

NJ Women'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. i.e. 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 after your birthday, the new best age grade % will be calculated. This is to avoid the need to maintain two separate databases of 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/wmlookup15.html> and freely available online. All queries to: chris.aylmer@newmarketjoggers.co.uk

Newmarket Joggers

First Name	Surname	Age Group	5K H'cap SB	5K KH SB	5K park-run SB	5K New-mrkt GRL SB	All 5K SB	5K 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%	MAR SB	MAR AG%	Non Standard Dist.	Non Standard Time	SB Non Standard AG%	Top AG%	CLUB STANDARD
Elke	Hausler	55-59		21:02	21:02	22:12	21:02	84.07					43:21(14)	85.12												85.12	Sapphire+
Claire	Acklam	55-59	25:14	24:28		24:36	24:28	73.09	28:06	69.10																73.09	Platinum
Eadie	Brooker (Jnr)	10-14			23:30		23:30	71.91																		71.91	Platinum
Hannah	Parsons	40-44	21:45	22:20		23:23	21:45	71.11	25:14	66.45			47:28(26)	67.17												71.11	Platinum
Isabella	Soro	20-24	21:05	21:06			21:05	70.04	23:27	68.23																70.04	Platinum
Joanna	Cole	35-39	21:29				21:29	69.90																		69.90	Gold
Pauline	Green	55-59		25:28			25:28	69.44																		69.44	Gold
Lynda	McCormack	55-59		26:12			26:12	69.08									2:07:11(8)	64.46								69.08	Gold
Ruth	Eberhardt	45-49	23:17	22:57	23:04		22:57	69.06											2:58:02(12)	61.84	3:57:34(20)	61.80	18.5m(23)	3:28:36	48.55	69.06	Gold
Emma	Newman	30-34	21:42		21:29		21:29	68.89								1:40:07(8)	65.41									68.89	Gold
Belinda	Schofield	60-64			28:02		28:02	67.78					62:28(11)	63.98	1:35:53(2)	68.33										68.33	Gold
Jan	Holmes	55-59	26:13	26:08	25:42	29:07	25:42	67.96					54:45(7)	66.54			1:59:45(8)	65.85								67.96	Gold
Sarah	Boneham	45-49															1:46:24(8)	67.31			3:50:12(20)	64.49	18.5m(23)	3:00:04	56.86	67.31	Gold
Mary	Marsh	65-69															2:16:12(18)	67.30								67.30	Gold
Anna	Mayhew	45-49		24:48	25:55	25:59	24:48	65.93																		65.93	Gold
Ellie	Bithell	40-44		24:13		24:14	24:13	63.39	25:43	64.74							1:50:47(8)	61.74								64.74	Silver
Caroline	McIntosh	65-69	31:20	32:51	32:41		31:20	63.83					65:50(30)	64.25	1:56:49(24)	59.40	2:28:14(3)	61.84	3:59:28(6)	59.90	5:38:44(15)	56.82			64.25	Silver	
Sarah	Sales	50-54		25:47	25:57		25:47	64.06									2:02:53(8)	60.34								64.06	Silver
Melanie	Tindale	40-44			24:01		24:01	63.91																		63.91	Silver
Alison	McKenzie	50-54	28:33	26:30	27:02	27:17	26:30	63.71									2:04:42(25)	60.92								63.71	Silver
Wendy	Haynes	60-64		30:16			30:16	63.60																		63.60	Silver
Danielle	Jones	25-29	23:14	24:17			23:14	63.56						1:28:11(24)	55.96	1:56:36(28)	55.92									63.56	Silver
Stephanie	Greenwood	50-54			26:57		26:57	63.39	30:18	61.17																63.39	Silver
Rebecca	Fordham	45-49	26:35	25:31	25:35	26:26	25:31	63.36									2:05:34(8)	57.67								63.36	Silver
Olivia	Carter	20-24		23:22			23:22	63.20	25:40	62.34							1:43:57(8)	62.72								63.20	Silver
Jenny	Osbourn	70-74	34:04	33:53	33:43	34:42	33:43	62.63																		62.63	Silver
Helen	Wass	50-54		27:44			27:44	62.26																		62.26	Silver
Troi	Baxter	20-24																			3:49:18(19)	59.06				62.11	Silver
Sianie	Painter	50-54	28:24	27:51	29:16	28:21	27:51	61.34	30:43	60.34			58:25(21)	60.83			2:07:03(8)	60.53					18.5m(23)	3:31:53	51.97	61.34	Silver
Jessica	Podd	20-24		24:16			24:16	60.85									2:12:39(8)	50.01								60.85	Silver
Sandra	Jaina	45-49		28:07			28:07	58.74													4:42:46(29)	53.77				58.74	Bronze
Jill	O'Grady/Bryan	35-39	25:42	25:49	26:32	27:07	25:42	58.69	28:26	57.50			53:32(9)	58.00												58.69	Bronze
Hannah	Short	40-44			26:07	27:19	26:07	58.39																		58.39	Bronze
Meera	Mahadevan	40-44	27:36	27:00			27:00	57.72																		57.72	Bronze
Jacqui	Sayers	45-49		28:19			28:19	57.09																		57.09	Bronze
Tracey	Bolden	50-54															2:16:56(8)	56.86								56.86	Bronze
Mandy	Davis	55-59	31:07				31:07	56.83							1:48:03(10)	55.95	2:26:29(13)	54.52								56.83	Bronze
Sarah	Kinston	45-49	27:35	29:48	28:49		27:35	56.50					63:24(9)	50.22			2:33:50(13)	45.19								56.50	Bronze
Lisa	Jennings	45-49		28:21			28:21	55.85					60:48(16)	54.44			2:31:34(5)	47.25					18.5m(23)	4:13:53	40.33	55.85	Bronze
Francesca	Laughton	30-34		26:27	26:59		26:27	55.83													4:45:15(20)	47.47				55.83	Bronze
Amelia	Norman	25-29		26:32			26:32	55.65																		55.65	Bronze
Joanne	Podd	50-54		30:10			30:10	55.36																		55.36	Bronze
Lisa	Johnson	25-29		26:50			26:50	55.03																		55.03	Bronze
Jane	Smith	60-64		34:03			34:03	54.43																		54.43	Tungsten
Zoe	Dickson	25-29		27:11			27:11	54.32																		54.32	Tungsten
Kate	Warboys	45-49		31:35	32:00	33:34	31:35	50.66			48:43(33)	54.09														54.09	Tungsten
Daphne	Hurley	55-59		33:37			33:37	53.84																		53.84	Tungsten

