

NJ Virtual Friday 5 Series 2020

Newmarket Joggers			No.1: Fri June 12th		No.2: Fri Jun 19th to Sun 21st		No.3: Fri Jun 26th to Sun 28th		No.4: Fri Jul 3rd to Sun 5th		Leaderboard			
First Name	Last Name	Age Band	Time	Age Grade %	Time	Age Grade %	Time	Age Grade %	Time	Age Grade %	Age Grade % Pts	No. Runs	Best 3 Age Grades	
Stuart	Sowerby	45-49	34:28	67.60	34:22	67.80	34:04	68.40	33:03	70.50	274.30	4	206.70	Gold
Ruth	Eberhardt	45-49	40:05	65.74	37:55	69.49	37:33	70.17			205.40	3	205.40	Silver
Alan	Shand	65-69	43:28	63.08	41:09	66.83	42:21	64.74	42:28	64.56	259.21	4	196.13	Bronze
Chris	Aylmer	65-69	48:32	58.69	47:27	60.03	50:13	56.72	46:59	60.62	236.06	4	179.34	
Sianie	Painter	50-54	47:45	59.86	49:39	57.57	50:21	56.77	49:39	57.57	231.77	4	175.00	
Caroline	Mcintosh	65-69	59:43	56.80	57:48	58.68	57:47	58.70	58:11	58.29	232.47	4	175.00	
Christine	Shand	55-59	58:01	51.77	58:10	51.63	57:50	51.93	57:16	52.44	207.77	4	156.14	
Francesca	Laughton	30-34			50:18	48.11	46:07	52.48	44:50	53.98	154.57	3	154.57	
Kate	Warboys	45-49	48:22	55.10	59:52	44.52			49:41	53.64	153.26	3	153.26	
Adam	Orriss	25-29			46:35	45.76	45:43	46.63	45:58	46.37	138.76	3	138.76	
Aaron	Self	30-34			50:34	42.22	46:12	46.21	44:26	48.05	136.48	3	136.48	
Richard	Jones	55-59	39:27	64.13	38:26	65.83					129.96	2	129.96	
Sarah	Kinston	45-49					58:16	44.77	53:03	49.17	93.94	2	93.94	
Paul	Holley	50-54	29:20	84.83							84.83	1	84.83	
Jan	Holmes	55-59					49:06	59.64			59.64	1	59.64	
Nicole	Smith	45-49							46:17	57.58	57.58	1	57.58	
Angela	Brennan	30-34			51:37	46.88					46.88	1	46.88	

SUM OF BEST THREE AGE GRADE % TO COUNT for each participant out of possible 4. Trophies go to top 3 on age grade performance.