

Men's Road-MT Achievements Table 2019

Newmarket Joggers

First Name	Surname	Age Band	5K H'cap SB	5K KH SB	5K park-run SB	5K Newmrkt GRL SB	All 5K SB	5K SB AG%	5M SB	5M AG%	10K SB	10K AG%	10M SB	10M AG%	HM SB	HM AG%	20M SB	20M AG%	Marathon SB	MAR AG%	Non Standard Distance Time	Non Standard Dist.	Non Standard AG%	Top AG%	CLUB STANDARD	
Paul	Holley	50-54									35:54(6)	85.10												85.10	Sapphire +	
Greg	Davis	55-59													1:27:18(7)	78.73								78.73	Diamond	
Neville	Clarke	65-69			21:45		21:45	76.55			43:54(2)	78.32	1:13:31(4)	76.88										78.32	Diamond	
Jon	Brooker	50-54	19:51		20:25		19:51	76.07																76.07	Diamond	
Simon	Harris	40-44	18:34				18:34	75.40																75.40	Diamond	
Chris	Gay	30-34	17:50				17:50	74.02																74.02	Platinum	
Richard	Jones	55-59			21:01	21:41	21:01	72.96							1:38:57(9)	68.84								72.96	Platinum	
Sam	Sadler	30-34	18:02				18:02	72.83																72.83	Platinum	
Mark	Hayward	35-39	19:26				19:26	69.04							1:22:33(8)	71.57								71.57	Platinum	
Jamie	Sales	15-19			18:21		18:21	70.75																70.75	Platinum	
Jonathan	Ollington	50-54	21:06				21:06	70.46																70.46	Platinum	
Alan	Shand	60-64	23:22				23:22	70.04																70.04	Platinum	
Clive	Purbrook	60-64			24:47		24:47	66.04					1:23:28(4)	65.89	1:45:40(9)	69.50								69.50	Gold	
Paul	Dockerill	40-44			19:52		19:52	69.04																69.04	Gold	
Andrew	Taylor	45-49					20:49a	68.78			45:18(1)	64.16												68.78	Gold	
James	Thomson	30-34			19:28		19:28	67.21																67.21	Gold	
Stuart	Sowerby	45-49				21:18	21:18	66.74																66.74	Gold	
James	Tweed	45-49			21:24	22:19	21:24	66.43																66.43	Gold	
Jamie	Rule	30-34	19:47				19:47	66.39																66.39	Gold	
Alex	Swarbrick (Inr)	15-19			20:11		20:11	65.65																65.65	Gold	
Malcolm	Osborn	70-74			27:08	26:57	26:57	65.62																65.62	Gold	
Henry	Hamilton-Gould	35-39			20:51		20:51	64.35																64.35	Silver	
Adam	Maltpress	40-44			22:43		21:57a	62.49			43:15(1)	64.08												64.08	Silver	
Jason	Bevan	25-29			20:19		20:19	63.99														1:10:54(5)	15K	59.57	64.08	Silver
Craig	Ladley	35-39	21:04				21:04	63.29																63.29	Silver	
Neil	Williamson	40-44			22:23		22:23	62.55			48:00(1)	59.10												62.55	Silver	
Giles	Macrow	50-54	24:12		24:34	28:29	24:04a	61.77			58:06(3)	52.15												61.77	Silver	
Ian	Woodroffe	70-74	29:03				29:03	61.68																61.68	Silver	
Simon	Cockerton	35-39									44:23(1)	60.76												60.76	Silver	
Jim	Withers	60-64			27:14		27:14	60.65																60.65	Silver	
Chris	Aylmer	65-69	28:34		28:43	29:35	28:34	59.86																59.86	Bronze	
Dominic	Doe	55-59	25:49				25:49	59.39																59.39	Bronze	
Mike	Sales	50-54			25:30		25:30	58.76																58.76	Bronze	
Daryl	Moran	25-29	22:23		23:13		22:23	58.00																58.00	Bronze	
Alan	Thornhill	70-74			30:14		30:14	57.77																57.77	Bronze	
Baz	Colley	50-54	26:02				26:02	56.66																56.66	Bronze	
Dave	Crowley	45-49	25:56				25:56	56.04																56.04	Bronze	
Iain	Perry	50-54	28:19		28:28		26:47a	55.94																55.94	Bronze	
Dave	Price	45-49			29:43		29:43	48.91																48.91	Copper	
Andrew	Rice	45-49				33:33	33:33	42.97																42.97	Iron	

a. Snetterton 5K Jan 20

1. Thefford Trail 10K Jan 6

2. Wymondham 10K Jan 1

3. Snetterton 10K Jan 20

4. Freethorpe 10 Jan 27

5. Irchester Jurassic Dirt Run 15K Jan 27

6. Standard Chartered Dubai 10K Jan 25

7. Portsmouth Coastal HM Feb 3

8. Gt Bentley HM Feb 3

9. Street Child Craft HM Feb 2