

60 fastest male times over 5K in RRR club championship races (from 2004 up to end of 2016 season)

1	Ian McBride	Vera Hirst 5K 2013	15:50	31=	Michael Harrison	Ian Casey Memorial Cowm Race 2016	18:32
2	Rob James	Littleborough 5K Race Series 2016	16:19	31=	Joel White	Ron Hill 5K 2014	18:32
3	Stuart Carroll	Ron Hill 5K 2014	17:13	33=	Martin Kay	Vera Hirst 5K 2012	18:34
4	Owen Flage	Ron Hill 5K 2008	17:17	33=	David Williams	Ron Hill 5K 2013	18:34
5	Philip Marsden	Ian Casey Memorial Cowm Race 2015	17:19	35	Stuart Hulme	Ian Casey Memorial Cowm Race 2009	18:36
6	Daniel McManus	Ian Casey Memorial Cowm Race 2015	17:27	36	Bruce Whittam	Vera Hirst 5K 2012	18:38
7=	Chris Lowe	Vera Hirst 5K 2013	17:36	37	Colin Green	Vera Hirst 5K 2012	18:40
7=	Martin Schofield	Ron Hill 5K 2012	17:36	38	Dan Yarwood	Ian Casey Memorial Cowm Race 2014	18:49
9	David McBride	Ron Hill 5K 2014	17:40	39	Dave Emanuel	Ian Casey Memorial Cowm Race 2016	18:55
10	Russell Ingham	Ian Casey Memorial Cowm Race 2014	17:49	40	John Williamson	Vera Hirst 5K 2005	19:02
11	Shaun Armstrong	Ian Casey Memorial Cowm Race 2013	17:53	41	Mark Taylor	Ian Casey Memorial Cowm Race 2014	19:03
12	Andy Sattler	Vera Hirst 5K 2005	17:54	42	Brian Moore	Ian Casey Memorial Cowm Race 2013	19:04
13	Dave Peart	Ron Hill 5K 2013	17:57	43	Michael Fleming	Ian Casey Memorial Cowm Race 2016	19:06
14=	Gary Fielding	Ron Hill 5K 2014	17:59	44	John Higgins	Vera Hirst 5K 2013	19:07
14=	Nick Cuff	Ian Casey Memorial Cowm Race 2016	17:59	45	Des Thorpe	Ian Casey Memorial Cowm Race 2011	19:08
16	Shane Reading	Ian Casey Memorial Cowm Race 2015	18:01	46	Elliot Stone	Ian Casey Memorial Cowm Race 2014	19:12
17=	Ian Dale	Ian Casey Memorial Cowm Race 2014	18:09	47	Bryan Lawton	Vera Hirst 5K 2004	19:14
17=	Paul Whitehead	Middleton 5K 2007	18:09	48	Tony McAndrew	Vera Hirst 5K 2012	19:17
19	Rob Battye	Littleborough 5K Race Series 2015	18:10	49=	Dave Freer	Ian Casey Memorial Cowm Race 2013	19:19
20	Dave Kershaw	Ian Casey Memorial Cowm Race 2009	18:12	49=	David Hall	Ron Hill 5K 2012	19:19
21	Ian Bishop	Vera Hirst 5K 2011	18:14	49=	Eamonn Nolan	Ian Casey Memorial Cowm Race 2011	19:19
22	Bill Balmer	Ron Hill 5K 2012	18:15	52	Neil Brock	Littleborough 5K Race Series 2015	19:21
23	Robert Fairbanks	Ian Casey Memorial Cowm Race 2016	18:19	53=	Dave Arden	Ron Hill 5K 2014	19:28
24	Barry Greaves	Littleborough Lions 5K 2004	18:22	53=	Matthew Kershaw	Ian Casey Memorial Cowm Race 2016	19:28
25	Bernie Goodwin	Ian Casey Memorial Cowm Race 2009	18:23	55	Brad Howard	Ian Casey Memorial Cowm Race 2016	19:29
26	Alan Bodell	Ian Casey Memorial Cowm Race 2011	18:25	56	Mark Wilde	Vera Hirst 5K 2013	19:31
27=	Bernie Cassidy	Vera Hirst 5K 2006	18:27	57	Steve Shaw	Vera Hirst 5K 2007	19:33
27=	Mark Kelly	Ron Hill 5K 2010	18:27	58	James Trollope	Ian Casey Memorial Cowm Race 2009	19:34
27=	Yousaf Butt	Ron Hill 5K 2014	18:27	59=	Paul McHugh	Ian Casey Memorial Cowm Race 2010	19:35
30	Richard Fiddling	Ron Hill 5K 2011	18:28	59=	Rob Kellett	Ron Hill 5K 2010	19:35

Summary: 8 out of 60 above times achieved in 2016. 13 out of 60 above times achieved since 2015. 24 out of 60 above times achieved since 2014.

60 fastest male times over 10K in RRR club championship races (from 2004 up to end of 2016 season)

1	Ian McBride	The Southport Mad Dog 10K 2012	31:57	31=	Bernie Goodwin	The Southport Mad Dog 10K 2015	38:53
2	Rob James	Rochdale 10K 2016	33:52	31=	David Williams	Rochdale 10K 2013	38:53
3	Owen Flage	Dewsbury 10K 2007	34:13	33	Tony McAndrew	The Southport Mad Dog 10K 2012	38:56
4	Stuart Carroll	The Southport Mad Dog 10K 2012	34:42	34	Brian Moore	Dewsbury 10K 2004	39:04
5	Philip Marsden	The Southport Mad Dog 10K 2015	36:03	35	Richard Fiddling	The Southport Mad Dog 10K 2012	39:08
6	Martin Schofield	Middleton Moonraker 10K 2012	36:21	36=	Dave Phillips	Dewsbury 10K 2004	39:09
7	Chris Lowe	The Southport Mad Dog 10K 2013	36:36	36=	Des Thorpe	The Southport Mad Dog 10K 2012	39:09
8	Daniel McManus	The Southport Mad Dog 10K 2015	36:37	38	Alan Bodell	The Southport Mad Dog 10K 2013	39:11
9	David McBride	The Southport Mad Dog 10K 2015	36:46	39	Paul Whitehead	Middleton Moonraker 10K 2009	39:16
10	Andy Sattler	Trafford 10K 2004	36:47	40	Michael Harrison	The Southport Mad Dog 10K 2016	39:21
11	Shane Reading	The Southport Mad Dog 10K 2015	36:50	41	Michael Pickering	Jack & Roy 10K 2016	39:25
12	Dave Kershaw	The Southport Mad Dog 10K 2012	36:53	42	Neil Brock	The Southport Mad Dog 10K 2016	39:27
13	Gary Fielding	The Southport Mad Dog 10K 2015	36:59	43=	Ian Dale	The Southport Mad Dog 10K 2015	39:28
14	Rob Battye	Rochdale 10K 2015	37:08	43=	Shaun Armstrong	Rochdale 10K 2016	39:28
15	Russell Ingham	Middleton Moonraker 10K 2013	37:11	45	Dan Yarwood	Milltown Oldham 10K 2015	39:39
16	Dave Emanuel	The Southport Mad Dog 10K 2015	37:19	46	Mark Wilde	Rochdale 10K 2014	39:42
17	Barry Greaves	Dewsbury 10K 2004	37:33	47	Joel White	The Southport Mad Dog 10K 2015	39:52
18	Dave Peart	Rochdale 10K 2013	37:45	48	Dave Freer	Mossley 10K 2015	39:55
19	Bernie Cassidy	Dewsbury 10K 2007	37:46	49	Richard Cummins	Jack & Roy 10K 2016	39:59
20	Paul Joyce	Milltown Oldham 10K 2016	37:47	50	Jarrold Gritt	Jack & Roy 10K 2016	40:00
21	Stuart Hulme	Rochdale 10K 2009	38:00	51	John Higgins	The Southport Mad Dog 10K 2013	40:05
22	Yousaf Butt	The Southport Mad Dog 10K 2015	38:08	52	John Kane	Dewsbury 10K 2004	40:08
23	Nick Cuff	Rochdale 10K 2016	38:13	53	Michael Fleming	Jack & Roy 10K 2016	40:13
24	Bill Balmer	Middleton Moonraker 10K 2011	38:22	54	Rob Kellett	Dewsbury 10K 2010	40:18
25=	John Williamson	Dewsbury 10K 2005	38:42	55	Brad Howard	Mossley 10K 2016	40:29
25=	Robert Fairbanks	Rochdale 10K 2016	38:42	56	David Hall	Middleton Moonraker 10K 2009	40:30
27	Bruce Whittam	The Southport Mad Dog 10K 2012	38:48	57	Paul McHugh	Rochdale 10K 2010	40:34
28=	Colin Green	The Southport Mad Dog 10K 2012	38:49	58	Elliot Stone	Rochdale 10K 2012	40:38
28=	Mark Kelly	Dewsbury 10K 2011	38:49	59	Tony Hart	The Southport Mad Dog 10K 2013	40:39
30	Bryan Lawton	Dewsbury 10K 2004	38:52	60	Mark Taylor	Rochdale 10K 2015	40:49

Summary: 12 out of 60 above times achieved in 2016. 26 out of 60 above times achieved since 2015. 27 out of 60 above times achieved since 2014.

50 fastest male times over 10M in RRR club championship races (from 2004 up to end of 2016 season)

1	Ian McBride	Great Warford 10 2013	0:51:32	26	Alan Bodell	Derwentwater 10 2010	1:04:36
2	Owen Flage	Llandudno 10 2005	0:56:03	27	Brian Moore	St.Annes 10 2004	1:04:38
3	Stuart Carroll	Sale 10 2011	0:57:32	28	Dave Kershaw	Derwentwater 10 2010	1:04:45
4	Dave Peart	Great Warford 10 2013	0:59:45	29	David Hall	Sale 10 2011	1:05:12
5	Philip Marsden	Derwentwater 10 2015	1:00:36	30	Bernie Goodwin	Derwentwater 10 2010	1:05:15
6	Russell Ingham	Great Warford 10 2013	1:00:50	31	David Williams	Derwentwater 10 2013	1:05:16
7	Martin Schofield	Great Warford 10 2012	1:00:53	32	Paul Whitehead	St.Annes 10 2005	1:05:23
8	Gary Fielding	Swinton 10 2015	1:00:59	33	Neil Brock	Swinton 10 2015	1:05:24
9	Chris Lowe	Great Warford 10 2013	1:01:03	34	Richard Fiddling	Derwentwater 10 2011	1:05:25
10	Barry Greaves	Llandudno 10 2005	1:01:34	35	Dave Phillips	Llandudno 10 2004	1:05:34
11	David McBride	Swinton 10 2015	1:01:41	36	Jarrold Gritt	Derwentwater 10 2016	1:05:55
12	Shane Reading	Swinton 10 2015	1:01:56	37	Richard Cummins	Derwentwater 10 2016	1:05:57
13	Andy Sattler	St.Annes 10 2005	1:02:08	38	Mark Kelly	Derwentwater 10 2010	1:06:04
14	Bernie Cassidy	Llandudno 10 2005	1:02:09	39	Des Thorpe	Derwentwater 10 2011	1:06:21
15	Stuart Hulme	Sale 10 2009	1:02:16	40=	Colin Green	Derwentwater 10 2010	1:06:22
16	Bill Balmer	Derwentwater 10 2012	1:02:59	40=	Steve Shaw	Llandudno 10 2005	1:06:22
17	Dave Emanuel	Swinton 10 2015	1:03:11	42	Shaun Armstrong	Derwentwater 10 2016	1:06:24
18	Michael Harrison	Derwentwater 10 2015	1:03:44	43	Dan Yarwood	Swinton 10 2015	1:06:28
19	Yousaf Butt	Derwentwater 10 2015	1:03:50	44	Mark Taylor	Derwentwater 10 2014	1:06:35
20	Daniel McManus	Derwentwater 10 2015	1:04:11	45	Nick Cuff	Prudent Riverside 10 2016	1:06:42
21	Robert Fairbanks	Derwentwater 10 2016	1:04:15	46	Rob Kellett	Sale 10 2011	1:06:45
22	John Higgins	St.Annes 10 2004	1:04:18	47	Chris Eavers	Llandudno 10 2005	1:07:14
23	Bryan Lawton	Llandudno 10 2004	1:04:22	48	Dean Burgess	Llandudno 10 2005	1:07:20
24	John Williamson	Llandudno 10 2004	1:04:30	49	Mark Wilde	Swinton 10 2014	1:07:43
25	Ian Dale	Derwentwater 10 2015	1:04:32	50	Bruce Whittam	Derwentwater 10 2011	1:07:51

Summary: 5 out of 50 above times achieved in 2016. 16 out of 50 above times achieved since 2015. 18 out of 50 above times achieved since 2014.

50 fastest male times over HM in RRR club championship races (from 2004 up to end of 2016 season)

1	Ian McBride	Great North West ½ Marathon 2012	1:09:01	26	Mark Wilde	Wilmslow ½ Marathon 2014	1:25:34
2	Stuart Carroll	Great North West ½ Marathon 2012	1:15:06	27	Barry Greaves	Bridlington ½ Marathon 2006	1:25:52
3	Rob James	Rochdale ½ Marathon 2016	1:17:19	28	Bernie Goodwin	Great North West ½ Marathon 2012	1:26:03
4	Owen Flage	Chester ½ Marathon 2006	1:18:10	29	Robert Fairbanks	Oulton Park ½ Marathon 2016	1:26:19
5	Dave Peart	Fleetwood ½ Marathon 2013	1:18:32	30	Bill Balmer	Freckleton ½ Marathon 2012	1:26:32
6	Chris Lowe	Great North West ½ Marathon 2013	1:18:50	31	David Williams	Chester ½ Marathon 2013	1:26:34
7	Russell Ingham	Wilmslow ½ Marathon 2014	1:20:06	32	Ian Dale	Congleton ½ Marathon 2014	1:26:59
8	David McBride	Chester ½ Marathon 2011	1:20:07	33	John Higgins	Chester ½ Marathon 2013	1:27:02
9=	Dave Kershaw	Great North West ½ Marathon 2012	1:21:00	34	Bryan Lawton	Great North West ½ Marathon 2005	1:27:08
9=	Ian Bishop	Chester ½ Marathon 2011	1:21:00	35	Rob Battye	Mill Town to Moors ½ Marathon 2016	1:27:18
11	Bernie Cassidy	Great North West ½ Marathon 2008	1:21:01	36	Bruce Whittam	Great North West ½ Marathon 2012	1:27:40
12	Martin Schofield	Congleton ½ Marathon 2012	1:21:05	37	Dave Phillips	Swinton ½ Marathon 2005	1:27:47
13	Shane Reading	Oulton Park ½ Marathon 2016	1:22:39	38	Shaun Armstrong	Rochdale ½ Marathon 2016	1:28:11
14	Mark Taylor	Wilmslow ½ Marathon 2014	1:23:05	39	Lee Smith	Congleton ½ Marathon 2013	1:28:14
15	Colin Green	Great North West ½ Marathon 2012	1:23:21	40=	Michael Harrison	Chester ½ Marathon 2011	1:28:16
16	Dave Emanuel	Great North West ½ Marathon 2012	1:23:27	40=	Richard Fiddling	Great North West ½ Marathon 2013	1:28:16
17	Andy Sattler	Oldham ½ Marathon 2005	1:23:45	40=	Rob Kellett	Chester ½ Marathon 2008	1:28:16
18	Philip Marsden	Mill Town to Moors ½ Marathon 2014	1:24:12	43	David Hall	Congleton ½ Marathon 2012	1:28:17
19	Stuart Hulme	Freckleton ½ Marathon 2009	1:24:40	44	Neil Brock	Oulton Park ½ Marathon 2016	1:28:21
20	Daniel McManus	Rochdale ½ Marathon 2015	1:24:50	45	Dave Arden	Wilmslow ½ Marathon 2014	1:28:44
21	Yousaf Butt	Congleton ½ Marathon 2014	1:24:52	46	Tony McAndrew	Great North West ½ Marathon 2012	1:29:11
22	Mark Kelly	Great North West ½ Marathon 2011	1:25:03	47	Elliot Stone	Congleton ½ Marathon 2012	1:29:17
23	Gary Fielding	Congleton ½ Marathon 2014	1:25:12	48	Dan Yarwood	Wilmslow ½ Marathon 2014	1:29:26
24	John Williamson	Great North West ½ Marathon 2005	1:25:31	49	Steve Shaw	Great North West ½ Marathon 2007	1:30:04
25	Jarrod Gritt	Mill Town to Moors ½ Marathon 2016	1:25:33	50	Michael Pickering	Rochdale ½ Marathon 2016	1:30:09

Summary: 8 out of 50 above times achieved in 2016. 9 out of 50 above times achieved since 2015. 18 out of 50 above times achieved since 2014.

60 highest % performance male over 5K in RRR club championship races (from 2004 up to end of 2016 season)

1	John Higgins	Vera Hirst 5K 2013	19:07	83.14	31	Des Thorpe	Ron Hill 5K 2014	19:30	75.66
2	Dave Phillips	Vera Hirst 5K 2006	19:46	82.59	32	Brian Moore	Ian Casey Memorial Cowm Race 2013	19:04	75.51
3	Paul Whitehead	Ian Casey Memorial Cowm Race 2009	18:10	81.85	33	Andy Sattler	Vera Hirst 5K 2005	17:54	75.13
4	Ian McBride	Vera Hirst 5K 2013	15:50	81.65	34	Richard Fiddling	Ron Hill 5K 2011	18:28	75.03
5=	Alan Bodell	Ian Casey Memorial Cowm Race 2016	18:37	81.22	35	Steve Shaw	Vera Hirst 5K 2007	19:33	74.84
5=	Ian Dale	Ian Casey Memorial Cowm Race 2014	18:09	81.22	36	Martin Schofield	Ron Hill 5K 2012	17:36	74.15
7	Stuart Carroll	Ron Hill 5K 2014	17:13	81.13	37	Mark Heaney	Ian Casey Memorial Cowm Race 2015	21:05	74.14
8	Philip Marsden	Ian Casey Memorial Cowm Race 2015	17:19	80.63	38	Martin Kay	Vera Hirst 5K 2012	18:34	74.07
9	Bernie Cassidy	Vera Hirst 5K 2011	18:46	79.87	39	Bryan Lawton	Ian Casey Memorial Cowm Race 2015	19:55	74.07
10	Dave Peart	Ron Hill 5K 2013	17:57	79.63	40	Daniel McManus	Ian Casey Memorial Cowm Race 2015	17:27	73.93
11	David Williams	Ron Hill 5K 2013	18:34	79.47	41	Dave Kershaw	Ian Casey Memorial Cowm Race 2009	18:12	73.89
12	David Hall	Ian Casey Memorial Cowm Race 2015	19:33	79.30	42	Mark Taylor	Ian Casey Memorial Cowm Race 2015	19:12	73.85
13	Dave Emanuel	Ian Casey Memorial Cowm Race 2016	18:55	79.22	43	Simon Bruce Lake	Ian Casey Memorial Cowm Race 2013	20:50	73.78
14	Rob James	Littleborough 5K Race Series 2016	16:19	79.14	44	Colin Green	Vera Hirst 5K 2012	18:40	73.67
15	Barry Greaves	Littleborough Lions 5K 2004	18:22	79.02	45	John Lambe	Ian Casey Memorial Cowm Race 2014	20:13	73.57
16	Chris Lowe	Ron Hill 5K 2014	17:45	78.66	46	John Kane	Ian Casey Memorial Cowm Race 2011	21:37	73.56
17	Bruce Whittam	Vera Hirst 5K 2012	18:38	77.89	47	George Meynell	Vera Hirst 5K 2009	22:37	73.49
18	Owen Flage	Ron Hill 5K 2014	17:50	77.71	48	Jeff Cordwell	Littleborough Lions 5K 2004	20:45	73.44
19=	Bernie Goodwin	Ian Casey Memorial Cowm Race 2015	18:46	77.32	49	Robert Fairbanks	Ian Casey Memorial Cowm Race 2016	18:19	72.88
19=	Ronnie Quinn	Ian Casey Memorial Cowm Race 2015	21:18	77.32	50	Neil Farrell	Ian Terry Memorial Cowm Race 2014	20:32	72.40
21	David McBride	Ron Hill 5K 2014	17:40	77.25	51	Shaun Armstrong	Ian Casey Memorial Cowm Race 2013	17:53	72.34
22	Ian Bishop	Vera Hirst 5K 2011	18:14	77.16	52	Dave Freer	Ian Casey Memorial Cowm Race 2013	19:19	72.27
23	Bill Balmer	Ron Hill 5K 2012	18:15	77.09	53=	Elliot Stone	Ian Casey Memorial Cowm Race 2014	19:12	72.13
24	Eamonn Nolan	Ian Casey Memorial Cowm Race 2016	19:37	77.01	53=	Rob Kellett	Vera Hirst 5K 2013	19:48	72.13
25	Shane Reading	Ian Casey Memorial Cowm Race 2015	18:01	76.94	55	Michael Harrison	Ian Casey Memorial Cowm Race 2016	18:32	72.07
26	Neil Brock	Littleborough 5K Race Series 2015	19:21	76.86	56	Matthew Kilburn	Ian Casey Memorial Cowm Race 2016	20:01	71.93
27	Russell Ingham	Ian Casey Memorial Cowm Race 2014	17:49	76.63	57=	Lee Smith	Ron Hill 5K 2013	19:37	71.73
28	Gary Fielding	Ron Hill 5K 2014	17:59	76.48	57=	Nick Cuff	Ian Casey Memorial Cowm Race 2016	17:59	71.73
29	Rob Battye	Littleborough 5K Race Series 2015	18:10	76.26	59	Tony Hart	Ian Casey Memorial Cowm Race 2013	19:56	71.67
30	Chris Eavers	Ron Hill 5K 2011	20:31	76.18	60	Mark Kelly	Ron Hill 5K 2010	18:27	71.43

Summary: 8 out of 60 above times achieved in 2016. 19 out of 60 above times achieved since 2015. 30 out of 60 above times achieved since 2014.

60 highest % performance male over 10K in RRR club championship races (from 2004 up to end of 2016 season)

1	Dave Phillips	Trafford 10K 2005	39:29	85.30	31	Eamonn Nolan	Rochdale 10K 2016	41:11	76.39
2	Ian McBride	Middleton Moonraker 10K 2013	32:00	84.13	32	Russell Ingham	Milltown Oldham 10K 2014	37:13	76.35
3	Dave Emanuel	The Southport Mad Dog 10K 2015	37:19	83.60	33	Trevor Grundy	Dewsbury 10K 2004	43:46	76.28
4	John Higgins	The Southport Mad Dog 10K 2013	40:05	82.57	34	Bill Balmer	Middleton Moonraker 10K 2011	38:22	75.74
5	Stuart Carroll	The Southport Mad Dog 10K 2015	35:37	82.24	35	George Meynell	Dewsbury 10K 2011	46:34	75.67
6	Barry Greaves	Rochdale 10K 2015	40:59	81.45	36	Andy Sattler	Trafford 10K 2004	36:47	75.55
7	Bernie Cassidy	Middleton Moonraker 10K 2011	38:45	81.17	37	Simon Bruce Lake	Rochdale 10K 2013	42:52	75.25
8	Philip Marsden	The Southport Mad Dog 10K 2015	36:03	80.59	38	Brian Moore	The Southport Mad Dog 10K 2013	39:52	75.17
9	Owen Flage	Dewsbury 10K 2007	34:13	79.75	39	Martin Schofield	Middleton Moonraker 10K 2012	36:21	74.72
10	Ian Dale	Jack & Roy 10K 2016	39:34	79.52	40	Dave Freer	Mossley 10K 2015	39:55	74.51
11	Rob James	Rochdale 10K 2016	33:52	79.36	41	Richard Fiddling	The Southport Mad Dog 10K 2012	39:08	74.25
12	David Williams	Rochdale 10K 2013	38:53	78.93	42	Paul Joyce	Milltown Oldham 10K 2016	37:47	74.07
13	Paul Whitehead	Middleton Moonraker 10K 2009	39:16	78.81	43	Colin Green	The Southport Mad Dog 10K 2012	38:49	73.74
14	Dave Peart	Rochdale 10K 2013	37:45	78.78	44	Bryan Lawton	The Southport Mad Dog 10K 2015	41:49	73.39
15	Gary Fielding	The Southport Mad Dog 10K 2015	36:59	78.59	45	Daniel McManus	The Southport Mad Dog 10K 2015	36:37	73.33
16	Chris Lowe	The Southport Mad Dog 10K 2015	37:18	78.51	46	Jeff Cordwell	Middleton Moonraker 10K 2009	45:10	73.27
17	Neil Brock	The Southport Mad Dog 10K 2016	39:27	78.43	47	Tony Hart	The Southport Mad Dog 10K 2013	40:39	73.16
18	Shane Reading	The Southport Mad Dog 10K 2015	36:50	78.28	48	Brian Varley	Rochdale 10K 2004	44:32	73.05
19	David Hall	Rochdale 10K 2014	40:39	78.01	49	Steve Shaw	Dewsbury 10K 2007	41:42	73.03
20	David McBride	The Southport Mad Dog 10K 2015	36:46	77.86	50	Mark Heaney	The Southport Mad Dog 10K 2015	44:44	72.73
21	Bruce Whittam	The Southport Mad Dog 10K 2012	38:48	77.86	51	Tony Kane	The Southport Mad Dog 10K 2015	46:46	72.67
22	Alan Bodell	The Southport Mad Dog 10K 2013	39:11	77.71	52	Robert Fairbanks	Rochdale 10K 2016	38:42	72.34
23	Rob Battye	Rochdale 10K 2015	37:08	77.68	53	Mark Taylor	Rochdale 10K 2015	40:49	72.31
24	Chris Eavers	Dewsbury 10K 2010	41:39	77.45	54	Rob Kellett	Middleton Moonraker 10K 2013	41:10	72.24
25	John Kane	Dewsbury 10K 2004	40:08	77.11	55	Brad Howard	Mossley 10K 2016	40:29	71.79
26=	Bernie Goodwin	The Southport Mad Dog 10K 2015	38:53	77.08	56	Lee Smith	Middleton Moonraker 10K 2013	40:50	71.73
26=	Ronnie Quinn	The Southport Mad Dog 10K 2015	44:28	77.08	57	Dave Smith	Middleton Moonraker 10K 2010	44:51	71.31
28	Dave Kershaw	The Southport Mad Dog 10K 2012	36:53	77.03	58	Mark Kelly	Dewsbury 10K 2011	38:49	71.10
29	Richard Cummins	Jack & Roy 10K 2016	39:59	76.79	59	Neil Farrell	Rochdale 10K 2014	43:36	70.97
30	Des Thorpe	The Southport Mad Dog 10K 2012	39:09	76.56	60	Elliot Stone	Rochdale 10K 2016	41:17	70.94

Summary: 9 out of 60 above times achieved in 2016. 26 out of 60 above times achieved since 2015. 29 out of 60 above times achieved since 2014.

50 highest % performance male over 10M in RRR club championship races (from 2004 up to end of 2016 season)

1	Ian McBride	Great Warford 10 2013	0:51:32	86.16	26	Trevor Grundy	St.Annes 10 2004	1:13:20	75.72
2	Dave Phillips	Llandudno 10 2005	1:05:38	84.60	27	Paul Whitehead	St.Annes 10 2005	1:05:23	75.23
3	Dave Peart	Great Warford 10 2013	0:59:45	81.67	28	George Meynell	Great Warford 10 2013	1:19:02	75.11
4	Stuart Carroll	Great Warford 10 2013	0:58:04	81.39	29	Steve Shaw	Llandudno 10 2005	1:06:22	74.72
5	Barry Greaves	Llandudno 10 2005	1:01:34	81.21	30	Bernie Goodwin	Swinton 10 2014	1:05:22	74.64
6	Dave Emanuel	Swinton 10 2015	1:03:11	81.15	31	Des Thorpe	Derwentwater 10 2011	1:06:21	74.13
7	Bernie Cassidy	Sale 10 2009	1:02:59	80.73	32	John Kane	St.Annes 10 2006	1:09:48	74.09
8	Ian Dale	Derwentwater 10 2015	1:04:32	80.14	33	Andy Sattler	St.Annes 10 2005	1:02:08	73.75
9	Owen Flage	Llandudno 10 2005	0:56:03	79.57	34	Bruce Whittam	Great Warford 10 2012	1:08:05	73.44
10	David Hall	Derwentwater 10 2015	1:07:22	79.50	35	Martin Schofield	Great Warford 10 2012	1:00:53	73.26
11	Philip Marsden	Derwentwater 10 2015	1:00:36	79.21	36	Bryan Lawton	Swinton 10 2015	1:08:54	73.19
12	John Higgins	St.Annes 10 2004	1:04:18	78.41	37	Ronnie Quinn	Prudent Riverside 10 2016	1:17:41	72.83
13	Neil Brock	Swinton 10 2015	1:05:24	78.40	38	Eamonn Nolan	Prudent Riverside 10 2016	1:11:11	72.65
14	Brian Varley	Llandudno 10 2005	1:09:35	78.36	39	Richard Fiddling	Derwentwater 10 2011	1:05:25	72.24
15	Gary Fielding	Swinton 10 2015	1:00:59	78.10	40	Mark Taylor	Derwentwater 10 2014	1:06:35	72.10
16	Chris Eavers	Sale 10 2011	1:08:53	77.75	41	Rob Kellett	Sale 10 2011	1:06:45	71.93
17	Chris Lowe	Great Warford 10 2013	1:01:03	77.42	42	Dave Smith	Sale 10 2009	1:12:40	71.79
18	David Williams	Derwentwater 10 2013	1:05:16	77.26	43	Jeff Cordwell	Llandudno 10 2005	1:13:18	71.79
19	Richard Cummins	Derwentwater 10 2016	1:05:57	77.11	44	Dave Freer	Derwentwater 10 2015	1:08:34	71.73
20	Shane Reading	Swinton 10 2015	1:01:56	76.91	45	Neil Farrell	Great Warford 10 2012	1:09:46	71.67
21	David McBride	Swinton 10 2015	1:01:41	76.62	46	Michael Harrison	Derwentwater 10 2015	1:03:44	71.36
22	Bill Balmer	Derwentwater 10 2012	1:02:59	76.23	47	Robert Fairbanks	Derwentwater 10 2016	1:04:15	71.33
23	Alan Bodell	Derwentwater 10 2010	1:04:36	76.14	48	Dave Kershaw	Derwentwater 10 2010	1:04:45	71.31
24	Simon Bruce Lake	Great Warford 10 2013	1:09:43	76.14	49	Stuart Hulme	Sale 10 2009	1:02:16	71.31
25	Russell Ingham	Great Warford 10 2013	1:00:50	75.90	50	Brian Moore	St.Annes 10 2004	1:04:38	70.89

Summary: 4 out of 50 above times achieved in 2016. 15 out of 50 above times achieved since 2015. 17 out of 50 above times achieved since 2014.

50 highest % performance male over HM in RRR club championship races (from 2004 up to end of 2016 season)

1	Ian McBride	Great North West ½ Marathon 2012	1:09:01	85.78	26	Colin Green	Great North West ½ Marathon 2012	1:23:21	74.58
2	Dave Phillips	Swinton ½ Marathon 2005	1:27:47	84.15	27	Philip Marsden	Mill Town to Moors ½ Marathon 2014	1:24:12	74.42
3	John Higgins	Chester ½ Marathon 2013	1:27:02	83.30	28	Trevor Grundy	Great North West ½ Marathon 2008	1:43:15	74.35
4	Stuart Carroll	Great North West ½ Marathon 2012	1:15:06	82.77	29	John Kane	Great North West ½ Marathon 2006	1:32:58	73.89
5	Dave Peart	Wilmslow ½ Marathon 2014	1:18:56	82.68	30	Ronnie Quinn	Rochdale ½ Marathon 2016	1:42:04	73.77
6	Bernie Cassidy	Great North West ½ Marathon 2008	1:21:01	81.92	31	Steve Shaw	Great North West ½ Marathon 2007	1:30:04	73.69
7	Dave Emanuel	Oulton Park ½ Marathon 2016	1:24:35	80.51	32	Bill Balmer	Freckleton ½ Marathon 2012	1:26:32	73.59
8	Barry Greaves	Freckleton ½ Marathon 2009	1:25:53	79.98	33	George Meynell	Chester ½ Marathon 2011	1:45:25	73.53
9	Chris Lowe	Great North West ½ Marathon 2013	1:18:50	78.85	34	Martin Schofield	Congleton ½ Marathon 2012	1:21:05	73.13
10	Ian Bishop	Chester ½ Marathon 2011	1:21:00	78.61	35	Des Thorpe	Congleton ½ Marathon 2014	1:31:36	73.07
11	David Hall	Congleton ½ Marathon 2014	1:28:32	78.27	36	Gary Fielding	Congleton ½ Marathon 2014	1:25:12	72.95
12	Ian Dale	Congleton ½ Marathon 2014	1:26:59	77.61	37	Paul Whitehead	Oldham ½ Marathon 2007	1:31:26	72.59
13	David Williams	Chester ½ Marathon 2013	1:26:34	77.32	38	Andy Sattler	Oldham ½ Marathon 2005	1:23:45	72.50
14	Russell Ingham	Wilmslow ½ Marathon 2014	1:20:06	77.00	39	Rob Kellett	Chester ½ Marathon 2013	1:29:26	72.37
15	Owen Flage	Wilmslow ½ Marathon 2014	1:21:09	76.60	40	Lee Smith	Congleton ½ Marathon 2013	1:28:14	72.17
16	Rob James	Rochdale ½ Marathon 2016	1:17:19	76.57	41	Richard Fiddling	Great North West ½ Marathon 2013	1:28:16	72.14
17	Chris Eavers	Chester ½ Marathon 2008	1:30:33	76.54	42	Rob Battye	Mill Town to Moors ½ Marathon 2016	1:27:18	71.77
18	Neil Brock	Rochdale ½ Marathon 2015	1:29:06	76.44	43	Bryan Lawton	Great North West ½ Marathon 2010	1:29:08	71.44
19	Simon Bruce Lake	Congleton ½ Marathon 2014	1:33:19	76.29	44	Eamonn Nolan	Congleton ½ Marathon 2011	1:33:26	71.03
20	Dave Kershaw	Great North West ½ Marathon 2012	1:21:00	76.14	45	Dave Smith	Chester ½ Marathon 2011	1:39:24	70.97
21	Mark Taylor	Wilmslow ½ Marathon 2014	1:23:05	76.03	46	Yousaf Butt	Congleton ½ Marathon 2014	1:24:52	70.57
22=	Bernie Goodwin	Oulton Park ½ Marathon 2016	1:26:49	75.82	47	Mark Kelly	Great North West ½ Marathon 2011	1:25:03	70.47
22=	Shane Reading	Oulton Park ½ Marathon 2016	1:22:39	75.82	48	Jeff Cordwell	Chester ½ Marathon 2006	1:40:26	70.24
24	David McBride	Congleton ½ Marathon 2014	1:21:52	75.33	49	Tony Hart	Great North West ½ Marathon 2013	1:32:11	70.21
25	Bruce Whittam	Great North West ½ Marathon 2012	1:27:40	75.07	50	Mark Wilde	Wilmslow ½ Marathon 2014	1:25:34	70.05

Summary: 6 out of 50 above times achieved in 2016. 7 out of 50 above times achieved since 2015. 20 out of 50 above times achieved since 2014.