

Age Graded Results 2023

Name	5K Age Time	5M Age Time	10K Age Time	10M Age Time	Half M Age Time	Marathon Age Time	Age Best	Age 2nd Best	Age 3rd Best	Age 4th Best	Age Total						
Mens																	
Stephen Friswell	0:16:25	249	0:27:46	250	0:36:47	245	0:57:31	250	1:15:50	250	3:00:56	248	250	250	250	249	999
Tom Watts	0:16:36	247	0:28:03	248	0:35:33	248	0:58:41	249	1:16:59	249	2:54:26	250	250	249	249	248	996
Paul Bradley	0:16:41	246	0:28:12	247	0:34:32	250	0:59:02	248	1:19:22	247		0	250	248	247	247	992
Martyn Rubery	0:16:27	248	0:27:56	249	0:36:43	246	0:59:52	247	1:18:24	248		0	249	248	248	247	992
Stephen Glaze	0:16:45	245	0:28:42	246	0:35:43	247	1:00:50	246	1:25:24	242		0	247	246	246	245	984
Alan McDougall	0:17:50	240	0:30:06	245	0:36:47	244	1:04:28	244	1:20:22	245	2:59:03	249	249	245	245	244	983
Mark Eastwood	0:18:16	235	0:30:13	243	0:38:15	241	1:02:37	245	1:22:16	243	3:12:24	247	247	245	243	243	978
Kevin Hinson	0:18:02	238	0:30:12	244	0:38:00	242		0	1:30:35	238		0	244	242	238	238	962
Mark Ursell	0:17:54	239	0:31:02	241	0:39:22	239		0	1:26:05	241		0	241	241	239	239	960
Alex Cotterill		0	0:31:52	240	0:42:10	234		0	1:27:44	239	3:23:24	246	246	240	239	234	959
Barry Allen	0:19:26	227		0	0:43:11	233		0	1:35:12	235	3:35:07	244	244	235	233	227	939
Philip McCarron	0:22:23	210	0:38:00	231	0:49:04	221	1:23:34	241	1:55:35	226	4:25:19	239	241	239	231	226	937
Graham Tait	0:20:19	219	0:34:11	235	0:46:29	226	1:15:30	242	1:37:03	234		0	242	235	234	226	937
John Bennett	0:21:29	215	0:40:20	230	0:46:44	225		0	2:01:52	223	3:45:26	242	242	230	225	223	920
Simon Smith	0:19:05	229		0	1:05:08	205		0	1:34:29	236	3:26:52	245	245	236	229	205	915
Ian O'Donnell	0:23:09	207	0:37:10	232		0		0	1:50:16	227	5:01:13	238	238	232	227	207	904
Jason Douglas		0	0:36:36	233	1:02:24	207		0	2:22:43	219	5:08:36	236	236	233	219	207	895
David Goodwin	0:22:19	211		0	0:51:26	219		0	1:49:16	228	5:01:54	237	237	228	219	211	895
Phillip Hayes	0:24:04	202	0:41:15	229	0:56:05	212		0	2:13:26	220		0	229	220	212	202	863
David Rowbottom	0:26:41	196	0:43:27	228	0:59:53	209		0	1:57:45	225		0	228	225	209	196	858
Kelvin Elliott	0:34:10	190	0:56:20	225	1:13:00	203		0	2:51:58	215		0	225	215	203	190	833
Simon Neale	0:17:35	241	0:30:31	242	0:40:25	237		0		0		0	242	241	237	0	720
Peter Paprcka	0:19:18	228		0	0:40:23	238	1:09:24	243		0		0	243	238	228	0	709
Gary Lawson	0:19:42	222	0:32:06	239		0		0	1:26:31	240		0	240	239	222	0	701
Nathan Bignall		0		0	0:45:56	227		0	1:42:27	231	4:04:18	241	241	231	227	0	699
Andrew Poplewell	0:19:43	221	0:32:19	238	0:41:14	235		0		0		0	238	235	221	0	694
Paul Curtis	0:19:53	220	0:33:52	236		0		0	1:48:05	229		0	236	229	220	0	685
Christopher Foxall	0:21:45	214		0	0:46:54	223		0	1:43:20	230		0	230	223	214	0	667
Andrew Rollins	0:22:04	213		0	0:48:05	222		0	1:40:56	232		0	232	222	213	0	667
Dave Bickley	0:24:41	201	0:45:48	227		0		0	2:03:30	222		0	227	222	201	0	650
Chris Haydon	0:26:18	197		0	0:57:58	211		0	2:07:26	221		0	221	211	197	0	629
Terence Lawson	0:29:22	192	0:50:40	226	1:03:54	206		0		0		0	226	206	192	0	624
John Hosie	0:17:33	242		0	0:35:01	249		0		0		0	249	242	0	0	491
Dave Lee	0:17:20	244		0		0		0	1:19:27	246		0	246	244	0	0	490
David Cass		0		0	0:37:54	243		0	1:21:47	244		0	244	243	0	0	487
Chris Moore	0:18:16	234		0	0:38:35	240		0		0		0	240	234	0	0	474
Jonathan Kingston	0:18:44	231		0	0:40:34	236		0		0		0	236	231	0	0	467
Richard Pearce		0	0:34:37	234	0:43:59	231		0		0		0	234	231	0	0	465
Marc Skelton	0:19:33	224		0		0		0	1:34:10	237		0	237	224	0	0	461
Joseph Goodwin	0:19:39	223		0	0:44:25	230		0		0		0	230	223	0	0	453
David James	0:20:29	218		0	0:45:42	228		0		0		0	228	218	0	0	446
David Robbins	0:19:31	226		0	0:50:08	220		0		0		0	226	220	0	0	446
Colin James	0:22:36	209		0	0:45:22	229		0		0		0	229	209	0	0	438
Richard Middleton	0:21:29	216		0	0:52:53	216		0		0		0	216	216	0	0	432
Ian Livingstone		0		0	0:54:26	214		0	2:39:33	217		0	217	214	0	0	431
Robert Storey		0		0	1:00:51	208		0	2:25:39	218		0	218	208	0	0	426
Stuart Sahan	0:23:15	206		0	0:51:33	218		0		0		0	218	206	0	0	424
Michael Hammond	0:25:14	199		0	0:51:38	0		0	1:59:49	224		0	224	199	0	0	423
Daniel Connolly	0:23:32	205		0	0:54:05	215		0		0		0	215	205	0	0	420
Paul Cooper		0		0	1:12:16	204		0	2:43:43	216		0	216	204	0	0	420
Nicholas Connolly	0:25:05	200		0	0:56:03	213		0		0		0	213	200	0	0	413
David Phillips	0:27:09	195		0	0:58:36	210		0		0		0	210	195	0	0	405
Ian Redford	0:16:15	250		0		0		0		0		0	250	0	0	0	250
Martin Grant	0:17:26	243		0		0		0		0		0	243	0	0	0	243
Scott Kirton		0		0		0		0		0	3:44:50	243	243	0	0	0	243
Marc Bester		0		0		0		0		0	4:18:44	240	240	0	0	0	240
Ian Bourne		0	0:33:27	237		0		0		0		0	237	0	0	0	237
Jeremy Smith	0:18:09	237		0		0		0		0		0	237	0	0	0	237
Tony Hoy	0:18:14	236		0		0		0		0		0	236	0	0	0	236
David Clarke	0:18:35	233		0		0		0		0		0	233	0	0	0	233
Oliver Keeling		0		0		0		0	1:37:39	233		0	233	0	0	0	233
Andrew Moore		0		0	0:43:52	232		0		0		0	232	0	0	0	232
Ab Woollass	0:18:36	232		0		0		0		0		0	232	0	0	0	232
Sean Emson	0:18:51	230		0		0		0		0		0	230	0	0	0	230
Ross Cooper	0:19:32	225		0		0		0		0		0	225	0	0	0	225
Andrew Cox		0		0	0:46:52	224		0		0		0	224	0	0	0	224
Martin Smith	0:20:42	217		0		0		0		0		0	217	0	0	0	217
Patrick Grady	0:22:05	212		0		0		0		0		0	212	0	0	0	212
Joe Reynolds	0:22:53	208		0		0		0		0		0	208	0	0	0	208
Simon Trenchard	0:23:47	204		0		0		0		0		0	204	0	0	0	204
Adrian Smith	0:23:57	203		0		0		0		0		0	203	0	0	0	203
Sam Lowe	0:25:37	198		0		0		0		0		0	198	0	0	0	198
David McKay	0:27:30	194		0		0		0		0		0	194	0	0	0	194
Edwin Goodwin	0:27:49	193		0		0		0		0		0	193	0	0	0	193
Dave Adams	0:32:25	191		0		0		0		0		0	191	0	0	0	191
Simon Brown		0		0		0		0		0		0	0	0	0	0	0
Martyn Brunt		0		0		0		0		0		0	0	0	0	0	0
Mathew Butler		0		0		0		0		0		0	0	0	0	0	0
John Clarke		0		0		0		0		0		0	0	0	0	0	0
David Johnson		0		0		0		0		0		0	0	0	0	0	0
Robert Kerr		0		0		0		0		0		0	0	0	0	0	0
Dominic Lenehan		0		0		0		0		0		0	0	0	0	0	0
David Mellor		0		0		0		0		0		0	0	0	0	0	0
Richard Taylor		0		0		0		0		0		0	0	0	0	0	0
Adam Williams		0		0		0		0		0		0	0	0	0	0	0
Paul Williams		0		0		0		0		0		0	0	0	0	0	0
John Wilson		0		0		0		0		0		0	0	0	0	0	0