

**Keswick Athletic Club:
Road-running ranking list 2009**

- The lists below are based on results in any measured road race over the distances of 5K, 10K, 10Mile, Half-Marathon and Marathon...It is hoped the rankings will provide motivation, while highlighting the good performances of club members.
- 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

MEN	WOMEN
5K	5K
1. S. Hebblethwaite -16.39 (Lancaster, 27.6.09) 2. P. Bingham -19.28 (Lancaster, 25.7.09) 3. Q. Merritt -20.30 (Cockermouth 10.10.09)	1. 2. 3.
10K	10K
1. S. Hebblethwaite -33.28 (Ribble Val, 27.12.09) 2. M. Denham-Smith -36.44 (Gosforth, 01.9.09) 3. I. Davies -36.56 (Moorclose, 19.5.09)	1. P. Jackson -37.24 (Ribble Val, 27.12.09) 2. J. Gillyon -42.38 (Ulverston, 06.12.09) 3. K. Clarke -46.39 (Moorclose, 19.5.09)
10 Mile	10 Mile
1. S. Hebblethwaite -56.54 (Garstang, 06.12.09) 2. P. Winskill -57.34 (Derwentwater, 01.11.09) 3. M. Fraser -60:53 (Derwentwater, 01.11.09)	1. P. Jackson – 64.18 (Netherhall, 22.2.09) 2. J. Gillyon -72.56 (Derwentwater, 01.11.09) 3. D. Edgington -74.06 (Derwentwater, 01.11.09)
Half-Marathon	Half-Marathon
1. S. Hebblethwaite -76.59 (Carlisle, 25.10.09) 2. B. Farrell -84.21 (Keswick, 03.5.09) 3. A. Slattery -87.46 (Fleetwood, 13.9.09)	1. S. Halliburton -1.38.30 (Haweswater, 01.3.09) 2. H. Hodgson -1.39.42 (Haweswater, 01.3.09) 3. A. Downie -1.40.38 (Haweswater, 01.3.09)
Marathon	Marathon
1. A. Slattery -3:02.44 (Dublin, 26.10.09) 2. M. Denham-Smith -3.06.40 (Luton, 06.12.09) 3. N. Ogden -3.06.59 (London, 26.4.09)	1. H. Hodgson -3.48.37 (London, 26.4.09) 2. A. Downie -3.53.55 (London, 26.4.09) 3. R. Slattery -3.57.39 (Dublin, 26.10.09)