Newmarket Joggers: Members' Grand Prix Championship 2016

Age adjusted times calculated using WMA 2006 and WMA 2010 tables and based on age at the start of the year.
Excel macros and tables derived from http://www.howardgrubb.co.uk/athletics/wmalookup06.html and used with permission.
All queries to: debbie@newmarketjoggers.co.uk
(Don't forget to let Debbie know when you're playing your wild card one week before the event)

Races:					XC Stowmarket		1	XC Bungay		2	XC Bury		3	KH Impington		4	KH Ely		5	KH Saffron Walden		6	KH Haverhill		7	KH C&C		8	XC Framlingham		8	Wildcard race					W
Date:					17/01/2016			21/02/2016			06/03/2016			28/04/2016			19/05/2016			07/07/2016			04/08/2016			01/09/2016			30/10/2016								
Place	Firstname	Surname	Gender	Total points	Gun time	Adjusted time	Pts	Gun time	Adjusted time	Pts	Gun time	Adjusted time	Pts	Gun time	Adjusted time	Pts	Gun time	Adjusted time	Pts	Gun time	Adjusted time	Pts	Gun time	Adjusted time	Pts	Gun time	Adjusted time	Pts	Gun time	Adjusted time	Pts	Date	Event	Time	Adjusted time	Pts
1	Ursula	Ransom	F	739	00:42:06	00:40:45	74	00:53:40	00:51:56	58	00:41:55	00:40:34	75	00:20:35	00:19:55	74	00:19:55	00:19:17	77	00:20:01	00:19:22	76	00:22:04	00:21:21	69	00:21:01	00:20:20	73	00:35:42	00:34:33	88	22/05/16	Thorpe Forest 10	00:41:42	0:40:17	75
2	Helen	Wass	F	679	00:49:34	00:43:45	69	01:03:22	00:55:56	54	00:50:36	00:44:40	68	00:25:37	00:22:37	65	00:25:10	00:22:13	67	00:24:23	00:21:32	69	00:25:11	00:22:14	67	00:24:34	00:21:41	68	00:41:02	00:36:13	84	06/11/16	Bonfire Burn 10K	00:50:05	0:43:55	68
3	Chris	Aylmer	M	628	00:55:29	00:42:40	63	01:09:46	00:53:39	50	00:54:03	00:41:34	65	00:29:09	00:22:25	58	00:27:07	00:20:51	62	00:26:12	00:20:09	64	00:27:33	00:21:11	61	00:26:02	00:20:01	64	00:44:04	00:33:54	79	11/09/16	Langham 10K	00:54:58	0:42:16	62
4	Martyn	Taylor	M	594	00:35:31	00:34:57	77			0	00:37:31	00:36:55	73			0	00:17:57	00:17:40	73	00:18:10	00:17:53	72	00:18:37	00:18:19	70	00:19:04	00:18:46	69	00:31:20	00:30:50	87	13/03/16	Silverstone HM	01:21:33	1:21:13	73
5	Jane	Smith	F	580	01:06:01	00:53:15	57	01:26:54	01:10:05	43	01:07:15	00:54:14	56	00:31:51	00:25:41	58	00:31:45	00:25:36	58	00:30:52	00:24:54	59	00:32:45	00:26:25	56	00:29:31	00:23:48	62	00:52:15	00:42:08	72	02/10/16	Abington 10K	01:03:29	0:50:34	59
6	Nicky	Chapman	F	561	00:40:32	00:40:16	75	00:52:06	00:51:45	59	00:41:08	00:40:52	74			0	00:20:10	00:20:02	74	00:20:33	00:20:25	72	00:21:35	00:21:26	69	00:20:38	00:20:30	72			0	31/10/16	Dublin Marathon	03:26:15	3:24:05	66
7	Jim	Withers	M	526	00:54:24	00:43:22	62			0	00:56:29	00:45:02	60	00:26:10	00:20:52	62	00:25:08	00:20:02	64	00:24:20	00:19:24	66	00:25:27	00:20:17	64	00:24:11	00:19:17	67	00:41:41	00:33:14	81					0
8	Clive	Purbrook	M	497	00:44:20	00:35:39	75	01:02:35	00:50:20	53	00:45:33	00:36:38	73			0	00:22:29	00:18:05	71	00:22:50	00:18:22	70	00:23:23	00:18:48	69			0	00:38:36	00:31:03	86					0
9	Malcolm	Osbourn	M	495	00:56:38	00:42:21	63	01:16:46	00:57:25	47	00:57:27	00:42:58	62	00:30:24	00:22:44	57			0	00:26:38	00:19:55	65	00:27:57	00:20:54	62			0	00:45:54	00:34:20	78	02/10/16	Abington 10K	00:57:23	0:42:55	61
10	Alice	Leadbeter	F	458	00:55:51	00:53:43	56	01:11:30	01:08:46	44	00:56:09	00:54:00	56			0	00:26:06	00:25:06	59	00:26:00	00:25:00	59	00:27:34	00:26:31	56	00:26:03	00:25:03	59	00:45:51	00:44:06	69					0
11	Alex	Cairns	M	456			0			0			0	00:18:50	00:17:24	74	00:17:58	00:16:36	78	00:19:56	00:18:25	70	00:18:07	00:16:44	77	00:17:22	00:16:03	80			0	08/10/16	Peterborough HM	01:22:13	1:17:04	77
12	Isabel	Vincente	F	456	01:00:14	00:54:27	56			0			0	00:29:43	00:26:52	55	00:27:49	00:25:09	59	00:29:58	00:27:05	55	00:29:49	00:26:57	55	00:29:03	00:26:16	56	00:51:16	00:46:21	65	06/11/16	Bonfire Burn 10K	01:00:37	0:54:30	55
13	Brian	Munns	M	446	00:53:46	00:46:16	58	01:00:10	00:51:47	52	00:46:23	00:39:55	67	00:22:19	00:19:12	67	00:22:14	00:19:08	67			0	00:22:47	00:19:36	66	00:21:44	00:18:42	69			0					0
14	Belinda	Schofield	F	429	00:50:56	00:39:58	76	01:09:30	00:54:32	56	00:53:28	00:41:57	72			0			0	00:25:36	00:20:05	74	00:28:28	00:22:20	66			0	00:45:22	00:35:36	85					0
15	Ruth	Eberhardt	F	419	00:46:30	00:44:25	68			0			0	00:22:48	00:21:47	68	00:21:44	00:20:45	71	00:21:54	00:20:55	71	00:22:32	00:21:31	69	00:21:39	00:20:41	72			0					0
16	Denys	Olefir	M	398			0			0			0	00:16:37	00:16:26	79	00:16:16	00:16:05	80	00:16:06	00:15:55	81	00:16:33	00:16:22	79	00:16:25	00:16:14	79			0					0
17	Jennifer	Osbourn	F	384	01:09:11	00:48:15	63			0			0	00:35:49	00:24:59	59			0	00:33:55	00:23:39	63	00:35:18	00:24:37	60			0	00:57:35	00:40:10	76	02/10/16	Abington 10K	01:09:57	0:47:40	63
18	Grainne	Brennan	F	378			0			0	00:42:18	00:42:18	72	00:19:49	00:19:49	75	00:19:28	00:19:28	76	00:18:58	00:18:58	78			0	00:19:13	00:19:13	77			0					0
19	Sam	Sadler	M	367	00:35:04	00:34:59	77			0	00:35:53	00:35:48	75	00:18:55	00:18:52	68	00:17:35	00:17:32	74	00:17:38	00:17:35	73			0			0			0					0
20	Pearl	Fay	F	350			0	01:21:40	01:06:45	45			0	00:31:39	00:25:52	57	00:30:51	00:25:13	59	00:30:04	00:24:35	60	00:31:30	00:25:45	57			0	00:51:25	00:42:02	72					0
21	Pauline	Green	F	341			0			0			0	00:26:18	00:22:21	66	00:26:32	00:22:33	66	00:24:30	00:20:50	71	00:26:08	00:22:13	67	00:24:37	00:20:56	71			0					0
22	Greg	Davis	M	336	00:36:09	00:30:51	87	00:48:38	00:41:31	65			0			0			0	00:17:57	00:15:19	84			0			0	00:31:21	00:26:46	100					0
23	Neil	Williamson	M	335	00:43:57	00:41:32	65			0			0	00:20:48	00:19:39	66	00:20:01	00:18:55	68			0			0	00:20:16	00:19:09	67	00:40:57	00:38:42	69					0
24	Neville	Clarke	M	321	00:41:36	00:32:52	82	00:55:59	00:44:14	51	00:43:09	00:34:06	79			0			0			0			0			0	00:34:11	00:27:01	99					0
25	Kevin	Connolly	M	318	00:40:18	00:39:39	68	00:54:08	00:53:16	50	00:40:47	00:40:08	67	00:20:08	00:19:49	65	00:19:19	00:19:00	68			0			0			0			0					0
26	Kate	Warboys	F	315			0	01:24:04	01:19:02	38	01:01:07	00:57:28	53	00:29:26	00:27:40	53			0			0	00:31:09	00:29:17	51	00:29:07	00:27:23	54	00:48:40	00:45:45	66					0
27	Dave	Williams	M	313	00:35:05	00:32:40	82			0			0	00:17:57	00:16:43	77	00:17:41	00:16:28	78			0	00:18:18	00:17:02	76			0			0					0
28	Svitlana	Zinchenko	F	304			0			0	00:54:30	00:53:47	56			0	00:25:58	00:25:38	58			0	00:25:38	00:25:18	58	00:24:33	00:24:14	61	00:43:15	00:42:41	71					0
29	Jackie	Henley	F	302	01:03:26	00:56:41	54	01:25:50	01:16:43	40	01:06:23	00:59:20	51	00:31:50	00:28:27	52	00:31:23	00:28:03	53	00:31:41	00:28:19	52			0			0			0					0
30	Richard	Jones	M	301			0			0			0			0	00:20:00	00:17:13	75	00:19:37	00:16:53	76	00:20:13	00:17:24	74	00:19:48	00:17:02	76			0					0
31	Sarah	Sales	F	292			0			0	00:58:00	00:53:33	57	00:29:07	00:26:53	55	00:28:03	00:25:54	57			0			0	00:28:18	00:26:08	57	00:49:47	00:45:58	66					0
32	Simon	Harris	M	291			0			0			0	00:18:49	00:17:47	73	00:18:45	00:17:43	73			0	00:19:21	00:18:17	71	00:18:29	00:17:28	74			0					0
33	Paul	Francis	M	290			0			0			0			0	00:20:09	00:17:55	72	00:19:55	00:17:42	73	00:20:16	00:18:01	72	00:19:57	00:17:44	73			0					0
34	Stephen	Cousins	M	285			0			0			0	00:22:15	00:18:22	70	00:21:36	00:17:50	72			0	00:22:05	00:18:14	71	00:21:44	00:17:56	72			0					0
35	Jon	Brooker	M	284			0	00:43:55	00:38:25	70			0			0	00:20:31	00:17:57	72	00:20:10	00:17:38	73	00:21:24	00:18:43	69			0			0					0
36	Mark	Haywood	M	282			0			0			0	00:18:24	00:18:06	71	00:18:29	00:18:11	71			0	00:19:23	00:19:04	68	00:18:20	00:18:02	72			0					0
37	Chris	Howell	M	276			0			0			0	00:20:04	00:18:24	70			0	00:20:05	00:18:25	70	00:21:41	00:19:53	65	00:19:50	00:18:11	71			0					0
38	Andy	Scott	M	271			0			0			0	00:19:49	00:19:09	67	00:19:35	00:18:55	68			0	00:20:02	00:19:21	67	00:19:18	00:18:39	69			0					0
39	Gavin	Moody	M	263			0			0			0	00:20:31	00:19:41	66			0	00:20:14	00:19:24	66	00:20:21	00:19:31	66	00:20:43	00:19:52	65			0					0
40	Keith	Page	M	263	01:10:10	00:58:24	46	01:39:48	01:23:04	32	01:12:06	01:00:01	45	00:34:21	00:28:36	45	00:33:52	00:28:11	46	00:31:48	00:26:28	49			0			0			0					0
41	Lisa	Redman	F	263	00:48:45	00:46:13	66			0			0	00:24:05	00:22:50	65			0	00:23:48	00:22:34	66			0	00:23:34	00:22:20	66			0					0
42	Dave	Blackstock	M	256			0			0			0	00:24:32	00:24:25	53	00:26:38	00:26:30	49	00:26:30	00:26:22	49	00:26:44	00:26:36	48	00:22:41	00:22:34	57			0					0
43	Paul	Holley	M	255			0			0	00:35:29	00:31:17	86	00:17:24	00:15:20	84	00:17:08	00:15:06	85			0			0			0			0					0
44	Jo	Curtis	F	226			0			0			0			0	00:26:37	00:26:37	56	00:26:30	00:26:30	56	00:26:43	00:26:43	55	00:25:07	00:25:07	59			0					0
45	Sharon	Woodroofe	F	224			0			0			0	00:32:33	00:27:19	54	00:31:25	00:26:22	56	00:30:24	00:25:31	58	00:31:44	00:26:38	56			0			0					0
46	Jeremy	Reader	M	210			0			0			0	00:21:44	00:20:14	64			0			0			0	00:21:21	00:19:53	65	00:35:32	00:33:05	81					0
47	Stephen	Edwards	M	209			0			0			0	00:21:47	00:18:54	68	00:21:32	00:18:41	69			0			0	00:20:32	00:17:49	72			0					0
48	Alice	Everett	F	207	00:40:41	00:40:41	75	00:52:22	00:52:22	58	00:41:16	00:41:16	74			0			0			0			0			0			0					0
49	Rob	Jaina	M	187			0			0			0	00:23:18	00:21:02	61	00:22:09	00:20:00	65			0	00:23:20	00:21:04	61			0			0					0
50	Mike	Sales	M	180			0			0			0	00:25:29	00:22:28	57			0			0			0	00:27:29	00:24:14	53	00:43:34	00:38:25	70					0
51	Tony	Garth	M	180			0			0			0	00:23:41	00:21:33	60	00:23:25	00:21:18	61			0	00:23:52	00:21:43	59			0			0					0
52	Grainne	Neary	F	176	00:39:06	00:39:06	78			0			0			0			0			0			0			0	00:30:55	00:30:55	98					0
53	Arran	Dennis	M	173	00:46:00	00:46:00	58	00:58:19	00:58:19	46			0			0			0			0			0			0	00:38:50	00:38:50	69					0
54	Gillian	Green	F	170	01:00:52	00:51:05	59			0	01:04:28	00:54:06	56	00:31:49	00:26:42	55			0			0			0			0			0					0
55	Christophe	Gay	M	166			0			0			0			0			0	00:17:31	00:17:26	74			0			0	00:29:20	00:29:12	92					0
56	Daphne	Hurley	F	163			0			0			0			0	00:31:39	00:26:34	56	00:31:01	00:26:02	57	00:35:16	00:29:36	50			0			0					0
57	Lisa	Winnington	F	154			0			0			0			0	00:29:14	00:28:44	52	00:29:11	00:28:41	52			0	00:29:52	00:29:22	50			0					0
58	Sharon	MacFarlane	F	153			0			0			0	00:32:27	00:30:46	48	00:30:24	00:28:49	51			0	00:28:56	00:27:26	54			0			0					0
59	Oliver	Draikin	M	138			0			0			0	00:20:54	00:19:41	66			0	00:19:06	00:17:59	72			0			0			0					0
60	Gavin	Mahon	M	138			0			0			0			0			0	00:18:28	00:18:15	71	00:19:36	00:19:22	67			0			0					0
61	John	Duke	M	134			0			0			0			0	00:21:58	00:18:54	68			0	00:22:36	00:19:27	66			0			0					0
62	Jackie	Hall	F	132			0			0			0			0			0			0	00:25:32	00:24:59	59			0	00:42:26	00:41:31	73					0
63	Cathy	Russell	F	130			0			0			0	00:26:29	00:23:23	63	00:24:58	00:22:02	67			0			0			0			0					0
64	Sally	Nicholson	F	129	00:59:28	00:52:30	58			0			0			0			0			0			0			0	00:48:32	00:42:51	71					0
65	Richard	Wilkinson	M	128			0			0			0	00:21:11	00:19:43	65			0			0	00:22:00	00:20:29	63			0			0					0
66	Hannah	Pollard	F	124			0			0			0			0	00:25:29	00:25:14	59			0			0	00:22:58	00:22:45	65			0					0
67	Bee	Chapman	F	121			0			0	00:57:39	00:50:54	60			0	00:27:24	00:24:11	61			0			0			0			0					0
68	Sandra	Jaina	F	114			0			0			0	00:27:42	00:25:34	58			0			0	00:28:24	00:26:13	56			0			0					0
69	Vicky	Russell-Hopkinson	F	111			0			0			0	00:27:36	00:27:36	54	00:25:48	00:25:48	57			0			0			0			0					0
70	Stephen	Donoghue	M	103			0			0			0			0			0	00:24:41	00:24:34	53	00:26:06	00:25:58	50			0			0					0
71	Sophie	Adams	F	101			0			0			0	00:29:17	00:28:54	51			0	00:29:44	00:29:21	50			0			0			0					0
72	Manuel	Marchi	M	101			0	00:58:18	00:58:01	46	00:48:47	00:48:33	55			0			0			0			0			0			0					0
73	Dan	Regan	M	101			0			0			0			0	00:27:27	00:25:33	50	00:27:24	00:25:31	51			0			0			0					0
74	Catherine	Hawkes	F	100			0			0			0	00:29:25	00:29:21	50	00:29:50	00:29:46	50			0			0			0			0					0
75	Debbie	Read	F	87			0			0			0	00:36:47	00:33:58	44			0			0	00:37:30	00:34:37	43			0			0					0
76	Neil	Pollard	M	76			0			0			0			0	00:17:37	00:17:01	76			0			0			0			0					0
77	Phillip	Green	M	75	00:42:24	00:35:36	75			0			0			0			0			0			0			0			0					0
78	Craig	Sargent	M	69			0			0			0	00:19:05	00:18:47	69			0			0			0			0			0					0
79	Wayne	Hogg	M	68			0			0			0			0	00:18:59	00:18:56	68			0			0			0			0					0
80	Lisa	Jennings	F	67			0			0			0			0			0			0			0			0	00:47:52	00:45:00	67					0
81	Paul	Dockerill	M	64			0			0	00:43:32	00:42:04	64			0			0			0			0			0			0					0
82	Justin	Long	M	63			0			0			0			0			0	00:21:53	00:20:32	63			0			0			0					0
83	Marcus	Hall	M	63			0			0			0			0			0			0	00:22:00	00:20:29	63			0			0					0
84	Nik	Chapman	M	62			0			0			0			0	00:22:15	00:20:52	62			0			0			0			0					0
85	Carolynn	Anderson	F	59	00:53:06	00:51:04	59			0			0			0			0			0			0			0			0					0
86	Dominic	Doe	M	57			0			0			0	00:26:14	00:22:35	57			0			0			0			0			0					0
87	Vicky	Elton	F	55			0			0			0			0	00:27:04	00:27:02	55			0			0			0			0					0
88	Jules	Murdon	F	52			0			0			0			0	00:31:19	00:28:19	52			0			0			0			0					0
89	Sharon	Smith	F	52			0			0			0			0			0			0	00:33:05	00:28:29	52			0			0					0
90	Susan	Kent	F	50			0			0			0	00:35:31	00:29:48	50			0			0			0			0			0					0
91	Rhonda	Waters	F	47			0			0			0			0			0			0	00:37:34	00:31:32	47			0			0					0
92	Joe	Richer	M	46			0			0			0			0			0			0	00:30:43	00:28:10	46			0			0					0
93	Maria	Allison	F	43			0			0			0	00:35:23	00:34:02	43			0			0			0			0			0					0