

Asssey Ferguson R. C. 2019 Age-Graded Race Table - Men

Total ranking is based on your best time in 6 distances, one of each of which you can score up 250 points.

* Total Score is the sum of your best 4 distances.

† If a tie after best 4 distances, then compare 5th distance, where any score beats no score, and if still a tie, repeat at 6th distance.

* Your age-based times are calculated from your actual times modified by an age and distance-based factor from the international WAVA (World Association of Veteran Athletes) 2015 table.

Place	Name	Total Score	Actual				Graded				Actual Time	Age	Time	Pts	Place	Actual				Marathon				Actual				N - Age			
			Time	Time	Time	Place	Time	Time	Time	Place						Time	Time	Time	Place	Time	Time	Time	Place	Time	Time	Time	Place	Time	Time	Time	Place
1	Nan Clark	963	01:17:30	01:17:30	222	Kingaby Valley park	03:31:19	03:31:18	249	Centurion Race 5	04:21:26	04:21:26	231	Draycote Feb	1:18:19	1:18:19	249	Coventry	3:27:24	3:27:24	247	Stratford	2:57:11	2:57:11	250	Manchester					
2	Tom Watts	963	01:20:47	01:19:03	222	Arrow Valley park	04:31:24	03:36:24	234	Centurion Race 5	04:21:26	04:21:26	231	Draycote Feb	1:28:58	1:28:58	236	Coventry	3:27:24	3:27:24	247	Stratford	2:57:11	2:57:11	250	Manchester					
3	Ian McDougall	961	01:20:47	01:17:38	235	Stratford-upon-A	04:31:24	03:39:42	235	Centurion Race 5	04:31:24	03:39:42	235	Draycote Feb	1:32:21	1:24:58	242	Warwick	3:32:24	3:15:25	249	Brighton	3:32:24	3:15:25	249	Brighton					
4	Steve Mumford	949	02:29:28	01:41:21	226	Coventry parkrun	03:17:47	03:02:02	250	Action Heart Dudley	04:31:24	03:39:42	235	Draycote Feb	1:42:46	1:26:15	238	Warwick	3:30:40	3:30:38	244	Manchester	3:30:40	3:30:38	244	Manchester					
5	Alan Maczey	949	01:19:08	01:19:45	216	Kingaby Valley park	03:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:52:54	1:53:41	234	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
6	Paul Curtis	910	02:17:17	02:32:32	183	Bedworth parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
7	Ian O'Donnell	910	01:21:54	02:26:12	210	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
8	Graham Tall	909	02:22:38	02:31:52	207	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
9	Kevin Rollins	909	01:21:50	02:14:02	205	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
10	Dave Phillips	907	03:36:18	02:25:11	184	Leamington park	03:03:04	04:33:24	246	Centurion Race 3	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
11	Sam Lowe	888	02:26:18	03:00:18	212	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
12	Philip McCarron	864	02:22:24	02:22:28	208	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
13	Darren Chambers	849	02:57:27	02:25:03	187	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
14	Steven White	848	02:27:26	02:32:32	182	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
15	Dave Goodwin	838	02:07:07	02:56:06	185	Kettering parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
16	Kevin Hinson	735	02:36:30	01:17:29	245	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
17	Dave Lee	733	03:20:49	01:37:21	241	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
18	Alex Cotterill	725	01:17:57	01:47:28	239	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
19	Jeremy Smith	725	02:30:35	01:17:35	243	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
20	Simon Neale	712	01:18:13	01:18:54	223	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
21	Leon Coppola	705	02:11:15	01:18:48	224	Arrow Valley park	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
22	Colin Hodgkinson	689	02:02:27	01:18:21	221	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
23	Richard Pearce	688	02:48:27	01:18:47	225	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
24	Nick Harwood	677	01:18:42	01:19:21	217	Arrow Valley park	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
25	Joe Reynolds	674	02:17:14	02:26:20	211	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
26	John Bennett	665	02:28:11	02:40:10	189	Daventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
27	Richard Shortall	664	02:30:33	02:28:10	180	Bedworth parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
28	Phillip Hayes	664	02:24:14	02:15:21	201	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
29	Scott Kirtlan	642	03:30:38	02:38:11	177	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
30	Stuart Sahau	628	02:33:35	02:22:12	200	Stratford-upon-A	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
31	Chris Averill	622	02:17:23	02:22:41	197	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
32	Michael Hammond	612	02:15:52	02:16:57	179	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
33	Dave Adams	585	02:29:53	02:26:12	180	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
34	Kevin Elliott	569	03:38:08	03:35:03	172	Bedworth parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
35	Dave Clarke	497	01:18:48	01:17:52	249	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
36	Martin Grant	495	02:22:21	01:17:29	247	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
37	Martin Smith	484	02:23:10	01:17:48	238	Bamstaple parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
38	Dominic Lenahan	483	02:26:19	01:18:13	233	Buerton parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45	230	MF Torcator	1:57:49	1:53:10	215	Coventry	4:58:56	4:33:32	234	London	4:58:56	4:33:32	234	London					
39	John Fenwick	481	02:46:00	01:17:24	236	Coventry parkrun	04:44:44	04:21:19	248	Centurion Race 4	04:44:49	04:44:45</																			