

Men's Road-MT Achievements 2019 YTD

Age Grade % calculated using WMA 2015 tables and based on actual age in years on the day of the race. Your PB time over each distance will take precedence over your best age grade for that year; e.g. if you record a slightly slower time after your birthday for a particular distance, it could earn a slightly higher age grade %, although the difference would be small. The faster time will remain as your best performance for that year. If you equal or beat your PB the new best age grade % will be calculated. This is to avoid the need to maintain two separate databases of PB time and age grade and keep the table as a simple way to check your actual PBs over all distances during the year. Calculator downloaded from: <http://www.howardgrubb.co.uk/athletics/wmalookup15.html> and freely available online. All queries to: chris.aylmer@newmarketjoggers.co.uk

Newmarket Joggers

First Name	Surname	Age Band	5K H'cap SB	5K KH SB	5K park-run SB	5K New-mrkt GRL SB	All 5K SB	5K SB AG%	Heath Race 5.4K	Heath Race 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 Dist.	Non Standard Time	SB Non Standard AG%	Top AG%			
Paul	Holley	50-54		17:27			17:27	86.53					35:54(6)	85.10												86.53	Sapphire+		
Neville	Clarke	65-69		20:36	20:44	22:04	20:36	80.83			34:57(57)	78.45	43:38(32)	78.80	1:11:39(46)	78.88	1:40:33(15)	74.49								80.83	Sapphire		
Greg	Davis	55-59		19:26		20:13	19:26	79.50					40:26(56)	78.24			1:27:18(7)	78.73			3:23:39(34)	71.07				79.50	Diamond		
Chris	Gay	30-34	17:43	16:44			16:44	78.88									1:15:16(14)	77.77			2:40:07(37)	77.00				78.88	Diamond		
Neil	Pollard	40-44															1:16:12(14)	78.78			2:44:41(37)	76.77				78.78	Diamond		
Mark	Hayward	35-39	18:08	17:15	18:56		17:15	77.78									1:18:49(14)	74.96			2:49:21(37)	73.47				77.78	Diamond		
Jon	Brooker	50-54	19:45	19:51	20:25	32:43	19:45	77.05									1:31:53(20)	73.46								77.05	Diamond		
Jamie	Sales	15-19			17:53		17:53	72.60	19:11	73.41							1:16:09(14)	76.71								76.71	Diamond		
Bertie	Tweed	15-19		17:31	18:54		17:31	75.64																			75.64	Diamond	
Simon	Harris	40-44	18:34	18:39			18:34	75.40									1:24:19(14)	72.84			3:27:32(27)	62.32				75.40	Diamond		
Chris	Howell	45-49		19:58	19:22		19:22	75.04																			75.04	Diamond	
Sam	Sadler	30-34	17:52	18:55	19:10		17:52	73.51	21:03	67.54							1:24:28(14)	69.20								73.51	Platinum		
Richard	Jones	55-59			21:01	21:41	21:01	72.96					48:08(53)	65.17			1:38:57(9)	68.84								72.96	Platinum		
Paul	Dockerill	40-44			19:09		19:09	72.06					39:18(39)	71.08	1:06:43(46)	68.52	1:27:46(11)	68.40	2:25:26(23)	65.46	3:21:35(27)	63.15				72.06	Platinum		
Oliver	Daykin	20-24											37:07(51)	71.98													71.98	Platinum	
Nick	Acklam	55-59	22:05	22:14			22:05	71.70	24:31	70.02																	71.70	Platinum	
Jonathan	Ollington	50-54	20:50	21:22			20:50	71.36	23:58	67.18							1:39:52(14)	65.80	2:54:27(22)	59.33	4:19:14(34)	53.39				71.36	Platinum		
Stuart	Sowerby	45-49	19:59	20:27		21:15	19:59	71.14	22:26	68.57							1:33:38(14)	66.70								71.14	Platinum		
Stephen	Cousins	60-64		22:44	22:38	23:10	22:38	71.13					48:03(54)	68.89													71.13	Platinum	
Marc	Drury	45-49		20:08			20:08	71.11	22:12	69.82							1:35:04(14)	65.69			3:56:10(34)	56.14				71.11	Platinum		
Clive	Purbrook	60-64		23:12	23:45		23:12	70.55					48:12(39)	69.99	1:23:28(4)	65.89	1:45:40(9)	69.50								70.55	Platinum		
Alan	Shand	60-64	23:22	25:50			23:22	70.04	27:06	66.05																	70.04	Platinum	
Jason	Bevan	25-29	18:35	19:01	20:19		18:35	69.96	22:37	62.27							1:35:00(14)	61.46								69.96	Gold		
Henry	Hamilton-Gould	35-39	19:24	19:20	19:35	20:37*	19:20	69.40	21:54	66.29			39:28(53)	68.92	1:05:18(42)	68.33	1:31:24(14)	64.64	2:35:15(22)	59.92	3:21:17(58)	61.81	18.5m(45)	2:20:05	61.02	69.40	Gold		
Andrew	Taylor	45-49		21:53			20:49a	68.78	24:26	63.44			45:18(1)	64.16													68.78	Gold	
Adam	Maltpress	40-44	20:59	21:47	22:09		20:00b	68.58					43:15(1)	64.08			1:38:02(14)	61.24					15K(5)	70:54	59.57	68.58	Gold		
Richard	Wilkinson	45-49	21:05	20:48		21:45	20:48	68.35	23:10	66.40																	68.35	Gold	
James	Tweed	45-49	21:34	21:18	21:02	22:14	21:02	68.07	23:44	65.31																	68.07	Gold	
James	Thomson	30-34	19:54	19:14	19:28	20:25	19:14	68.02	21:51	64.84							1:31:43(14)	63.67									68.02	Gold	
Malcolm	Osborn	70-74		26:03	26:27	26:57	26:03	67.88									1:59:21(14)	66.79									67.88	Gold	
Robert	Spencer	25-29							20:51	67.47																		67.47	Gold
Adrian	Whittle	50-54	23:33	24:24	22:27		22:27	67.26													4:52:06(31)	48.23					67.26	Gold	
Alex	Swarbrick (Jnr)	15-19			19:42		19:42	67.26	21:46	65.93			42:11(44)	64.64													67.26	Gold	
Brian	Munns	55-59		23:01	22:52		22:52	67.06			37:49(57)	66.33	47:38(52)	65.85	1:19:00(46)	65.13											67.06	Gold	
Jamie	Rule	30-34	19:47	19:58			19:47	66.39	22:30	63.48																	66.39	Gold	
Giles	Macrow	50-54	24:12	23:05	23:49	24:27	23:05	64.40					58:06(3)	52.15			1:52:04(14)	58.64	3:12:59(25)	53.63	4:30:37(37)	51.11				64.40	Silver		
Miles	Johnson	65-69									43:11(36)	63.49					1:56:32(14)	64.27									64.27	Silver	
Craig	Ladley	35-39	20:47	20:59			20:47	64.15	25:28	56.68			45:50(49)	59.05			1:43:37(28)	56.80								64.15	Silver		
Phil	Blundell	40-44			21:42		21:42	64.06									1:44:30(33)	58.3			4:25:58(31)	48.23				64.06	Silver		
David	Onley	40-44	22:46	22:03			22:03	63.49																			63.49	Silver	
Wayne	Hogg	30-34		20:49			20:49	63.41																			63.41	Silver	
Jim	Withers	60-64	26:21	26:20	26:38		26:20	62.72			43:05(57)	63.06	57:02(32)	59.70	1:35:44(46)	58.46											63.06	Silver	
Chris	Aylmer	65-69	28:34	27:09	27:11	28:38	27:09	62.98			45:26(55)	62.07	56:13(26)	62.97			2:02:58(30)	62.79	3:28:45(12)	58.25	4:49:23(40)	56.19				62.98	Silver		
Neil	Williamson	40-44			22:23		22:23	62.55			36:25(55)	62.52	48:00(1)	59.10							3:43:39(47)	57.83					62.55	Silver	
James	Walker	35-39		21:14			21:14	62.48																			62.48	Silver	
Dominic	Doe	55-59	24:46	25:03			24:46	61.91																			61.91	Silver	
Gavin	Moody	40-44															1:37:47(14)	61.82									61.82	Silver	
Mike	Sales	50-54	24:47	24:22	25:28		24:22	61.49									1:48:39(14)	61.02									61.49	Silver	

Baz	Colley	50-54	24:26	24:09	26:34	27:24	24:09	61.08	28:41	55.67							1:54:58(14)	56.67									61.08	Silver
Jeremy	Reader	45-49		23:23			23:23	60.80									49:46(50)	57.94									60.80	Silver
Simon	Cockerton	35-39															44:23(1)	60.76									60.76	Silver
Richard	Groom	40-44	25:16	23:01			23:01	60.39	25:20	59.41																	60.39	Silver
Dave	Crowley	45-49	24:23	24:18			24:18	59.81	28:09	55.89							52:26(26)	56.36									59.81	Bronze
Alan	Thornhill	70-74	29:32	30:06	30:14		29:32	59.14									61:56(39)	58.37									59.14	Bronze
Daryl	Moran	25-29	22:17		23:13			58.26																			58.26	Bronze
Denis	Coman	35-39	22:50				22:50	58.10																			58.10	Bronze
Iain	Perry	50-54	28:19		26:14		26:14	57.12									53:32(43)	57.07									57.12	Bronze
Joe	Cormack	35-39		23:21	23:58	25:27	23:21	57.10									49:00(26)	55.24									57.10	Bronze
Robert	Wise	55-59																									56.19	Bronze
Rob	Kingsley	45-49	26:18	27:28			26:18	54.82																			54.82	Tungsten
Adam	Orriss	25-29	24:09	24:49			24:09	53.76																			53.76	Tungsten
Ian	Norman	50-54		30:04			30:04	49.45																			49.45	Copper
Oliver	Stockmann	35-39															55:50(50)	48.48									48.48	Copper
Kevin	Pearson	40-44																									47.65	Copper
Aaron	Burns	25-29	28:47		27:53		27:53	46.56																			46.56	Copper
Karthik	Rajagopalan	35-39																									42.46	Iron
Jason	Singh	45-49	39:15				36:01	40.03	43:03	36.55																	40.03	Iron

a. Snetterton 5K Jan 20

1. Thetford 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
10. Love Welwyn 10K Feb 10
11. Olympic Park HM Feb 10
12. Tarpley 20 Feb 24
13. Baldock Beast Feb 24
14. Cambridge HM Mar 3
15. Roding Valley HM Mar 3
16. Vitality Big Half Mar 10
17. Naseby 1645 16.45m Feb 24
18. MK 20 Mar 17
19. Oundle 20 Mar 17
20. Fleet HM Mar 17
21. Mud & Mayhem Thetford 10K
22. Oakley 20 Mar 24
23. Wymondham 20 Mar 24
24. Hastings HM Mar 24
25. Bedford Autodrome 20 Mar 31
26. Cambourne 10K Apr 7
27. Greater Manchester Marathon Apr 7
28. Haver Half Apr 7
29. Bungay 10K Apr 14
30. Bungay HM Apr 14

b. MK Rocket 5K May 5

31. Schneider Electric Paris Marathon Apr 14
32. Little Bromley 10K Apr 14
33. Frankfurt HM Mar 10
34. Brighton Marathon Apr 14
35. Boston Marathon (USA) Apr 15
36. Sudbury Fun Run 5 Apr 19
37. Virgin Money London Marathon Apr 28
38. Newmarket Heath Race 5.4K May 2
39. Breckland 10K May 6
40. MK Marathon May 6
41. MK HM May 6
42. Witham May Day 10 May 6
43. Fen Drayton 10K May 5
44. Ashdon 10K May 6
45. Bury to Clare 18 (est. 18.5m) May 12
46. Dereham 10 May 12
47. White Peak Marathon May 18
48. Hackney HM May 19
49. Colchester Zoo Stampede 10K May 19
50. Wimpole Hooahaah 10K May 19
51. Woodbridge 10K May 19
52. Holt 10K May 26
53. Vitality London 10K May 27
54. Hatfield Broad Oak 10K May 27
55. Kirton Friday 5 May 31
56. Run Bedford 10K Jun 2
57. Framlingham Friday 5 Jun 7
58. Rock 'n' Roll Seattle Marathon Jun 9

* No official time