

# **NORTH WALES REGIONAL ATHLETICS COUNCIL**



**Above: The North Wales Road Runners of the Year:  
Left: Andrew Davies: Winner, Senior and Master Men  
Centre: Katie Parry: Joint Winner, Senior Women  
Right: Emma Crowe: Joint Winner, Senior Women and Winner  
Master Women.**

## **ROAD RANKINGS FOR THE PERIOD 1.1.2014—31.12.2014**

<b>Men 5km; Supervet F 5km</b>	<b>Page</b>
<b>2</b>	
<b>Men and Supervet M &amp; F 5 miles; Supervet M &amp; F 10 Miles; Supervet M HM</b>	<b>Page</b>
<b>3</b>	
<b>Men 10km; Regional champs 2014</b>	<b>Page 4</b>
<b>Men HM and 10 miles</b>	<b>Page</b>
<b>5</b>	
<b>Women 5km</b>	
<b>Page 6</b>	
<b>Women 5 miles &amp; 10 miles; Supervets M 5km</b>	<b>Page 7</b>
<b>Women 10km</b>	
<b>Page 8 Women HM; Supervet M &amp; F 10km</b>	
<b>Page 9</b>	

**Compiled and produced by Paul Brooks**