

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 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

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	22:11	21:02	21:02	22:12	21:02	84.07					43:21(14)	85.12												85.12	Sapphire+	
Claire	Acklam	55-59	24:32	24:12		24:36	24:12	73.90	28:06	69.10							1:53:24(76)	72.30								73.90	Platinum	
Hannah	Parsons	40-44	21:08	22:20	23:34	23:23	21:08	73.74	25:14	66.45	36:49(66)	69.58	44:20(72)	72.52	1:20:22(83)	65.47										73.74	Platinum	
Joanna	Cole	35-39	20:41				20:41	72.60																		72.60	Platinum	
Eadie	Brooker (Jnr)	10-14			23:30		23:30	71.91																		71.91	Platinum	
Christine	Windsor	65-69	29:56		28:37	31:13	28:37	71.75																		71.75	Platinum	
Pauline	Green	55-59	25:46	24:49			24:49	71.26					52:18(75)	71.48												71.48	Platinum	
Lynda	McCormack	55-59	26:09	26:12			26:09	70.04					54:07(91)	70.90	1:36:34(70)	65.12	2:03:23(46)	66.45								70.90	Platinum	
Isabella	Soro (to 9/19)	20-24	21:05	21:06			21:05	70.04	23:27	68.23																70.04	Platinum	
Belinda	Schofield	60-64			28:02		28:02	67.78			46:10(80)	69.46	58:03(61)	69.82	1:35:53(2)	68.33	2:16:30(79)	64.31								69.82	Gold	
Alison	McKenzie	50-54	28:33	26:30	26:00	27:17	26:00	64.94					50:38(72)	69.32			1:59:16(76)	64.48								69.32	Gold	
Ruth	Eberhardt	45-49	23:17	22:57	23:04		22:57	69.06					47:45(41)	68.62			1:57:31(85)	60.30	2:58:02(12)	61.84	3:57:34(20)	61.80	13.75M(54)	1:57:08	63.59	69.06	Gold	
Emma	Newman	30-34	21:42	22:52	21:29		21:29	68.89					44:55(72)	67.72	1:21:19(63)	60.96	1:40:07(8)	65.41								68.89	Gold	
Jan	Holmes	55-59	26:08	26:08	25:42	29:07	25:42	67.96			51:39(40)	58.41	54:15(48)	68.02	1:33:42(83)	64.51	1:59:45(8)	65.85					7:52M(54)	1:06:22	67.63	68.02	Gold	
Mary	Marsh	65-69											62:27(61)	67.73	1:43:15(70)	67.20	2:15:28(76)	67.67								67.73	Gold	
Sarah	Boneham	45-49															1:46:24(8)	67.31			3:50:12(20)	64.49	19.65M(58)	3:04:23	59.91	67.31	Gold	
Caroline	McIntosh	65-69	31:20	29:44	32:41		29:44	67.26			50:35(38)	66.10	64:13(72)	66.86	1:51:49(44)	62.05	2:27:17(49)	62.24	3:59:28(6)	59.90	5:32:37(65)	58.78	7.00M(78)	1:15:19	64.42	67.26	Gold	
Anna	Mayhew	50-54		24:48	25:48	25:59	24:48	65.93					50:24(30)	67.20			1:55:47(51)	64.04								67.20	Gold	
Rebecca	Fordham	45-49	26:35	25:31	24:50	26:29	24:50	65.10					50:16(55)	66.61	1:28:18(83)	62.08	2:02:57(59)	58.90			4:38:16(74)	53.98				66.61	Gold	
Ellie	BitHELL	40-44		23:28	23:32	24:14	23:28	65.41	25:43	64.74			49:54(39)	63.43			1:50:47(8)	61.74								65.41	Gold	
Melanie	Tindale	40-44			24:01		24:01	63.91					48:36(72)	65.12			1:53:19(81)	60.36								65.12	Gold	
Megan	Beecroft (2)	20-24	22:42	24:04			22:42	65.05																			65.05	Gold
Nicola	Delderfield	35-39	23:13				23:13	64.97																			64.97	Silver
Olivia	Carter	25-29		23:22			23:22	63.20	25:40	62.34			46:42(61)	64.95			1:43:03(59)	62.72					5.49M(54)	42:16	63.13	64.95	Silver	
Sarah	Sales	50-54		25:47	25:57		25:47	64.06					53:09(91)	64.47			2:02:53(8)	60.34								64.47	Silver	
Jenny	Osborn	70-74	34:04	33:53	33:43	34:42	33:43	62.63					71:22(61)	63.97													63.97	Silver
Wendy	Haynes	60-64		30:16			30:16	63.60																			63.60	Silver
Danielle	Jones	25-29	23:14	24:17	26:40		23:14	63.56			40:25(71)	59.88	49:22(61)	61.44	1:28:11(24)	55.96	1:56:36(28)	55.92								63.56	Silver	
Sianie	Painter	50-54	27:56	27:15	29:16	28:21	27:15	62.29	30:43	60.34	46:05(34)	61.27	56:03(43)	63.40	1:38:40(70)	59.00	2:07:03(8)	60.53					7.20K(41)	41:20	60.73	63.40	Silver	
Stephanie	Greenwood	50-54			26:57	33:15	26:57	63.39	30:18	61.17																	63.39	Silver
Rebecca	Oettle	30-34	23:27	25:09			23:27	63.04																			63.04	Silver
Hannah	Pollard	35-39		23:58	31:12		23:58	62.66					52:46(90)	58.84													62.66	Silver
Helen	Wass	50-54		27:44			27:44	62.26																			62.26	Silver
Troi	Baxter	25-29															1:44:59(3)	62.11			3:49:18(19)	59.06				62.11	Silver	
Nicole	Smith	45-49	26:39		26:03	27:26	26:03	61.42					54:57(64)	60.24													61.42	Silver
Bee	Chapman (to 3/19)	50-54															2:05:46(8)	61.14									61.14	Silver
Jessica	Podd	20-24		24:16	25:41		24:16	60.85									2:12:39(8)	50.01									60.85	Silver
Jackie	Hall	40-44	25:52				25:52	58.96													4:42:25(29)	49.77					58.96	Bronze
Meera	Mahadevan	45-49	27:36	26:26			26:26	58.95					57:33(41)	55.86													58.95	Bronze
Tracey	Bolden	50-54											61:06(87)	58.89			2:16:56(8)	56.86									58.89	Bronze
Sandra	Jaina (to 9/19)	50-54		28:07			28:07	58.74													4:42:46(29)	53.77					58.74	Bronze
Jill	O'Grady/Bryan	40-44	25:42	25:49	26:32	27:07	25:42	58.69	28:26	57.50			53:32(9)	58.00													58.69	Bronze
Kate	Warboys	45-49	28:06	29:11	27:40	33:34	27:40	58.43			48:43(33)	54.09											7.00M(78)	1:05:07	58.10	58.43	Bronze	
Hannah	Short (2)	40-44			26:07	27:19	26:07	58.39					54:02(75)	58.17													58.39	Bronze
Mandy	Davis	55-59	31:07				31:07	56.83							1:48:03(10)	55.95	2:21:42(67)	57.10					7.2K(41)	45:49	56.78	57.10	Bronze	
Jacqui	Sayers	45-49		28:19			28:19	57.09																			57.09	Bronze
Sarah	Kinston	45-49	27:35	29:47	28:49		27:35	56.50			60:19(40)	44.65	59:36(91)	54.45	1:49:10(83)	48.64	2:33:50(13)	45.19								56.50	Bronze	
Lisa	Johnson	25-29	26:50	26:50			26:50	55.03					53:59(82)	56.19			2:22:13(62)	45.85								56.19	Bronze	
Francesca	Laughton	30-34	26:17	26:27	26:59		26:17	56.18													4:45:15(20)	47.47	6.55M(88)	1:05:04	49.21	56.18	Bronze	
Gillian	Green	55-59											72:39(17)	51.46			2:43:46(8)	49.41					6.55M(89)	1:11:11	56.17	56.17	Bronze	
Lisa	Jennings	45-49		28:21			28:21	55.85					59:52(91)	55.93			2:31:34(5)	47.25			5:56:58(77)	41.59	18.5M(23)	4:13:53	40.33	55.93	Bronze	

