------|-------------------|------|----------|--------------|--------------------|----|--------------------|------|----------|--------------|--------|
| | | CAT. | TIME | VENUE | DATE | | | CAT. | TIME | VENUE | DATE |
| 1 | Justin Phillips | M | 01:19:21 | Brass Monkey | 24-Jan | 1 | Sally Malir | F45 | 01:28:06 | Brass Monkey | 24-Jan |
| 2 | Andy Wiggans | M45 | 01:20:09 | Blackpool | 21-Feb | 2 | Jane Bryant | F40 | 01:30:34 | Brass Monkey | 24-Jan |
| 3 | Jonathan Sinclair | M45 | 01:20:17 | Brass Monkey | 24-Jan | 3 | Jann Smith | F40 | 01:36:27 | Blackpool | 21-Feb |
| 4 | Stephen Coy | M35 | 01:21:17 | Brass Monkey | 24-Jan | 4 | Helen Horton | F45 | 01:39:32 | Brass Monkey | 24-Jan |
| 5 | Paul O'Looney | M40 | 01:21:22 | Brass Monkey | 24-Jan | 5 | Sue Bickerdike | F40 | 01:45:28 | Blackpool | 11-Apr |
| 6 | Henry Heavisides | M55 | 01:21:31 | Brass Monkey | 24-Jan | 6 | Catherine Gibbons | F | 01:45:32 | Brass Monkey | 24-Jan |
| 7 | David Brown | M40 | 01:24:27 | Brass Monkey | 24-Jan | 7 | Karen Lambe | F | 01:48:32 | Blackpool | 11-Apr |
| 8 | Jeff Paget | M55 | 01:26:14 | Edinburgh | 23-May | 8 | Sheena Pickersgill | F45 | 01:53:47 | Blackpool | 11-Apr |
| 9 | Neil Chapman | M50 | 01:26:44 | Brass Monkey | 24-Jan | 9 | Bernadette Gibbons | F55 | 01:58:12 | Brass Monkey | 24-Jan |
| 10 | Andrew Merrick | M | 01:29:25 | Blackpool | 11-Apr | 10 | Ashleigh Brownhill | F | 02:00:30 | Brass Monkey | 24-Jan |

| MARATHON MEN | | | | | MARATHON WOMEN | | | | | | |
|--------------|-------------------|------|----------|-----------|----------------|----|------------------|------|----------|-----------|--------|
| | | CAT. | TIME | EVENT | DATE | | | CAT. | TIME | EVENT | DATE |
| 1 | Jonathan Sinclair | M45 | 02:55:22 | London | 25-Apr | 1 | Sally Malir | F45 | 03:10:49 | London | 25-Apr |
| 2 | Andy Wiggans | M45 | 03:07:19 | Blackpool | 11-Apr | 2 | Rachel Wolfenden | F | 03:19:19 | London | 25-Apr |
| 3 | Rob Cunningham | M | 03:19:58 | London | 25-Apr | 3 | Jann Smith | F40 | 03:39:21 | Blackpool | 11-Apr |
| 4 | Neil Chapman | M50 | 03:20:11 | London | 25-Apr | 4 | Heather Duke | F40 | 05:34:00 | Paris | 11-Apr |
| 5 | Simon Chapman | M | 03:42:09 | London | 25-Apr | 5 | | | | | |
| 6 | Paul O'Looney | M40 | 03:46:25 | London | 25-Apr | 6 | | | | | |
| 7 | Tim Ratcliffe | M55 | 03:55:08 | London | 25-Apr | 7 | | | | | |
| 8 | Roddy MacDonald | M | 03:58:43 | London | 25-Apr | 8 | | | | | |
| 9 | | | | | | 9 | | | | | |
| 10 | | | | | | 10 | | | | | |