

# KESWICK AC

## Road-running rankings 2010

Here is the latest edition of the 2010 rankings. The rankings are intended to provide motivation, while highlighting the good performances of club members. There are still a few end of year events to come & a chance to get yourself on the lists!

<u>WOMEN</u>	<u>MEN</u>
<u>5K</u>	<u>5K</u>
1. P. Maddams -18:37 (Cockermouth, 14 July) 2. K. Clark -23:07 (Cockermouth, 14 July) 3. S. Denham-Smith -28:05 (C'mouth, 14 July)	1. R.Maddams -15:34 (Lancaster, 28 Aug) 2. S.Hebblethwaite -15:42 (Lancaster, 28 Aug) 3. I. Davies -16:30 (Lancaster, 28 Aug)
<u>10K</u>	<u>10K</u>
1. P. Maddams -38:56 (Bromsgrove, 9 May) 2. J. Carter -40:47 (Moorclose, 18 May) 3. J. Conroy -42:55 (Moorclose, 18 May)	1. P. Winskill -32:57 (Ulverston, 18, August) 2. R. Maddams -33:17 (Moorclose, 18 May) 3. S. Hebblethwaite -33:53 (Moorclose, 18 May)
<u>10M</u>	<u>10M</u>
1. P. Maddams -62:20 (Derwentwater 10, 7 Nov) 2. S. Ayers -65:23 (B'mpton-C'lisle, 21 Nov) 3. G. Conroy -72:49 (Derwentwater 10, 7 Nov)	1. R. Maddams -54:11 (B'mpton-C'lisle, 21 Nov) 2. S. Hebblethwaite -55:40 (D'water 10, 7 Nov) 3. D. Birch -57:46 (Derwentwater 10, 7 Nov)
<u>Half-marathon</u>	<u>Half-marathon</u>
1. G. Conroy -1:37:49 (Haweswater, 6 Mar) 2. H. Hodgson -1:40:14 (Haweswater, 6 Mar) 3. R. Slattery -1:40:50 (Haweswater, 6 Mar)	1. P. Winskill -1:14:07 (Indian Queens, 1 Aug) 2. S. Hebblethwaite -1:21:53 (Haweswater, 6 Mar) 3. R. Wynne -1:21:56 (Haweswater, 6 Mar)
<u>Marathon</u>	<u>Marathon</u>
1. R. Slattery -3:38:30 (London, 25 April) 2. S. Denham-Smith -4:09:48 (E'burgh, 27 May) 3. N. Davison -4:10:43 (London, 25 April)	1. R. Maddams 2:31:53 (Loch Ness, 3 Oct) 2. N. Ogden -2:59:49 (London, 25 April) 3. M. Beechey -3:43:29 (London, 25 April)

- The lists above are based on results in any measured road race over the distances of 5K, 10K, 10Mile, Half-Marathon and Marathon.
- Results will count where club runners appear listed as Keswick AC –eg. In instances where races are run for other first or second claim clubs, results will not count in the Keswick AC ranking.
- Should anyone be aware of results that are unlikely to come to our attention or have been missed from the ranking, please submit them to [stevenhebblethwaite@hotmail.com](mailto:stevenhebblethwaite@hotmail.com)