

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						
Womens																	
Sue Leonard	0:19:07	250	0:31:26	250	0:39:42	248	1:03:28	250	1:24:00	250	0	1000					
Angela McKay	0:19:15	249	0:31:58	249	0:38:57	250	1:04:45	249	1:25:17	249	3:09:43	249	997				
Sonia Karamat	0:19:20	248	0:32:15	248	0:39:20	249	1:06:57	247	1:28:24	248	3:07:20	250	995				
Zoe Moore	0:19:25	247	0:32:17	247	0:40:26	247	1:05:49	248	1:31:43	247	0	247	989				
Joy Woolass	0:21:36	246	0:36:13	246	0:44:08	246	1:14:32	246	1:42:24	243	3:42:37	246	984				
Amanda Govern	0:21:54	245	0:36:16	245	0:46:49	241	0	1:43:04	240	3:36:00	247	0	978				
Sheila Johnson	0:23:00	234	0:36:49	243	0:44:57	244	1:19:07	245	1:42:09	244	0	245	244	244	243	976	
Hannah Carter	0:22:41	236	0:37:26	242	0	0	1:42:53	242	3:29:32	248	248	242	242	236	968		
Alison Lowe	0:22:37	237	0:38:01	241	0:49:27	235	1:24:56	243	1:44:36	239	3:45:58	245	245	243	241	239	968
Cathy Keay	0:22:21	240	0:38:06	240	0:47:12	239	1:28:15	242	1:57:13	233	0	242	240	240	239	961	
Phyllis Douglas	0:23:14	230	0:38:50	238	0:44:12	245	0	1:39:20	246	0	0	246	245	238	230	959	
Molly Sims	0:23:13	233	0:38:48	239	0	1:30:17	240	1:41:48	245	0	0	245	240	239	233	957	
Emma Eastwood	0:23:56	224	0:41:11	234	0:51:23	230	1:21:51	244	1:52:00	237	4:17:58	237	244	237	234	952	
Lorraine Blower	0:23:53	225	0	0:50:24	234	0	0	1:53:05	236	4:13:10	240	240	236	234	225	935	
Helen Rowe	0:29:44	194	0:46:48	226	1:02:10	206	1:39:22	239	2:12:23	222	4:46:51	233	239	233	226	222	920
Joanna Kisiala	0:24:14	222	0	0:57:10	219	0	0	1:54:16	235	4:15:25	238	238	235	222	219	914	
Samantha Nicholson	0:28:59	196	0:47:46	225	1:02:20	205	1:42:46	238	2:23:24	219	5:18:41	230	238	230	225	219	912
Christine Bevis	0:24:36	219	0:44:09	228	0:50:49	233	0	1:59:54	231	0	0	233	231	228	219	911	
Claire Newman	0:31:36	187	0:51:24	222	1:09:39	197	2:00:01	237	2:34:08	215	5:13:58	231	237	231	222	215	905
Liz Hurst	0:26:08	211	0:42:17	231	0:56:24	220	1:29:00	241	0	0	0	241	231	220	211	903	
Linda Simmonds	0:26:04	213	0:43:08	230	0:54:44	224	0	2:03:57	228	0	0	230	228	224	213	895	
Rachael Allen	0:26:28	208	0	0:58:08	214	0	0	1:58:43	232	4:55:51	232	232	232	214	208	886	
Emma King	0:30:07	193	0:51:50	221	0:59:37	210	0	2:39:16	213	0	0	221	213	210	193	837	
Lisa Jay	0:34:22	181	0	1:09:15	198	0	0	2:31:34	216	5:27:24	228	228	216	198	181	823	
Kelli Sahar	0:32:42	184	0:54:38	219	1:07:34	202	0	2:46:15	212	0	0	219	212	202	184	817	
Anne-Marie Goodwin	0:30:23	192	0:55:39	218	1:10:06	195	0	2:48:19	211	0	0	218	211	195	192	816	
Lizzie Watts	0:22:03	244	0:39:45	237	0:48:49	236	0	0	0	0	0	244	237	236	0	717	
Cristina Semple	0:23:14	232	0	0	0	0	1:50:18	238	4:13:10	239	0	239	238	232	0	709	
Nicole Rose	0:23:24	228	0:40:17	236	0	0	0	4:11:40	241	0	0	241	236	228	0	705	
Ruth Mahon	0:22:41	235	0	0:47:06	240	0	0	2:23:09	220	0	0	240	235	220	0	695	
Lorraine Chamberlain	0:24:18	221	0	0:51:07	231	0	0	3:58:44	242	0	0	242	231	221	0	694	
Kim Davies	0:25:27	215	0	0:52:12	229	0	0	0	3:54:46	244	244	244	229	215	0	688	
Rachel Brock	0:25:10	217	0	0	0	0	1:55:29	234	4:25:02	235	0	235	234	217	0	686	
Charlotte Slattery	0	0	0	0:57:32	218	0	0	2:09:08	225	4:31:04	234	234	225	218	0	677	
Claire McGinnity	0:26:03	214	0	0:56:15	221	0	0	2:03:06	229	0	0	229	221	214	0	664	
Sharon Etherson	0:27:15	202	0	0:53:49	226	0	0	2:00:19	230	0	0	230	226	202	0	658	
Sally Slevin	0:27:36	198	0:43:38	229	0:52:21	228	0	0	0	0	0	229	228	198	0	655	
Ann Hawkswood	0:26:31	207	0	0:55:56	222	0	0	2:11:00	223	0	0	223	222	207	0	652	
Laura Hankey	0	0	0	1:07:35	201	0	0	2:21:11	221	5:23:21	229	229	221	201	0	651	
Nicola Hunt	0:27:00	203	0:42:15	0:33	0:57:58	215	0	0	0	0	0	203	215	203	0	651	
Wendy Foxall	0:27:27	200	0	0:57:39	217	0	0	2:07:53	226	0	0	226	217	200	0	643	
Clare Weston	0:26:16	209	0	0:58:59	211	0	0	2:28:05	218	0	0	218	211	209	0	638	
Sue Haydon	0:28:25	197	0	0:58:15	213	0	0	2:10:39	224	0	0	224	213	197	0	634	
Brenda Lee	0:30:27	190	0:47:52	224	1:01:29	208	0	0	0	0	0	224	208	190	0	622	
Maggie Morgan	0:33:38	183	0:53:51	220	1:09:09	199	0	0	0	0	0	220	199	183	0	602	
Katie Kingston	0:22:07	243	0	0:46:39	243	0	0	0	0	0	0	243	243	0	0	486	
Vicky Groom	0:22:15	242	0	0	0	0	0	0	3:56:15	243	0	243	242	0	0	485	
Jill Waterfield	0:22:18	241	0:36:45	244	0	0	0	0	0	0	0	244	241	0	0	485	
Lesley Keighley	0:23:31	227	0	0:46:46	242	0	0	0	0	0	0	242	227	0	0	469	
Alison Foley	0:23:23	229	0	0:48:34	237	0	0	0	0	0	0	237	229	0	0	466	
Mel Mould	0:24:10	223	0	0:51:01	232	0	0	0	0	0	0	232	223	0	0	455	
Maggie Russell	0:26:12	210	0	0	0	0	0	4:25:00	236	0	0	236	210	0	0	446	
Georgia Rose	0	0:45:30	227	0	0	0	2:31:13	217	0	0	0	227	217	0	0	444	
Carol Williams	0:25:25	216	0	0:53:10	227	0	0	0	0	0	0	227	216	0	0	443	
Fiona Ball	0:26:07	212	0	0:54:39	225	0	0	0	0	0	0	225	212	0	0	437	
Lauren Saunders	0	0:49:49	223	1:01:34	207	0	0	0	0	0	0	223	207	0	0	430	
Katie Aston	0	0	0	1:09:40	196	0	0	2:07:47	227	0	0	227	196	0	0	423	
Sarah James	0:27:35	199	0	0:58:17	212	0	0	0	0	0	0	212	199	0	0	411	
Rachel Marrington	0:30:26	191	0	1:06:12	203	0	0	0	0	0	0	203	191	0	0	394	
Jane Bates	0:32:35	185	0	1:05:09	204	0	0	0	0	0	0	204	185	0	0	389	
Rachel Betts	0:36:02	178	0	0	0	0	0	3:03:25	210	0	0	210	178	0	0	388	
Kerry Jenkins	0:31:28	188	0	1:08:16	200	0	0	0	0	0	0	200	188	0	0	388	
Kerrie Grayman	0:34:10	182	0	1:13:14	194	0	0	0	0	0	0	194	182	0	0	376	
Diana Wilson	0:35:44	180	0	1:29:31	191	0	0	0	0	0	0	191	180	0	0	371	
Rebecca Draper	0:36:13	176	0	1:17:38	192	0	0	0	0	0	0	192	176	0	0	368	
Michaela Evlev	0:39:05	174	0	1:17:32	193	0	0	0	0	0	0	193	174	0	0	367	
Claire Coventry	0	0	0	0	0	1:43:03	241	0	0	0	0	241	0	0	0	241	
Carol Martin	0:22:23	239	0	0	0	0	0	0	0	0	0	239	0	0	0	239	
Carmel Capelett	0:22:25	238	0	0	0	0	0	0	0	0	0	238	0	0	0	238	
Michelle Eaton	0	0	0:48:08	238	0	0	0	0	0	0	0	238	0	0	0	238	
Joanne Stacey	0	0:40:53	235	0	0	0	0	0	0	0	0	235	0	0	0	235	
Grace Aitken	0	0:42:15	232	0	0	0	0	0	0	0	0	232	0	0	0	232	
Sylvia Guthrie	0:23:14	231	0	0	0	0	0	0	0	0	0	231	0	0	0	231	
Janette Popplewell	0:23:53	226	0	0	0	0	0	0	0	0	0	226	0	0	0	226	
Daisy Benson	0	0	0:54:45	223	0	0	0	0	0	0	0	223	0	0	0	223	
Judith Simmonds	0:24:34	220	0	0	0	0	0	0	0	0	0	220	0	0	0	220	
Lynnie McDonald	0:24:41	218	0	0	0	0	0	0	0	0	0	218	0	0	0	218	
Sharon Challis-Brown	0	0	0:57:41	216	0	0	0	0	0	0	0	216	0	0	0	216	
Georgina Bradley	0	0	0	0	0	0	2:34:08	214	0	0	0	214	0	0	0	214	
Rachael Bignall	0	0	1:01:27	209	0	0	0	0	0	0	0	209	0	0	0	209	
Cal Oddy	0:26:40	206	0	0	0	0	0	0	0	0	0	206	0	0	0	206	
Mary Connolly	0:26:40	205	0	0	0	0	0	0	0	0	0	205	0	0	0	205	
Mylene Feeoney	0:26:59	204	0	0	0	0	0	0	0	0	0	204	0	0	0	204	
Debbie Davis	0:27:25	201	0	0	0	0	0	0	0	0	0	201	0	0	0	201	
Julie Flanagan	0:29:41	195	0	0	0	0	0	0	0	0	0	195	0	0	0	195	
Lianne McKelvie	0:31:12	189	0	0	0	0	0	0	0	0	0	189	0	0	0	189	
Donna Bennett	0:32:30	186	0	0	0	0	0	0	0	0	0	186	0	0	0	186	
Jenna Poque	0:35:54	179	0	0	0	0	0	0	0	0	0	179	0	0	0	179	
Marie O'Connor	0:36:03																