

## Men's Road-MT Achievements 2019 FINAL

Age Grade % calculated using WMA 2015 tables and based on actual age in years on the day of the race. Your PB time this year, better described as Year Best (YB) or Season Best (SB), over each distance, will take precedence over your best age grade for the 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, along with its age grade %. If you equal or beat your YB time, the new best age grade % will be calculated. This is to avoid the need to maintain two separate databases of YB time and age grade % and keep the table as a simple way to check your best times 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](mailto:chris.aylmer@newmarketjoggers.co.uk)

First Name	Surname	Age Band	5K H'cap SB	5K KH SB	5K park-run SB	5K New-mkt 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		16:53			16:53	89.44					34:59(78)	88.09							3:10:04(88)	74.11	19.67M(80)	2:04:38	83.00	89.44	Sapphire+	
Neil	Pollard	40-44		16:11			16:11	85.27					34:09(71)	81.80			1:14:45(84)	80.87			2:38:38(98)	80.25	18.13M(80)	1:53:56	75.15	85.27	Sapphire+	
Jamie	Sales	15-19		15:44	16:03		15:44	82.52	19:11	73.41			36:23(118)	73.43			1:16:09(14)	76.71								82.52	Sapphire	
Neville	Clarke	65-69		20:36	20:34	21:44	20:34	80.96			34:48(59)	78.78	42:20(72)	81.22	1:11:39(46)	78.88	1:39:46(84)	75.08					13.25M(80)	1:38:30	76.94	81.22	Sapphire	
James	Smith	40-44			17:01		17:01	80.02			28:16(91)	78.13	35:46(92)	77.49			1:17:40(93)	77.30	2:07:23(94)	73.77	2:53:25(90)	72.47				80.02	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	
Charles	Jones	60-64	20:07			21:08	20:07	79.37																		79.37	Diamond	
Chris	Gay	35-39	17:43	16:44	19:33		16:44	78.88					35:42(85)	75.54			1:15:16(14)	77.77			2:40:07(37)	77.00				78.88	Diamond	
Mark	Hayward	35-39	17:38	17:13	17:37		17:13	77.93					36:18(85)	74.93	58:44(106)	76.33	1:18:49(14)	74.96			2:47:28(99)	74.63	11.73M(80)	1:10:03	75.21	77.93	Diamond	
Jon	Brooker	50-54	19:45	19:51	20:25	21:10	19:45	77.05			38:53(67)	66.61	43:05(102)	72.15			1:31:53(20)	73.46					10.81M(80)	1:28:26	62.53	77.05	Diamond	
Chris	Howell	45-49		18:54	19:20		18:54	76.90																		76.90	Diamond	
Simon	Harris	40-44	18:34	18:13			18:13	76.85					39:08(102)	73.08			1:24:19(14)	72.84			3:27:32(27)	62.32				76.85	Diamond	
Bertie	Tweed	15-19		17:31	18:54		17:31	75.64															2.80M(76)	26:50	44.16	75.64	Diamond	
Nick	Acklam	60-64	22:05	21:26			21:26	73.87	24:31	70.02							1:40:07(103)	71.27								73.87	Platinum	
Tom	Evetts	30-34															1:19:18(14)	73.62			2:48:29(37)	72.97				73.62	Platinum	
Sam	Sadler	30-34	17:52	17:53	19:10		17:52	73.51	21:03	67.54			37:31(96)	71.66			1:24:28(14)	69.20					7.20K(68)	27:43	69.27	73.51	Platinum	
Richard	Jones	55-59			21:01	21:41	21:01	72.96					48:08(53)	65.17			1:38:57(09)	68.84								72.96	Platinum	
Stuart	Sowerby	45-49	19:42	20:27		21:15	19:42	72.67	22:26	68.57			43:29(79)	66.85			1:33:38(14)	66.70								72.67	Platinum	
Jonathan	Ollington	50-54	20:42	21:22			20:42	72.38	23:58	67.18			44:19(96)	68.94			1:39:52(14)	65.80	2:54:27(22)	59.33	4:14:06(101)	54.95			72.38	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	7.20K(68)	29:45	67.64	72.06	Platinum	
Oliver	Daykin	20-24											37:07(51)	71.98													71.98	Platinum
Marc	Drury	45-49	20:29	20:06	23:00		20:06	71.23	22:12	69.82			45:01(66)	64.57			1:35:04(14)	65.69			3:34:06(87)	61.93				71.23	Platinum	
Stephen	Cousins	60-64		22:44	22:38	23:10	22:38	71.13					47:59(85)	68.98													71.13	Platinum
Clive	Purbrook	60-64		23:12	23:45		23:12	70.55			44:40(67)	62.80	48:12(39)	69.99	1:21:12(95)	68.92	1:45:40(09)	69.50					4.75M(75)	43:08	59.20	70.55	Platinum	
Danny	Peeling	25-29			18:33		18:33	70.08					38:38(70)	69.15													70.08	Platinum
Alan	Shand	60-64	23:22	23:44	24:31		23:22	70.04	27:06	66.05			49:43(118)	68.49			2:03:06(111)	60.25					9.24M(80)	1:20:20	64.23	70.04	Platinum	
Jason	Bevan	30-34	18:35	18:49	20:19		18:35	69.96	22:37	62.27			40:54(66)	65.32			1:35:00(14)	61.46								69.96	Gold	
Henry	Hamilton-Gould	35-39	19:24	19:20	19:16	20:37*	19:16	69.64	21:54	66.29			39:28(53)	68.92	1:05:18(42)	68.33	1:29:10(97)	66.26	2:35:15(22)	59.92	3:21:17(58)	61.81	18.5M(45)	2:20:05	61.02	69.64	Gold	
Mike	Haslam (2)	50-54			21:56		21:56	69.38									1:48:20(109)	62.31								69.38	Gold	
Brian	Munns	55-59		23:01	22:31		22:31	68.62			36:33(65)	69.22	46:11(118)	68.50	1:19:00(46)	65.13											69.22	Gold
Andrew	Taylor	45-49		21:53			20:49*	68.78	24:26	63.44			43:38(104)	66.62													68.78	Gold
Noel	Benn	45-49											43:19(118)	68.76													68.76	Gold
James	Tweed	45-49	21:34	21:15	20:51	22:14	20:51	68.67	23:44	65.31			45:27(66)	63.95									2.80M(76)	34:26	36.40	68.67	Gold	
Adam	Maltpress	40-44	20:59	21:47	22:09		20:00*	68.58					43:15(01)	64.08			1:38:02(14)	61.24					15K(5)	1:10:54	59.57	68.58	Gold	
Tom	Elton (2)	50-54	22:06		21:43		21:43	68.46																			68.46	Gold
Richard	Wilkinson	45-49	21:05	20:48		21:45	20:48	68.35	23:10	66.40																	68.35	Gold
James	Thomson	30-34	19:54	19:14	19:28	20:25	19:14	68.02	21:51	64.84			42:01(107)	63.78			1:31:43(14)	63.67					16.9M(80)	2:23:08	53.66	68.02	Gold	
Malcolm	Osbourne	70-74	27:03	26:03	26:27	26:57	26:03	67.88					54:31(85)	67.96			1:59:21(14)	66.79								67.96	Gold	
Robert	Spencer	25-29							20:51	67.47																	67.47	Gold
Alex	Swarbrick (Jnr)	15-19			19:42		19:42	67.26	21:46	65.93			42:04(85)	64.82													67.26	Gold
Adrian	Whittle	50-54	23:33	24:24	22:27		22:27	67.26														4:52:06(31)	48.23				67.26	Gold
Phil	Blundell	40-44		21:19	20:53		20:53	67.04									1:41:28(108)	60.53			4:25:58(31)	48.23				67.04	Gold	
Jamie	Rule	30-34	19:44	19:58			19:44	66.89	22:30	63.48																	66.89	Gold
James	Walker	35-39	20:20	21:14	20:13		20:13	65.62																			65.62	Gold
Miles	Johnson	65-69									43:11(36)	63.49	52:58(118)	65.54	1:28:45(95)	64.32	1:56:32(14)	64.27									65.54	Gold
Jim	Withers	65-69	26:21	25:27	26:13		25:27	64.90			42:35(65)	63.80	54:32(78)	62.44	1:35:13(106)	59.36											64.90	Silver
Robert	Hawkins	55-59	24:04		23:41		23:41	64.74																			64.74	Silver
Giles	Macrow	50-54	24:12	23:05	23:49	24:27	23:05	64.40					54:17(71)	56.28			1:52:04(14)	58.64	3:12:59(25)	53.63	4:30:37(37)	51.11				64.40	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	
Chris	Aylmer	65-69	28:34	27:09	27:11	28:38	27:09	62.98			45:26(55)	62.07	55:41(96)	63.57	1:38:06(112)	59.97	2:02:58(30)	62.79	3:28:45(12)	58.25	4:49:23(40)	56.19	5.76M(80)	58:17	56.13	63.57	Silver	
David	Onley	40-44	22:46	22:03			22:03	63.49									1:52:36(103)	54.54									63.49	Silver

