

Northern Athletics – Road race measurement. Up-dated January 2008

All Road Races held in the United Kingdom should have their distance measured by a uk:athletics accredited Course Measurer in accordance with IAAF procedures. A certificate of the stated distance will be issued by the Regional Course Measurement Co-ordinator, and this certificate should be displayed at the race venue.

Once a course is certified as correct the Certificate of Course Accuracy will remain valid in subsequent years without re-measurement provided the organiser confirms that the course is unchanged.

Permit Secretaries are authorised to deny applications for permits to any race that advertises a specific distance unless that race has been certified as accurate. The only exception to this rule are races which do not claim to be of a set distance.

Records and Best Performance lists will only be compiled from certified course events.

It is essential that National Championship races are measured by a grade 1 measurer. In the event of a National Record being set the course shall be remeasured by a different grade 1 Course Measurer. Any race found to be under the stated distance by retrospective measurement will have any performances set on it deleted from Records and Best Performance Lists.

Along with the Certificate of Accuracy, a logo can be provided, as below, which may be incorporated in race literature to show that the event complies with best practice.



CERTIFIED ACCURATE

Further information regarding race measurement and issue of Certificates of Accuracy may be obtained from the Northern Athletics course measurement Co-ordinator
Alan Ritchie, 132 Scotby Road, Scotby, Carlisle, Cumbria CA4 8BJ
Tel 01228 513200

Accredited course measurers are listed on page 3 and may be contacted by race organisers to arrange measurement of courses.

A list of all measured courses is regularly updated by the Measurement Co-ordinator
Ref. Page 4 to 17

Why measure a course ?

To obtain a race permit all road races held in the U.K. must be accurately measured.
All competitors are entitled to expect their result to be based upon accurately measured time and distance.

How is a course measured ?

By the long established procedure using a 'Jones Counter' fitted to a bicycle. The counter must be calibrated on the day of measurement and the route cycled along the runners optimum line. A cycle is the only type of vehicle which can achieve this, other methods have been tested and found to be unreliable.

When should a course be measured ?

Before applying for a race permit but after consultation with other parties involved
i.e. Police. The measurer requires as much notice as possible to organise a day for measurement, which should ideally be calm and dry to ensure accuracy.

Who will measure a course ?

Accredited course measurers covering the North of England are listed on page 3.
They are experienced and qualified to use the same technique established by I.A.A.F.
and used world wide.

What is the cost ?

Course measurers are only entitled to claim their out-of-pocket expenses
i.e. travelling, stationary etc.

Which races are certified accurate ?

Details of all measured races in the North of England are held by the Measurement Co-ordinator.
They are Listed on pages 4 to 17 and regularly up-dated.

Where can measurers qualify ?

Anyone interested in becoming an accredited measurer should apply to the measurement Co-ordinator. When there are sufficient candidates, a training seminar day is arranged covering theoretical and practical work. Successful applicants will complete a test paper, carry out some measurement practice and if acceptable will attain grade 2 standard.
With further experience the measurer can progress to grade 1 and then IAFF status.

Accredited Course Measurers

| Measurer | Address | Telephone | Grade |
|---------------------|--|--------------|-------|
| Dave Bendy | Field Head, Snitter, Morpeth, Northumberland | 01669 620449 | IAAF |
| Steve Broadfoot | 346 West Derby Rd. Tuebrook, Liverpool | 01512 541631 | 1 |
| Eric Cassels | 18 Ayden Grove, Corbridge, Northumberland | 01434 632510 | 2 |
| Tim Cook | 30 Deeping St James Rd. Northborough, P/Borough | 01778 342913 | 2 |
| Max Coleby | 65 Lindisfarne Rd. Newton Hall, Durham | 01913 845674 | IAAF |
| Geoff Cumber | 2 Ash Terr. Dyson Lane, Ripponden | 01422 823057 | 2 |
| David Dixon | 21 The Leases, Sunderland | 01915 109062 | 2 |
| Robert Ferguson | 13 Lansdowne Cres. Carlisle | 01228 513934 | 2 |
| Ken Garrett | 11 Mersey St. Rosegrove, Burnley | 01282 831306 | 1 |
| Alex Grant | 126 New Adel Lane, Leeds. LS16 6BB | 01132 670737 | 2 |
| Mel Gould | 91 Meadowfield, Gosforth, Cumbria | 01946 725693 | 2 |
| Steve & Susan Green | 142 St Nicholas Drive, Grimsby DN37 9RF | 01472 310861 | 2 |
| Brian Grice | 27 Cornwall Way, Ainsdale, Southport | 01704 573187 | 2 |
| Graham Hall | 12 High St. West, Redcar, Cleveland | 01642 490783 | 2 |
| Paul Hodgson | 4 Landalewood Rd. Clifton Moorgate York | 01904 690391 | IAAF |
| Nick Howarth | 34 Turton Heights, Bolton, BL2 3DU | 01204592716 | 2 |
| Geoff Hume | 23 Earls Drive Lowfell Gateshead Tyne & Wear | 01914 871582 | 2 |
| Ken Kaiser | 103 High Ash Avenue, Leeds | 01132 694820 | 2 |
| Phil Lloyd | 12 Newby Close Peterborough PE39 PU | 01733261168 | 2 |
| Dave Mann | 11 Staley Ave, Ashby De La Zouch, Leicestershire | 01530467075 | 2 |
| Ron McAndrew | 55 Poulton Rd. Blackpool, Lancs. | 01253 395976 | 2 |
| Colin Morath | 34 Davies Avenue, Leeds | 01132 931486 | 1 |
| Charlie Moxon | 15 Wimpole Road, Fairfield, Stockton | 01642 654530 | 2 |
| Sam North | 1 Holmes St, Heanor, Derbyshire | 01773714702 | 2 |
| Brian Porter | 34 Delany Drive, Freckleton, Preston | 01772 679632 | 2 |
| Alan Postlethwaite | The Swallows, Coburn Drive, Ramsey, Isle of Man | 01624 814298 | 2 |
| Steve Priestley | Stedia, Gatebeck Road, Endmoor, Kendal | 01539 567449 | 2 |
| Gary Richards | 42 Blacklion Lane, Little Sutton, Ellesmere Port | 01513392080 | 2 |
| Alan Ritchie | 132 Scotby Rd. Carlisle, Cumbria | 01228 513200 | 1 |
| Rod Scholes | 113 St Pauls Parade, Ardsley, Barnsley | 01226 288133 | 2 |
| Derek Selby | 122 Green Meadows, Westhoughton, Bolton | 01942 840283 | 2 |
| Harry Smith | Marton Way, Coats Lane, Barnoldswick, Lancs. | 01282 812024 | IAAF |
| Dene Townend | 31 Lyndhurst Rd, Brighouse, Huddersfield | 01484711906 | 2 |
| Brian Turner | Kenwick Cottage, Doodstone Nook, Preston | 01772 514141 | 2 |
| Terry Walker | 25 Bartlemere, Barnard Castle, Durham | 01883 313398 | 2 |
| Paul Walsh | 18, Eddington Rd, Lytham St Annes, Lancs | 01253739522 | 2 |

Northern Athletics

List of Measured & Certificated Road Races

UP- DATED January 2008

LISTED are courses which have been measured in accordance with current IAAF procedures by graded uk:athletics measurers.

Details are held by the Northern Athletics
Course Measurement Co-ordinator

CERTIFICATES of course accuracy are issued to Race Organisers when their Course Measurement details are registered

VALIDITY of a Certificate lasts for only one year
However, validity may be extended by confirmation to the Permit Secretary that no detail of the course has changed since the last registered measurement.

DELETED from the list are courses which have not been confirmed as unchanged since 31st Dec 2002 and are therefore no longer Certificated

ENQUIRIES regarding the measurement and registration of races should be directed to the Northern Athletics
Course Measurement Co-ordinator
Alan Ritchie, 132 Scotby Road, Scotby, Carlisle
CA4 8BJ Tel. 01228 513200

KEY:

| | |
|--------|----------------------|
| LATEST | Last Known race date |
| DIST. | Race distance |
| MEAS. | Date of measurement |
| BY | Initials of measurer |
| CERT. | Certificate number |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST.</u> | <u>MEAS.</u> | <u>BY</u> | <u>CERT.</u> |
|---------------------------------|---------------|--------------|--------------|-----------|--------------|
| CHESHIRE | | | | | |
| AIR PRODUCTS 10K (Crewe) | 27.03.05 | 10 KM | 19.03.05 | SJB | 05/011 |
| ALSAGER 5 | 01.02.04 | 5 ML | 30.12.03 | MF | 04/006 |
| ANTROBUS 10K | 07.09.03 | 10 KM | 08.03.03 | SJB | 03/017 |
| BIRCHWOOD 10K | 22.08.04 | 10 KM | 20.02.02 | DS | 02/045 |
| BIRCHWOOD 5K | 08.05.05 | 5 KM | 07.05.05 | SJB | 05/026 |
| BURTONWOOD 5 | 30.07.05 | 5 ML | 18.07.05 | SJB | 05/038 |
| CAPENHURST 5K | 24.08.05 | 5 KM | 21.05.05 | GR | 05/034 |
| CAPENHURST 10K | 11.06.06 | 10 KM | 01.06.06 | GR | 06/044 |
| CHESHIRE CORPORATE CHALLENGE | 07.10.01 | 5KM | 19.08.98 | MWG | 96/097 |
| CHESTER HALF MARATHON | 23.05.04 | 13 1 ML | 02.03.03 | SJB | 03/013 |
| CHESTER ZOO 10K | 17.10.04 | 10 KM | 21.08.04 | SJB | 04/038 |
| CHESTER SPRING 5 | 08.04.03 | 5 ML | 10.02.02 | SJB | 02/007 |
| CHRISTLETON 5K | 09.05.03 | 5 KM | 22.04.01 | SJB | 01/010 |
| CLAIRE HOUSE 5 | 25.06.05 | 5 ML | 14.05.05 | SJB | 05/029 |
| CONGLETON HALF MARATHON | 12.10.03 | 13.1 ML | 17.09.03 | MF | 03/067 |
| CONGLETON QUARTER HALF MARATHON | 12.10.03 | 6.55ML | 17.09.03 | MF | 03/068 |
| DAVID LLOYD 10K | 16.10.05 | 10 KM | 14.05.05 | SJB | 05/030 |
| EAGLE JFC 5K | 29.04.06 | 5 KM | 19.03.06 | SJB | 06/010 |
| ELLESMERE PORT HALF MARATHON | 09.07.00 | 13.1 ML | 14.05.95 | MWG | 95/038 |
| FARNDON 10K | 05.03.06 | 10 KM | 09.12.05 | BAG | 05/057 |
| FOREST PARK LADIES 5K | 07.07.04 | 5 KM | 26.05.96 | SJB | 95/053 |
| FOUR VILLAGES HALF MARATHON | 18.01.04 | 13.1 ML | 20.07.03 | SJB | 03/055 |
| HALE 5 | 14.12.03 | 5 ML | 13.10.90 | SJB | 90/168 |
| HALTON ROAD RACE | 11.04.04 | 5 ML | 05.02.00 | SJB | 00/003 |
| HOLLINS GREEN 5K | 07.06.03 | 5KM | 05.05.01 | DS | 01/021 |
| LYMM 5K | 28.06.03 | 5 KM | 27.04.03 | DS | 03/039 |
| MACCLESFIELD CORPORATE 5K | 06.06.04 | 5 KM | 14.04.01 | SJB | 01/012 |
| MACCLESFIELD HALF MARATHON | 28.09.03 | 13.1ML | 01/08/03 | MF | 03/058 |
| MOW COP KILLER MILE | 24.05.00 | 1 ML | 15.03.94 | PN | 94/025 |
| NORTHERN VETS PADGATE TEN | 12.10.03 | 10 ML | 22.07.01 | HS | 01/048 |
| NORTON 5 | 06.02.05 | 5 ML | 16.01.05 | SJB | 05/003 |
| RIVACRE 10 | 09.06.02 | 10 ML | 30.12.96 | MWG | 97/013 |
| SOUTH CHESHIRE HARRIERS 10K | 11.04.04 | 10 KM | 15.02.95 | PN | 95/022 |
| SUTTON 10K | 26.09.04 | 10 KM | 10.02.02 | SJB | 01/008 |
| WARRINGTON CORP. CUP 5K | 12.05.02 | 5 KM | 20.3.99 | SJB | 99/010 |
| WARRINGTON R.R. 10K | 29.06.06 | 10 KM | 19.03.06 | SJB | 06/011 |
| WEST CHESHIRE 5 K | 11.07.03 | 5 KM | 02.03.03 | SJB | 03/012 |
| WHITLEY 10K | 24.04.05 | 10 KM | 19.03.05 | SJB | 05/010 |
| WILMSLOW HALF MARATHON | 21.03.04 | 13.1 ML | 22.02.04 | MF | 04/011 |
| WIRE FM 10K | 30.05.04 | 10 KM | 12.04.04 | MF | 04/020 |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST.</u> | <u>MEAS.</u> | <u>BY</u> | <u>CERT.</u> |
|-----------------------------|---------------|--------------|--------------|-----------|--------------|
| CUMBRIA | | | | | |
| ABBEYTOWN TEN | 03.06.07 | 10 ML | 24.04.90 | AR | 90/058 |
| BARROW PARK 5K | 17.09.06 | 5 KM | 05.07.06 | SP | 06/054 |
| BENDRIGG (Kendal) 10K | 10.06.06 | 10 KM | 05.01.92 | MG | 92/006 |
| BURTON IN KENDAL 10K | 02.10.05 | 10 KM | 01.09.02 | SP | 02/047 |
| BRAMPTON TO CARLISLE | 17.11.07 | 10 ML | 06.11.94 | AR | 94/097 |
| CALTHWAITE SIX (Penrith) | 29.05.05 | 6 ML | 10.05.03 | AR | 03/031 |
| CARLISLE R.U.F.C. 10K | 14.07.04 | 10 KM | 05.05.03 | AR | 03/030 |
| COCKERMOUTH BREWERY TEN | 09.09.07 | 10 ML | 17.08.07 | AR | 07/046 |
| CONISTON ` 14 ' | 24.03.07 | 13.878ML | 15.02.92 | MG | 92/016 |
| DALTON CHARTER 10K | 11.05.07 | 10 KM | 03.12.89 | GL | 90/043 |
| DALSTON 10K (Stephen Unwin) | 15.04.07 | 10 KM | 20.03.88 | AR | 88/018 |
| DALLAM DASH | 07.05.07 | 10 KM | 19.04.97 | SP | 97/025 |
| DENTDALE RUN | 10.03.07 | 14.22 ML | 17.01.99 | SP | 99/001 |
| DERWENTWATER TEN | 05.11.06 | 10 ML | 26.10.03 | AR | 03/050 |
| ELLENBOROUGH 10K | 08.08.07 | 10 KM | 25.06.06 | RF | 06/040 |
| ENDMOOR 10K | 20.07.05 | 10 KM | 13.07.03 | SP | 03/056 |
| GREAT CUMBRIAN RUN | 14.10.07 | 13.1 ML | 18.07.07 | AR | 07/038 |
| GOSFORTH TEN | 13.06.07 | 10 ML | 14.04.90 | MG | 90/061 |
| GOSFORTH 10K | 04.09.07 | 10 KM | 01.09.90 | MG | 90/158 |
| GRASMOOR 5K (Cockermouth) | 05.10.02 | 5 KM | 17.12.01 | RF | 02/001 |
| GRASMOOR 10K (Cockermouth) | 21.07.02 | 10 KM | 01.06.02 | RF | 02/031 |
| HAWESWATER HALF MARATHON | 05.03.06 | 13.1ML | 13.02.03 | AR | 03/003 |
| HAWKSHEAD 10K | 29.06.05 | 10 KM | 11.05.02 | SP | 02/032 |
| KENDAL 10K | 27.04.05 | 10 KM | 19.04.03 | SP | 03/027 |
| KESWICK/BUTTERMERE 34K | 18.02.07 | 34KM | 09.12.06 | AR | 06/066 |
| KESWICK HALF MARATHON | 06.05.07 | 13.1 ML | 07.04.03 | AR | 03/018 |
| KESWICK Round the Houses | 04.04.07 | 5.3 ML | 12.05.93 | AR | 93/067 |
| LAMBFOOT LOOP | 18.04.06 | 5.5 ML | 28.07.01 | AR | 01/039 |
| LANGDALE MAR. & HALF MAR. | 23.09.06 | 26.2/13.1 | | SP | 06/058 |
| LEVENS LYTH VALLEY 10K | 01.06.05 | 10 KM | 28.09.97 | SP | 97/057 |
| NETHERHALL TEN | 25.02.07 | 10 ML | 28.01.06 | AR | 06/003 |
| NEWLANDS VALLEY ROUND | 25.07.07 | 9 KM | 04.09.06 | AR | 06/055 |
| NORA MILLER 10K | 09.09.06 | 10 KM | 28.07.01 | AR | 01/038 |
| RAVENSTONEDALE 10K | 24.10.07 | 10 KM | 26.03.95 | SP | 95/033 |
| SEDBERGH 10 | 00.09.01 | 10 ML | 30.06.01 | SP | 01/045 |
| SETMURTHY SNAP | 08.08.06 | 6 KM | 28.07.01 | AR | 01/037 |
| SPADEADAM HALF MARATHON | 19.10.05 | 13.1 ML | 23.08.05 | EC | 05/044 |
| ULVERSTON 10K | 16.08.06 | 10 KM | 14.06.96 | MG | 96/047 |
| ULVERSTON XMAS PUDDING 10K | 03.12.06 | 10 KM | 14.06.96 | MG | 96/047 |
| WINDERMERE MARATHON | 18.05.08 | 26.2ML | 00.12.06 | SP | 07/001 |
| WORKINGTON 10K (Moorclose) | 21.05.07 | 10 KM | 04.05.02 | MG | 02/000 |
| WORKINGTON 10 | 27.05.06 | 10 ML | 13.01.96 | MG | 96/018 |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST.</u> | <u>MEAS.</u> | <u>BY</u> | <u>CERT.</u> |
|---------------------------|---------------|--------------|--------------|-----------|--------------|
| CLEVELAND | | | | | |
| COAST ROAD 5K | Various 07 | 5 KM | 29.12.03 | GH | 04/005 |
| HARTLEPOOL MARINA 5 | 03.03.05 | 5 ML | 27.03.05 | GH | 05/009 |
| MERMAID 10K | 06.04.07 | 10 KM | 12.02.05 | GH | 05/008 |
| MIDDLESBOROUGH 10K | 02.10.05 | 10 KM | 28.04.05 | GH | 05/024 |
| RAY HARRISON MEMORIAL 10K | 00.09.03 | 10 KM | 15.07.01 | GH | 02/052 |
| REDCAR HALF MARATHON | 00.03.03 | 13.1 ML | 12.03.00 | MC | 00/008 |
| TEES BARRAGE 10K | 01.05.06 | 10 KM | 22.04.06 | GH | 06/033 |
| VICTORIAN 10K | 22.07.07 | 10 KM | 12.02.05 | GH | 05/008 |

DURHAM

| | | | | | |
|-----------------------|----------|-------|----------|-----|--------|
| AUCKLAND CASTLE 10K | 06.08.06 | 10 KM | 28.03.99 | PAH | 99/011 |
| CHESTER LE STREET 10K | 20.09.05 | 10 KM | 18.01.97 | PAH | 97/003 |
| DARLINGTON 10K | 12.08.07 | 10 KM | 31.07.07 | MC | 07/039 |
| DERWENTSIDE TEN | 12.10.03 | 10 ML | 14.09.03 | DD | 03/065 |
| HAMSTERLEY FOREST 10K | 00.11.03 | 10 KM | 05.10.96 | PAH | 96/071 |
| NEWTON AYCLIFFE 10K | 17.06.07 | 10 KM | 00.03.99 | MC | 99/012 |
| PITSTOP 10K | 05.07.06 | 10 KM | 08.07.00 | MC | 00/026 |
| RABY CASTLE 10K | 27.05.06 | 10 KM | 05.04.04 | GH | 04/021 |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST</u> | <u>MEAS</u> | <u>BY</u> | <u>CERT</u> |
|-------------------------------|---------------|-------------|-------------|-----------|-------------|
| DERBYSHIRE | | | | | |
| ASHBOURNE HALF MARATHON | 16.09.07 | 13.1 ML | 22.08.07 | DM | 07/047 |
| BOLSOVER 10K | 17.12.06 | 10 KM | 03.10.99 | RA | 99/047 |
| BELPER 5K | 27.12.05 | 5 KM | 08.09.91 | LS | 91/110 |
| BUXTON HALF MARATHON | 28.05.07 | 13.1 ML | 29.04.92 | LS | 92/052 |
| BUXTON CARNIVAL 5 | 15.07.06 | 5 ML | 10.05.98 | RA. | 98/016 |
| CHATSWORTH GOLDEN GATE 10K | 18.05.08 | 10 KM | 11.12.07 | SN | 07/056 |
| CHESTERFIELD SPIRE 10 | 03.09.06 | 10 ML | 19.04.03 | RA | 03/026 |
| CLOWNE HALF MARATHON | 26.11.06 | 13.1 ML | 21.10.01 | RA | 01/051 |
| DERBY 10K | 29.04.07 | 10 KM | 02.05.06 | DM | 06/034 |
| DRONFIELD 10K | 11.03.07 | 10 KM | 05.02.94 | LS | 94/011 |
| EYAM HALF MARATHON | 13.05.07 | 13.1 ML | 13.04.94 | LS | 94/039 |
| GLOSSOP 10 | 13.06.04 | 10 ML | 11.04.96 | LS | 96/025 |
| HARDWICK HALL 6 | 13.07.06 | 6 ML | 05.07.89 | DB | 89/058 |
| HEANOR PUD RUN | 18.11.07 | 10 KM | 21.08.07 | SN | 07/048 |
| HEANOR 5 | 28.07.06 | 5 ML | 14.04.12 | RA | 02/009 |
| LONG EATON 5 | 12.06.05 | 5 ML | 09.04.05 | RA | 05/018 |
| MILFORD 4.5 | 30.05.04 | 4.5 ML | 05.05.91 | LS | 91/050 |
| MERRILL COLLEGE 10K | 08.10.06 | 10 KM | 09.09.06 | RA | 06/057 |
| REINDEER 5 | 16.12.01 | 5 ML | 28.11.99 | RA | 99/055 |
| PRIDE PARK RELAYS | 19.07.04 | 2 ML/Lap | 30.06.02 | RA | 02/037 |
| ROWSLEY 4 | 31.05.04 | 4 ML | 13.04.91 | LS | 91/052 |
| SHADY OAK TOUGH 10K | 16.05.07 | 10 KM | 26.03.06 | RA | 06/016 |
| SINFIN 10K | 03.06.07 | 10 KM | 30.10.05 | RA | 05/056 |
| WESTON 5 | 26.03.06 | 5 ML | 26.02.06 | RA | 06/006 |
| NEW YEARS DAY HANGOVER 5 | 01.01.07 | 5 ML | 13.04.91 | LS | 91/042 |
| WIRKSWORTH WELL DRESSING R.R. | 27.05.06 | 4.127 ML | 11.03.90 | LS | 90/030 |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST</u> | <u>MEAS</u> | <u>BY</u> | <u>CERT</u> |
|-------------------------------|---------------|-------------|-------------|-----------|-------------|
| GREATER MANCHESTER | | | | | |
| ALEXANDRA PARK SERIES | Various | 5 KM | 10.07.05 | HS | 05/040 |
| ALTRINCHAM 5K | 20.06.03 | 5 KM | 07.04.02 | HS | 02/017 |
| B OF THE BANG 10K | 02.05.05 | 10 KM | 03.04.05 | HS | 05/016 |
| BOLTON (Leverhume) 10K | 23.04.06 | 10 KM | 09.04.06 | HS/NH | 06/024 |
| BOLTON (Leverhume) 5K | 23.05.01 | 5 KM | 10.12.00 | HS | 00/036 |
| BOWDEN 5 K | 12.06.03 | 5 KM | 14.03.99 | HS | 99/014 |
| BURNDEN CHALLENGE 10K | 10.07.05 | 10 KM | 06.05.01 | HS | 01/031 |
| CITY OF SALFORD (Ladies) '5' | 27.11.05 | 5.223 ML | 17.11.93 | HS | 93/133 |
| FRANK HODSON SADDLEWORTH 6 | 10.08.05 | 6 ML | 10.07.91 | HS | 91/095 |
| GREAT MANCHESTER RUN | 21.05.07 | 10 KM | 01.04.07 | HS | 07/020 |
| HAIGH HALL 4 | Various | 4 ML | 31.12.07 | BP | 07/057 |
| HOLLINGWORTH MILE | 16.03.04 | 1 ML | 23.01.00 | HS | 00/004 |
| LITTLEBOROUGH Round the Lake | Various | 4 ML | 24.07.96 | HS | 96/059 |
| LITTLEBOROUGH 5 K | Various | 5 KM | 19.06.96 | HS | 96/045 |
| LOSTOCK 6 | 25.02.07 | 6 ML | 04.02.07 | NH | 07/006 |
| MANCHESTER CHILDRENS HOSPITAL | 25.09.05 | 13.1 ML | 07.08.90 | HS | 90/138 |
| MANCHESTER SIZZLERS | Various | 5 KM | 10.04.05 | HS | 05/021 |
| MANCHESTER YMCA 5 | 23.04.05 | 5 ML | 17.04.88 | HS | 88/023 |
| MANCHESTER YMCA 10 K | 25.05.06 | 10 KM | 28.05.06 | HS | 06/036 |
| MOONRAKER (Middleton) | 07.08.05 | 10 KM | 21.05.03 | HS | 03/042 |
| OFFERTON 5 K | 02.07.03 | 5 KM | 06.04.03 | HS | 03/035 |
| OFFERTON 10 K | 06.07.05 | 10 KM | 06.04.03 | HS | 03/036 |
| OLDHAM HALF MARATHON | 03.04.05 | 13.1 ML | 27.02.00 | HS | 00/009 |
| PLATT FIELDS 10 K | 10.07.05 | 10 KM | 20.06.99 | HS | 99/034 |
| RADCLIFFE 10K | 24.04.05 | 10 KM | 19.04.02 | HS | 02/015 |
| ROCHDALE (SPRINGFIELD) 10 K | 05.07.05 | 10 KM | 23.04.96 | HS | 96/027 |
| SALFORD CLASSIC 10 K | 14.04.06 | 10 KM | 26.03.06 | HS | 06/022 |
| SALFORD 5 K | 30.04.05 | 5 KM | 07.03.97 | HS | 97/014 |
| STOCKPORT TEN | 12.12.04 | 10 ML | 02.12.04 | KG | 04/047 |
| TRAFFORD 10 K | 04.03.07 | 10 KM | 03.03.07 | SJB | 07/013 |
| WINSTON LADIES 5K | 15.07.07 | 5 KM | 17.06.07 | NH | 07/034 |
| (Wythenshawe Park) FESTIVE 5 | 27.12.05 | 5 ML | 13.11.05 | HS | 05/055 |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST.</u> | <u>MEAS.</u> | <u>BY</u> | <u>CERT.</u> |
|-------------------------------|---------------|--------------|--------------|-----------|--------------|
| HUMBERSIDE | | | | | |
| BURRINGHAM 10K | 07.05.00 | 10 KM | 10.01.90 | SuG | 90/035 |
| BEVERLEY 10K | 14.05.06 | 10KM | 30.10.05 | PAH | 05/053 |
| BEVERLEY 5K CLASSIC | 23.06.06 | 5KM | 30.10.05 | PAH | 05/054 |
| CLEETHORPES 10K | 01.01.01 | 10 KM | 07.12.00 | StG | 00/033 |
| EAST HULL 20 | 18.03.07 | 20 ML | 04.02.07 | StG | 07/010 |
| ELSTRON WICK 5 | 04.07.06 | 5 ML | 18.06.06 | GB | 06/042 |
| FERRIBY TEN | 21.01.07 | 10 ML | 20.09.06 | StG | 06/065 |
| HORNSEA ONE THIRD MARATHON | 30.03.07 | 8.74 ML | 18.10.07 | STG | 07/055 |
| HUMBER BRIDGE HALF MARATHON | 24.06.07 | 13.1 ML | 07.06.07 | StG | 07/030 |
| HUMBER BRIDGE 10K | 05.06.05 | 10 KM | 28.04.04 | StG | 04/024 |
| JIM DINGWALL (Elloughton) 10K | 13.08.06 | 10 KM | 01.04.06 | PAH | 06/019 |
| LAXTON 10K | 26.07.06 | 10 KM | 16.02.06 | RS | 01/004 |
| MAJORSTONE HALF MARATHON | 00.09.06 | 13.1 ML | 25.07.98 | GB | 06/043 |
| NEWELLERBY 5 | 25.04.06 | 5 ML | 17.04.06 | GB | 06/031 |
| SCUNTHORPE 10K | 08.07.04 | 10 KM | 14.03.90 | SuG | 90/037 |
| SEA WALL 5 | | 5 ML | 30.05.01 | StG | 01/026 |
| WALKINGTON 10K | 21.07.06 | 10 KM | 01.04.06 | PAH | 06/018 |
| WINTERTON TEN | 03.07.05 | 10 ML | 23.06.93 | SuG | 93/086 |

ISLE OF MAN

| | | | | | |
|------------------------------|------------|---------|-----------|----|--------|
| ANDREAS 10K | Various 06 | 10 KM | 18.01.06 | AP | 06/002 |
| EASTER FESTIVAL 5K | 16.04.06 | 5 KM | 19.03.06 | AP | 06/015 |
| EASTER FESTIVAL RACES | Easter 06 | 10 KM | 06.03.05 | AP | 05/007 |
| GREAT SOUTH RUN | Various 06 | 10 KM | 30.03.05 | AP | 05/015 |
| ISLE OF MAN 20 | 02.07.06 | 20 ML | 03.12.91 | JG | 93/097 |
| ISLE OF MAN HALF MARATHON | 13.08.06 | 13.1 ML | 05.12.90 | JG | 93/094 |
| ISLE OF MAN MARATHON | 13.08.06 | 26.2 ML | 05.12.90 | JG | 93/093 |
| MANX HARRIERS HALF MARATHON | 06.04.03 | 13.1 ML | 03.12.91 | JG | 91/123 |
| NATIONAL SPORTS CENTRE 5K | 05.03.05 | 5 KM | 09.02.03 | AP | 03/006 |
| NATIONAL SPORTS CENTRE 10K | 25.02.06 | 10 KM | 09.02.03 | AP | 03/007 |
| NATIONAL SPORTS CENTRE 20K | 28.02.04 | 20 KM | 09.02.03 | AP | 03/008 |
| NORTHERN 10 | 14.05.06 | 10 ML | 22.05.02 | AP | 02/019 |
| PEEL 4 | Various 07 | 4 ML | 13.05.07 | AP | 07/028 |
| PEEL HARBOUR 10K | 24.03.02 | 10 KM | 10.08.93 | JG | 93/114 |
| RAMSEY FIREMENS RACES | Various 06 | 4.85 ML | 05.10.03 | AP | 04/007 |
| RACE WALK – STARLIGHT STROLL | 19.08.06 | 20 ML | 09.04.06 | AP | 06/029 |
| RACE WALK – CENTURIAN | 19.08.06 | 100 ML | 09.04.06 | AP | 06/030 |
| RONALDSWAY 10K | Various 06 | 10 KM | 18.12..05 | AP | 05/060 |
| SYD QUIRK HALF MARATHON | 04.11.07 | 13.1 ML | 10.09.07 | AP | 07/050 |
| WESTERN 10 | 01.10.06 | 10 ML | 29.05.05 | AP | 05/036 |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST.</u> | <u>MEAS.</u> | <u>BY</u> | <u>CERT.</u> |
|-------------------------------------|---------------|--------------|--------------|-----------|--------------|
| LANCASHIRE | | | | | |
| BLACKBURN 10K | 13.08.06 | 10 KM | 08.08.06 | RMc | 06/048 |
| BLACKPOOL & FYLDE INTER CLUB | 15.06.04 | 4 ML | 23.05.04 | RMc | 04/028 |
| BLACKPOOL HALF MARATHON | 23.06.02 | 13.1 ML | 01.06.02 | DC | 02/022 |
| BLACKPOOL MARATHON | 23.06.02 | 26.2 ML | 01.06.02 | DC | 02/023 |
| BLACKPOOL PROM 10K | 11.05.97 | 10 KM | 21.04.97 | BT | 97/021 |
| BRITISH MASTERS/HORWICH CARNIVAL 5K | 22.06.03 | 5 KM | 06.04.03 | RMc | 03/028 |
| BURNLEY FIRE STATION 7 | 05.10.97 | 7 ML | 13.07.87 | HS | 87/ - |
| BURNLEY 10 K | 30.03.03 | 10 KM | 05.02.03 | HS | 03/014 |
| CALDERVALE COUNTRY 10 | 10.04.98 | 10 ML | 23.03.90 | DH | 90/036 |
| CATFORTH CANTER | 18.02.07 | 5 KM | 27.12.06 | BP | 07/003 |
| CHERNOBYL 10K | 29.07.07 | 10 KM | 30.05.07 | BP | 07/024 |
| CHORLEY INTER-CLUB | 27.08.98 | 4.64 ML | 26.02.95 | BT | 95/007 |
| CLIVIGER `6' | 10.08.97 | 10 KM | 20.06.91 | KG | 91/070 |
| COLNE LIONS 10K | 22.05.98 | 10 KM | 03.03.93 | HS | 93/031 |
| FRECKLETON HALF MARATHON | 18.06.06 | 13.1 ML | 20.12.05 | BP | 05/059 |
| GARSTANG 10K | 11.01.98 | 10 KM | 04.12.93 | DC | 93/135 |
| GARSTANG HALF MARATHON | 27.09.98 | 13.1 ML | 18.07.98 | DC | 98/038 |
| GOLDEN BALL 5K | 19.05.02 | 5 KM | 06.05.02 | DC | 02/024 |
| GREAT NORTH WEST HALF MAR. | 26.02.06 | 13.1 ML | 18.02.06 | RMc | 06/005 |
| GREEN DRIVE 5 | 19.10.03 | 5 ML | 05.06.03 | RMc | 03/049 |
| GUYS (Garstang) 10 | 07.12.97 | 10 ML | 10.08.94 | HS | 94/083 |
| HILTON ILLUMINATIONS 10K | 15.09.07 | 10 KM | 09.09.07 | RMc | 07/051 |
| HORWICH CARNIVAL 5K | 26.06.05 | 5 KM | 08.05.05 | HS | 05/027 |
| JUBILEE ROAD RACE SERIES | Various 06 | 5 ML | 13.04.06 | RMc | 06/026 |
| KIRKHAM 10 K | 00.00.99 | 10 KM | 05.05.99 | DC | 99/022 |
| LANCASTER (Pete Bland) HALF MARATON | 02.09.07 | 13.1 ML | 04.08.07 | BP | 07/044 |
| LEYLAND 10 | 27.05.07 | 10 ML | 21.10.06 | BP | 06/062 |
| LYTHAM ST. ANNES 5 | 22.10.00 | 5 ML | 09.04.00 | DC | 00/015 |
| LYTHAM ST ANNES INTER-CLUB 5 | Various | 5 ML | 09.04.00 | DC | 00/016 |
| PIER TO PIER 15K | 09.10.05 | 5 KM | 28.08.05 | RMc | 05/045 |
| PRESTON INTER CLUB | 17.06.98 | 10 ML | 29.05.95 | BT | 95/046 |
| PRESTON CITY CENTRE RACES | 09.07.06 | 5/10 KM | 26.06.06 | RMc | 06/041 |
| PRESTON ST CATHERINES 5 | 02.07.06 | 5 ML | 21.04.06 | RMc | 06/032 |
| RED ROSE BOXING DAY | 26.12.01 | 10 KM | 04.11.01 | DC | 01/055 |
| RED ROSE INTER CLUB FOUR | 14.05.98 | 4 ML | 16.08.93 | BT | 93/117 |
| RIBBLE VALLEY 10K | 27.12.02 | 10 KM | 12.12.92 | HS | 93/003 |
| ROSEMERE CANCER 5K | 02.05.04 | 5 KM | 30.03.04 | RMc | 04/016 |
| RUDOLF'S RED NOSE RACE | 24.12.06 | 5 ML | 29.10.06 | BP | 06/064 |
| RUFFORD 10K | 07.09.03 | 10 KM | 20.08.03 | BAG | 03/063 |
| ST ANNES CARNIVAL 5K | 08.01.07 | 5 KM | 14.01.07 | PW | 07/004 |
| ST ANNES 10 (Fire Brigade) | 14.10.07 | 10 ML | 11.08.07 | BP | 07/045 |
| STANLEY PARK 10K | 02.09.07 | 10 KM | 21.07.07 | RMc | 07/049 |
| THROUGH THE VILLAGES | 01.11.98 | 8 444 ML | 24.09.89 | KG | 89/096 |
| UPHILL MILE (Horwich) | 15.08.07 | 1 ML | 21.07.07 | RMc | 07/041 |
| WADDINGTON (Ribble Valley) 10K | 23.10.05 | 10 KM | 15.08.05 | HS | 05/043 |
| WESHAM 10K | 26.11.05 | 10 KM | 06.08.05 | BP | 05/041 |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST.</u> | <u>MEAS.</u> | <u>BY</u> | <u>CERT.</u> |
|-------------------------------|---------------|--------------|--------------|-----------|--------------|
| LINCOLNSHIRE | | | | | |
| BARKWITH BREEZE 10K | 18.07.04 | 10 KM | 09.06.04 | StG | 04/032 |
| BIRCHWOOD FLYER 10K | 18.06.95 | 10KM | 08.02.92 | JRW | 92/034 |
| BOSTON 5 | 23.06.02 | 5 ML | 18.05.02 | StG | 02/020 |
| CITY OF LINCOLN 10K | 25.03.07 | 10 KM | 24.01.07 | StG | 07/008 |
| GRIMSBY SEA WALL 5 | 01.04.07 | 5 ML | 15.01.07 | StG | 07/007 |
| LANGTOFT 10K | 30.04.95 | 10 KM | 24.04.91 | SBH | 92/047 |
| LINCS WOLDS 10 | 07.09.02 | 10 ML | 20.08.89 | GB | 89/083 |
| LOUTH 10 | 23.03.03 | 10 ML | 23.02.03 | StG | 03/015 |
| MABLETHORPE 10K | 10.09.06 | 10 KM | 28.07.06 | StG | 06/049 |
| MABLETHORPE HALF MAR | 10.09.06 | 13.1 ML | 26.07.06 | TK | 06/050 |
| MABLETHORPE MARATHON | 10.09.06 | 26.2 ML | 08.07.06 | TK | 06/051 |
| MARKET DEEPING 10K | 11.05.03 | 10 KM | 29.03.03 | TC | 03/023 |
| NEWTONS FRACTION HALF MAR | 00.11.05 | 13.1 ML | 04.08.05 | TK | 05/048 |
| NEWTONS FRACTION 10K | 23.05.95 | 10 KM | 16.04.93 | RH | 93/043 |
| SPILSBY SHOW 6 | 08.07.07 | 6 ML | 04.06.07 | StG | 07/023 |
| STAMFORD 5K | 14.07.04 | 5 KM | 29.04.04 | TK | 04/025 |
| ST. VALENTINES 30K (Stamford) | 15.02.04 | 30 KM | 27.07.03 | TK | 03/066 |
| THORPE PARK 10K & 5K | 18.11.07 | 10K & 5K | 02.07.07 | StG | 07/037 |
| WOODALL SPA 10K | 03.06.07 | 10 KM | 04.05.07 | StG | 07/022 |
| MERSEYSIDE | | | | | |
| BIRKENHEAD PARK 5 | 06.06.07 | 5 ML | 06.04.07 | SJB | 07/026 |
| CROXTETH PARK 5K | 20.06.07 | 5 KM | 12.05.07 | SJB | 07/027 |
| CROXTETH PARK 10K | 00.00.04 | 10 KM | 27.04.92 | SJB | 92/046 |
| BORDERS LEAGUE 5 | 08.02.04 | 5 ML | 25.01.04 | SJB | 04/009 |
| JOANBARR MEMORIAL 5K | 21.06.05 | 5 KM | 02.08.93 | SJB | 93/109 |
| KNOWSLEY CORP CUP 5K | 06.07.03 | 5 KM | 12.02.03 | SJB | ¾ |
| LIVERPOOL 5K | 21.10.01 | 5 KM | 02.10.01 | BAG | 01/050 |
| LIVERPOOL CORPORATE CUP 5K | 24.09.06 | 5 KM | 16.09.06 | SJB | 06/059 |
| LIVERPOOL 10K | 08.10.06 | 10 KM | 16.09.06 | SJB | 06/060 |
| LIVERPOOL HALF MARATHON | 25.03.07 | 13.1 ML | 18.03.07 | SJB | 07/015 |
| LIVERPOOL WOMENS 10K | 14.05.06 | 10 KM | 18.03.06 | SJB | 06/009 |
| LIVERPOOL RC 10K | 00.05.02 | 5 KM | 21.04.01 | SJB | 01/011 |
| NAYLORS FIELD MILE | 25.09.05 | 1 ML | 26.06.05 | SJB | 05/035 |
| PENNY LANE 10 K | 20.06.99 | 10 KM | 30.01.99 | SJB | 99/002 |
| SEFTON CORPORATE CUP 5KM | 00.07.05 | 5 KM | 20.03.05 | BAG | 05/012 |
| SEFTON PARK 5 (Tony Barnes) | 18.07.07 | 5 ML | 11.06.07 | SJB | 07/031 |
| SOUTHPORT AUTUMN 5 | 06.11.02 | 5 ML | 17.07.02 | BAG | 02/044 |
| SOUTHPORT GOOD FRIDAY 4 | 29.03.02 | 4 ML | 18.01.02 | BAG | 02/003 |
| SOUTHPORT SEASIDE 10K | 21.10.07 | 10 KM | 31.05.07 | BAG | 07/025 |
| SOUTHPORT TOWN CENTRE 5K | 20.08.96 | 5 KM | 21.06.92 | SJB | 92/077 |
| SOUTHPORT HALF MARATHON | 27.09.98 | 13.1 ML | 24.08.98 | BAG | 98/042 |
| SOUTHPORT 5 | 05.10.03 | 5 ML | 12.09.03 | BAG | 03/064 |
| SPRINGTIME 5K | 08.05.96 | 5 KM | 02.04.94 | SJB | 94/033 |
| ST.HELENS SUTTON 5K | 14.03.04 | 5 KM | 06.03.04 | SJB | 04/013 |
| ST.HELENS CORP CUP 5K | 27.04.03 | 5 KM | 15.03.03 | SJB | 03/011 |
| THORNTON 10 K | 10.05.98 | 10 KM | 08.02.98 | SJB | 98/004 |
| TUNNEL 10K | 10.09.06 | 10 KM | 17.08.06 | SJB | 06/053 |
| WALTON PARK 5 | 27.05.03 | 5 ML | 22.05.03 | SJB | 03/042 |
| WAVERTREE MYSTERY 5K | 11.07.01 | 5 KM | 18.06.01 | SJB | 01/028 |
| DEESTRIDERS 5K (North Wales) | 27.06.07 | 5 KM | 24.06.07 | SJB | 07/033 |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST.</u> | <u>MEAS.</u> | <u>BY</u> | <u>CERT.</u> |
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| NORTHUMBERLAND | | | | | |
| BLAYDON RACE | 09.06.03 | 5.7 ML | 25.05.97 | EC | 97/059 |
| BLYTH VALLEY 10K | 24.04.05 | 10 KM | 09.03.05 | EC | 05/005 |
| ELSDON GIBBET 10K | | 10 KM | 19.09.07 | DD | 07/052 |
| KIELDER FOREST 10K | 05.09.04 | 10 KM | 05.07.03 | CCM | 03/059 |
| LES ALLCORN 10K (Alnwick) | 15.05.07 | 10 KM | 21.04.07 | DB | 07/018 |
| MORPETH ROAD RACE (Steads) | 00.01.03 | 6.658 ML | 13.01.96 | PAH | 96/001 |
| MORPETH 10K | 01.08.06 | 10 KM | 20.06.97 | PAH | 97/038 |
| NEWBURN RIVER RUN | 00.00.03 | 6.56 ML | 29.05.94 | EC | 94/059 |
| NORHAM 10K | 30.09.07 | 10 KM | 13.08.89 | EC | 89/075 |
| NORHAM TWO BANK CHALLENGE | 00.06.03 | 2.95 ML | 28.07.96 | EC | 96/054 |
| TYNEDALE 10 | 10.09.06 | 10 ML | 25.06.89 | EC | 89/062 |
| TYNEDALE 10K | 05.07.06 | 10 KM | 06.06.92 | EC | 92/069 |
| WHALTON CLASSIC 5 | 30.09.07 | 5 ML | 09.08.05 | DD | 05/042 |
| WANSBECK RIVERSIDE 10K | 27.04.05 | 10 KM | 24.02.97 | EC | 97/008 |
| WOOLER BREEZE 10K | 01.08.04 | 10 KM | 10.05.03 | EC | 03/041 |

TYNE & WEAR

| | | | | | |
|-------------------------------|----------|-----------|----------|-----|--------|
| CLIVE COOKSON 5K & 10K | 23.05.07 | 5K & 10K | 28.03.07 | DD | 07/016 |
| EXHIBITION PARK 5K | 23.08.06 | 5 KM | 05.05.05 | EC | 05/025 |
| GATESHEAD 5K (in the park) | Various | 5 KM | 03.10.06 | DD | 06/061 |
| GREAT NORTH RUN HALF MAR. | 18.09.05 | 13.1 ML | 10.09.90 | PAH | 91/102 |
| GREAT NORTH RUN MILE | 17.09.05 | 1 ML | 28.08.05 | MC | 05/046 |
| GREAT NORTH RUN 3K | 17.08.05 | 3 KM | 28.08.05 | MC | 05/047 |
| GREAT WOMENS RUN (Sunderland) | 25.06.06 | 10KM | 20.05.06 | MC | 06/035 |
| NEWCASTLE QUAYSIDE 5K | 05.07.06 | 5 KM | 22.05.02 | MC | 02/035 |
| NISSAN 5K | 27.08.06 | 5 KM | 09.04.06 | DD | 06/021 |
| NISSAN 10K | 26.08.07 | 10 KM | 15.04.06 | DD | 06/020 |
| NORMAN WOODCOCK 6 | 00.11.03 | 6 ML | 09.11.91 | EC | 92/086 |
| NORTH TYNESIDE 10K | 16.04.06 | 10 KM | 01.11.05 | EC | 05/052 |
| RIVERSIDE CHALLENGE 6 | 16.08.05 | 6 ML | 10.08.02 | DD | 03/046 |
| ROBIN HOOD 10K | 14.08.07 | 10 KM | 10.04.07 | DD | 07/017 |
| SALTWELL 10K | 23.12.07 | 10 KM | 16.11.07 | DD | 07/053 |
| SUNDERLAND 5K | 00.07.03 | 5 KM | 19.06.00 | DD | 00/023 |
| TOWNMOOR RACES | 09.11.03 | 3K.5K.10K | 29.09.03 | EC | 03/070 |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST.</u> | <u>MEAS.</u> | <u>BY</u> | <u>CERT.</u> |
|-----------------------------|---------------|--------------|--------------|-----------|--------------|
| YORKSHIRE – NORTH | | | | | |
| ARKENDALE 10 K | 01.04.07 | 10 KM | 03.02.07 | PAH | 07/005 |
| BANDSBY 10 K | 13.09.98 | 10 KM | 13.06.98 | JES | 98/034 |
| BRASS MONKEY HALF MARATHON | 22.01.02 | 13.1 ML | 06.11.98 | CCM | 98/052 |
| BURN VALLEY HALF MARATHON | 05.07.97 | 13.1 ML | 29.04.91 | TMW | 91/048 |
| DALTON DASH | 07.09.97 | 10 ML | 29.07.90 | TMW | 90/134 |
| EASINGWOLD 10K | 19.09.04 | 10KM | 17.07.04 | PAH | 04/035 |
| GREAT OUSEBURN TEN | 00.00.97 | 10 ML | 29.05.91 | TMW | 91/062 |
| GUY FAWKES 5 | 27.10.01 | 5 ML | 02.08.01 | KK | 01/041 |
| GUY FAWKES TEN (Ripley) | 05.11.06 | 10 ML | 16.09.06 | PAH | 06/056 |
| HARROGATE 5K SERIES | Various95 | 5.KM | 12.12.93 | CCM | 94/001 |
| HARROGATE 10K | 01.08.04 | 10 KM | 26.05.04 | PAH | 04/026 |
| HARROGATE THEATRE 10K | 19.09.04 | 10 KM | 27.08.04 | PAH | 04/040 |
| JAMES HERRIOT HALF MARATHON | 27.07.97 | 13.1ML | 04.09.94 | TMW | 94/088 |
| KILBURN 7 | 01.06.02 | 7.ML | 22.06.02 | MC | 02/036 |
| KIRBY MALZEARD 10K | 02.06.07 | 10 KM | 15.05.04 | PAH | 04/027 |
| KIRKBYMOORSIDE 10K | 25.04.04 | 10 KM | 29.05.00 | KK | 00/020 |
| MILLENIUM BRIDGE 5K (York) | 12.08.03 | 5 KM | 21.07.03 | PAH | 03/052 |
| MELMERBY (Ripon) 10K | 26.05.02 | 10 KM | 28.07.91 | TMW | 91/098 |
| NORTHDALE 10 K | 21.05.00 | 10 KM | 02.04.00 | MC | 00/011 |
| NIDDERDALE 8 | 05.10.97 | 8 ML | 01.09.89 | CCM | 89/080 |
| POCKLINGTON 10 K | 09.05.06 | 10 KM | 02.05.06 | PAH | 06/037 |
| RAINTON 10K | 27.06.04 | 10 KM | 24.04.04 | PAH | 04/019 |
| RICHMOND 10K | 19.10.03 | 10 KM | 14.09.03 | MC | 03/069 |
| RIPON 10K | 08.05.05 | 10 KM | 05.11.04 | PAH | 05/002 |
| SCARBOROUGH FAYRE 10K | 15.06.03 | 10 KM | 27.04.02 | CCM | 02/016 |
| SCARBOROUGH TEN | 10.10.04 | 10 ML | 01.09.04 | CCM | 04/041 |
| SCARBOROUGH XMAS CRACKER | 14.12.03 | 10 KM | 03.08.03 | PAH | 03/057 |
| SELBY HALF MARATHON | 07.10.07 | 13.1 ML | 05.08.07 | AG | 07/043 |
| SELBY 10K | 09.07.02 | 10 KM | 25.05.02 | KK | 02/028 |
| SKIPTON TOUGH TEN | 03.06.97 | 10 ML | 26.03.97 | HS | 97/018 |
| SNAKELANE 10 | 26.02.06 | 10 ML | 04.12.04 | PAH | 04/048 |
| SUTTON 7 | 07.09.03 | 7 ML | 05.07.03 | KK | 03/053 |
| TADCASTER 10 | 05.05.02 | 10 ML | 02.04.89 | CCM | 89/019 |
| THIRSK 10 | 06.06.04 | 10 ML | 27.05.03 | GH | 03/043 |
| THOLTHORPE 10K | 31.08.03 | 10 KM | 25.06.96 | ED | 96/051 |
| THORPE ARCH 10K | 26.10.97 | 10 KM | 22.04.93 | JES | 93/048 |
| WHELDRAKE 10K | 26.06.04 | 10 KM | 12.06.04 | PAH | 04/031 |
| WIGGINGTON (York) 10K | 05.05.97 | 10 KM | 24.04.92 | CCM | 92/048 |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST.</u> | <u>MEAS.</u> | <u>BY</u> | <u>CERT.</u> |
|------------------------------|---------------|--------------|--------------|-----------|--------------|
| YORKSHIRE- SOUTH | | | | | |
| ALEC HORSLEY MEMORIAL TEN | 12.05.96 | 10 ML | 23.04.96 | LS | 96/026 |
| ARMTHORPE 10K | 30.08.04 | 10 KM | 19.07.04 | RS | 04/036 |
| BARNSLEY 10 | 24.06.01 | 10 ML | 28.05.01 | RS | 1/23 |
| BARNSLEY 10K | 14.11.04 | 10 KM | 21.07.04 | RS | 04/037 |
| BARNSLEY 5K (Park) | 28.09.03 | 5 KM | 03.06.03 | RS | 3/47 |
| BARNSLEY 5K (Carlton) | 18.06.06 | 5 KM | 29.03.06 | RS | 06/017 |
| BRIGHTSIDE BASHER 10K | 21.05.95 | 10 KM | 05.02.94 | LS | 95/050 |
| BRINSWORTH 10K | 09.07.95 | 10 KM | 22.06.95 | RS | 95/050 |
| DOME 10 K | 16.11.97 | 10 KM | 13.07.97 | RA | 97/043 |
| DEARN VALLEY 10K | 08.03.97 | 10 KM | 08.02.97 | RA | 97/004 |
| DONCASTER HALF MARATHON | 07.04.02 | 13.1 ML | | MMc | |
| GREAT YORKSHIRE RUN | 09.09.07 | 10 KM | 09.07.07 | MC | 07/040 |
| HIGH STORRS HOBBLE | 02.07.97 | 10 KM | 05.03.95 | LS | 95/016 |
| KILLAMARSH 5 | 25.08.97 | 5 ML | 10.07.95 | RS | 95/058 |
| KIMBERWORTH STRIDERS 10K | 18.06.97 | 10 KM | 27.04.93 | LS | 93/066 |
| MALTBY 10 | 07.10.01 | 10 ML | 28.08.94 | LS | 94/087 |
| MEXBOROUGH 5K | 02.06.02 | 5 KM | 30.07.00 | RA | 00/024 |
| MILTON 6 | 14.05.95 | 6 ML | 23.04.93 | RS | 93/049 |
| NATIONAL 20K WALK CHAMPS | 07.07.01 | 20 KM | 28.06.01 | CCM | 01/030 |
| NATIONAL 10K WALK CHAMPS | 04.06.05 | 10 KM | 24.05.05 | CCM | 05/032 |
| NETHER EDGE 10 K | 31.05.98 | 10 KM | 21.02.98 | RA | 98/005 |
| NORTON 9 | 04.03.07 | 9 ML | 96.02.07 | CCM | 07/009 |
| OXSPRING 5 (S.Yorks. League) | 09.05.07 | 5 ML | 16.04.07 | CCM | 07/019 |
| PENISTONE TOUGH TEN | 15.06.97 | 10 ML | 22.06.94 | RS | 93/069 |
| PENISTONE SHOW 10K | 09.09.06 | 10 KM | 03.08.06 | CCM | 06/052 |
| PERCY PUD 10K | 15.12.04 | 10 KM | 25.10.04 | StG | 04/045 |
| REDMIRE 5 | 12.05.04 | 5 ML | 09.04.04 | RS | 04/018 |
| ROTHER VALLEY 5 | 30.04.03 | 5 ML | 08.04.03 | RS | 03/029 |
| ROTHER VALLEY 10K | 11.05.02 | 10 KM | 28.04.95 | RS | 90/052 |
| SHEFFIELD MARATHON | 01.06.03 | 26.2 ML | 28.04.03 | CCM | 03/033 |
| SHEFFIELD HALF MARATHON | 20.05.07 | 13.1ML | 13.04.06 | CCM | 06/027 |
| SPENCER ARMS DASH | Various.97 | 3.7 ML | 18.07.89 | DB | 89/078 |
| T.A.(Barnsley) 10K | 21.08.05 | 10 KM | 19.04.05 | CCM | 05/020 |
| WARD GREEN 6 | 26.12.95 | 5.635 ML | 10.12.89 | RS | 90/051 |
| WOMBWELL 5K | 11.05.06 | 5 KM | 02.01.06 | RS | 06/001 |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST.</u> | <u>MEAS.</u> | <u>BY</u> | <u>CERT.</u> |
|---|---------------|--------------|--------------|-----------|--------------|
| YORKSHIRE WEST | | | | | |
| ABBEY ECCUP TEN | 17.07.05 | 10 ML | 01.07.04 | CCM | 04/033 |
| ACKWORTH HALF MARATHON | 02.04.06 | 13.1 ML | 30.09.95 | DWL | 95/074 |
| AIRE 5K SERIES | Various | 5 KM | 07.05.99 | JES | 99/018 |
| BRONTE 5 | 09.06.05 | 5 ML | 11.05.98 | JES | 98/018 |
| CALDER DALE CHARITY 5K | 13.05.07 | 5 KM | 01.03.07 | DT | 07/012 |
| CARNEGIE GRAND PRIX (Race Walk - Leeds) | 07.07.07 | 5 & 20K | 28.06.07 | MC | 07/035 |
| CASTLE HALL 5K | 02.07.06 | 5 KM | 03.06.06 | DT | 06/038 |
| CASTLE HALL GREENWAY 10K | 23.05.07 | 10 KM | 31.12.06 | DT | 07/011 |
| DEWSBURY 10K | 04.02.07 | 10KM | 05.11.06 | DT | 06/067 |
| DENBY DALE SIX | 18.12.05 | 6 ML | 08.10.00 | DT | 00/032 |
| HALIFAX TINA HORN MEMORIAL 10K | 11.03.01 | 10 KM | 19.02.01 | DT/GC | 01/009 |
| HELEN WINDSOR MEMORIAL 10K | 07.07.04 | 10 KM | 19.09.92 | JES | 92/110 |
| HOLMFIRTH 15 | 30.10.05 | 15 ML | 21.09.05 | CCM | 05/051 |
| HORSFORTH 10K | 02.10.05 | 10 KM | 17.09.05 | KK | 05/049 |
| HUDDERSFIELD 10K | 27.02.05 | 10 KM | 05.10.96 | DT/GC | 96/075 |
| HYDE PARK 5 | Various03 | 5 KM | 23.05.02 | KK | 02/027 |
| ILKLEY 10K | 14.06.98 | 10 KM | 29.04.94 | JES | 94/045 |
| JOE PERCY 10K | 29.06.05 | 10 KM | 04.06.00 | DT/GC | 00/022 |
| KIRKSTALL ABBEY 10K | 26.09.04 | 10 KM | 27.08.02 | KK | 02/048 |
| LEEDS 10K (Run for all) | 24.06.07 | 10 KM | 03.06.07 | CCM | 07/021 |
| LEEDS ABBEY DASH | 25.11.07 | 10 KM | 20.10.07 | AG | 07/054 |
| LEEDS HALF MARATHON | 15.05.05 | 13.1 ML | 06.05.01 | KK | 01/014 |
| LIVERSEDGE HALF MARATHON | 16.02.07 | 13.1 ML | 08.12.06 | DT | 07/002 |
| MARTIN HOLROYD 10 K | 24.08.05 | 10 KM | 06.05.01 | DT/GC | 01/034 |
| MILETA TEN | 22.09.06 | 10 ML | 03.06.06 | DT | 06/044 |
| MOOR END 5K | 08.07.99 | 5 KM | 24.05.99 | DT | 99/024 |
| MELTHEM 10K | 29.01.06 | 10 KM | 03.12.05 | DT | 05/058 |
| MORLEY 7 | 20.09.98 | 7 ML | 03.10.96 | KK | 96/075 |
| NETHERTHONG 10K | 11.09.05 | 10 KM | 20.07.91 | CCM | 91/101 |
| OTLEY 5K | 20.06.07 | 5 KM | 12.10.06 | KK | 06/063 |
| OTLEY TEN | 15.06.05 | 10 ML | 05.05.03 | KK | 03/037 |
| PENNINE 10K | 08.01.06 | 10 KM | 31.12.02 | DT | 03/001 |
| PETE ATKINSON 5 | 04.01.98 | 5 ML | 08.12.96 | CCM | 97/001 |
| PONTEFRACT (Prince of Wales) 10K | 23.09.07 | 10 KM | 30.07.07 | CCM | 07/042 |
| PUDSEY 10K | 11.07.99 | 10 KM | 21.05.99 | CCM | 99/028 |
| PULSE RACE (Leeds) | 25.06.06 | 10 KM | 13.05.06 | CCM | 06/039 |
| ROBERTTOWN 7 | 09.06.05 | 7 ML | 13.05.98 | JES | 98/019 |
| ROTHWELL 10K | 25.04.04 | 10 KM | 24.04.99 | KK | 99/031 |
| ROUNDHAY PARK 5 | 20.10.05 | 5 ML | 29.09.90 | CCM | 90/166 |
| SOUTH LEEDS STADIUM 5 | 19.03.06 | 5 ML | 14.02.06 | CCM | 06/007 |
| SPEN 20 | 13.03.05 | 20 ML | 01.03.97 | CCM | 97/009 |
| STAINLAND 7 | 16.09.07 | 7 ML | 01.07.07 | DT | 07/036 |
| TEMPLE NEWSAM 5 | 12.09.04 | 5 ML | 23.09.99 | CCM | 99/051 |
| THORPE EDGE 10K | 09.07.06 | 10 KM | 08.05.03 | KK | 03/038 |
| WAKEFIELD 10K | 25.03.07 | 10 KM | 22.03.07 | KK | 07/014 |
| WEST YORKSHIRE 5 | 10.06.07 | 5 ML | 06.06.07 | CCM | 07/029 |
| WOODKIRK 10K | 30.01.05 | 10 KM | 11.01.03 | KK | 03/002 |

| <u>RACE NAME</u> | <u>LATEST</u> | <u>DIST.</u> | <u>MEAS.</u> | <u>BY</u> | <u>CERT.</u> |
|----------------------------------|---------------|--------------|--------------|-----------|--------------|
| SCOTLAND | | | | | |
| BALMORAL INTERNATIONAL 5 | 00.04.03 | 5 ML | 01.04.98 | MC | 98/028 |
| BALMORAL INTERNATIONAL 4K | 00.04.03 | 4 KM | 01.04.98 | MC | 98/029 |
| GREAT SCOTTISH RUN 10K | 22.08.04 | 10 KM | 25.07.04 | PAH | 04/049 |
| GREAT SCOTTISH RUN HALF MARATHON | 22.08.04 | 13.1ML | 25.07.04 | PAH | 04/050 |
| GLASGOW WOMANS 10K | 00.05.03 | 10KM | 27.04.02 | HS | 02/014 |

JERSEY

| | | | | | |
|-----------------|----------|--------|----------|-----|--------|
| JERSEY MARATHON | 08.10.06 | 26.1ML | 08.05.06 | PAH | 06/045 |
|-----------------|----------|--------|----------|-----|--------|