Men's Road-MT Achievements 2020 YTD

First Name	Surname	Age Band	5K H'cap SB (2020)	5K KH SB	5K park-run SB	5K New-mkt GRL SB	All 5K SB	5K SB 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%	Track or other Distance	Track/ other Time	Track/ other AG%	Top overall AG%	CLUB STANDARD
Paul	Holley	50-54	17:29	17:10v			17:10v	88.64	29:20(22v)	84.83	42:02(28v)	73.95			1:20:07(15)	83.50					50K(29)	4:42:08	61.26	88.64	Sapphire+
James	Smith	40-44	16:49v	16:36v	17:29		16:36v	83.13			37:25(28v)	74.08	0:58:32(8)	77.53	1:17:39(15)	77.31			2:49:41(32v)	75.02	18.13M(30v)			83.13	Sapphire
Neil	Pollard	40-44		16:49v			16:49v	82.66									1:58:12(11)	80.54						82.66	Sapphire
Chris	Gay	35-39	16:53				16:53	78.58			35:21(19)	76.28			1:14:05(15)	79.21			2:39:44(33)	77.59				79.21	Diamond
Mark	Hayward	35-39	17:58		18:20		17:58	75.32			35:38(1)	76.75	0:58:55(8)	76.10	1:15:58(15)	78.13								78.13	Diamond
Jon	Brooker	55-59	19:45	21:03v	21:08		19:45	77.64							1:39:27(39)	68.49								77.64	Diamond
Neville	Clarke	65-69			22:36	23:56	22:36	74.34					1:15:34(4)	75.54	1:49:11(20)	69.29								75.54	Diamond
Marc	Drury	45-49		19:16v			19:16v	74.83							1:29:38(15)	70.25			3:30:26(38)	63.54				74.83	Platinum
Simon	Harris	45-49	19:01				19:01	74.15							1:24:53(15)	72.96								74.15	Platinum
Stephen	Edwards	55-59		20:55v			20:55v	73.86													7.20K(28v)	31:02	72.72	73.86	Platinum
Chris	Howell	45-49			19:51		19:51	73.22																73.22	Platinum
Bertie	Tweed	15-19		17:51v	19:38		17:51v	72.74																72.74	Platinum
Stuart	Sowerby	45-49	19:45	20:04v		22:00	19:45	72.49	33:03(26v)	70.50	41:48(28v)	69.54			1:29:34(15)	70.30								72.49	Platinum
Clive	Purbrook	65-69	23:44v	25:04v	25:30		23:44v	70.15			51:53(31)	65.63	1:29:04(8)	62.84	1:43:44(34)	72.02					1/4 Mar 10.6K(38)	54:34	66.98	72.02	Platinum
Jonathan	Ollington	50-54	20:54				20:54	71.69							1:39:08(15)	66.88			3:44:26(37v)	62.77				71.69	Platinum
Brian	Munns	55-59	23:04	24:15v	21:43		21:43	71.14																71.14	Platinum
Oliver	Daykin	20-24													1:22:22(15)	70.88								70.88	Platinum
Malcolm	Osbourn	70-74	26:33	25:58v	27:02	28:04	25:58v	69.96																69.96	Gold
Richard	Jones	55-59		23:57v	22:06		22:06	69.91	38:26(24v)	65.83	46:51(31)	68.13			1:49:29(15)	62.78			3:56:34(32v)	61.74	16.60M(30v)			69.91	Gold
Andrew	Taylor	45-49									42:25(40)	69.08												69.08	Gold
Jamie	Rule	35-39		19:20v			19:20v	68.62							1:41:04(14)	57.92					10.81M(30v)			68.62	Gold
Stephen	Cousins	60-64	23:40		24:12	25:48	23:40	68.59																68.59	Gold
James	Tweed	45-49		21:11v	21:29	23:02	21:11v	68.06							1:37:14(15)	65.31								68.06	Gold
James	Thomson	30-34	19:26	21:23v	20:35		19:26	67.58			42:56(36v)	62.62			1:38:44(15)	59.20								67.58	Gold
Alan	Shand	65-69	24:29	24:30v	24:29		24:29	67.46	41:09(24v)	66.83	59:52(28v)	57.43			1:51:47(15)	66.35	3:07:11(9)	62.40						67.46	Gold
Phil	Blundell	40-44	21.32v	22:27v	21:51		21.32v	65.48			49:34(7)	57.23			1:38:38(13)	62.27								65.48	Gold
Shane	Basing	35-39	20:57v				20:57v	64.52																64.52	Silver
Baz	Colley	50-54	23:04	24:06v	29:43	26:03	23:04	64.45			48:54(31)	61.96			1:47:35(15)	61.08								64.45	Silver
Tom	Elton	50-54	23:07		24:45		23:07	64.31																64.31	Silver
Jim	Withers	65-69	26:13	26:05v	26:46		26:04(28v)	63.87																63.87	Silver
Miles	Johnson	65-69													1:58:49(15)	63.67								63.67	Silver
Adam	Maltpress	40-44	21:51		22:52		21:51	63.16							1:38:33(15)	61.34								63.16	Silver
Stuart	Trangmar	40-44	22:50				22:50	61.75							1:49:37(15)	56.50								61.75	Silver
Alan	Thornhill	70-74	29:07v	29:14v	30:43	30:45	29:07v	61.53																61.53	Silver
Chris	Aylmer	65-69	28:59	29:44v	29:21	30:50	28:59	59.63	46:59(26v)	60.62					2:07:18(15)	61.29	3:46:16(21)	54.30	5:51:35(41v)	46.73	10.5K(23)	01:04:57	57.97	61.29	Silver
Richard	Groom	40-44	23:02	23:01v			23:01v	60.83									3:00:33(9)	53.57			7.20K(28v)	35:12	57.77	60.83	Silver
Giles	Macrow	50-54	24:38		25:47	27:26	24:38	60.83							2:01:04(15)	54.76			9:06:21(32v)	25.78				60.83	Silver
Robert	Hawkins	55-59	25:18v		25:13		25:13	60.81																60.81	Silver
Anderson	McKeague	35-39	22:52v	22:07v			22:07v	59.68			51:11(16)	52.52												59.68	Bronze
Jeremy	Reader	45-49	24:17v	29:31v			24:17v	58.96			55:12(28v)	52.66			2:55:32(15)	35.87			4:33:21(32v)	48.50	10.6K(23)	59:05	52.27	58.96	Bronze
Mike	Sales	50-54			25:41		25:41	58.79							1:56:06(15)	57.62								58.79	Bronze
John	Bailey	60-64	29:08		28:18		28:18	57.36													2K GRL	11:21	52.63	57.36	Bronze
Wayne	Hargreaves	50-54	26:02v		27:26	29:25	26:02v	56.66																56.66	Bronze
Joe	Cormack	35-39	25:15v	25:01v	27:07		23:50a	56.29			51:41(31)	52.63			1:58:17(15)	49.45					10.5K(23)	59:32	48.10	56.29	Bronze
Dominic	Doe	55-59	27:52				27:52	55.44																55.44	Bronze
Craig	Ladley	35-39	24:55				24:55	53.85																53.85	Tungsten
Eliot	Bentley	45-49																	4:13:31(38)	53.65				53.65	Tungsten
Paul	Roberts	40-44	25:44v	27:58	27:32		25:44v	53.63																53.63	Tungsten
Brian	Rice	55-59	28:59v	28:46v			28:46v	53.30																53.30	Tungsten
Aaron	Self	30-34	27:39	24:57v	28:40		24:57v	52.30	44:26(26v)	48.05														52.30	Tungsten
Rob	Kingsley	45-49	28:09	28:13v	30:13	27:59	27:59	51.94																51.94	Tungsten
Kevin	Pearson	40-44													2:02:54(15)	49.57								49.57	Copper
Bryn	Stuppell	45-49	30:06	31:09v			30:06	48.28																48.28	Copper
Adam	Orriss	25-29		27:17v	28:01		27:17v	47.65	45:43(25v)	46.63														47.65	Copper
Jason	Beeton	35-39																							
Greg	Davis	55-59																							
John	Duke	55-59																							
Tony	Fordham	50-54																							
Kevin	Gillen	60-64																							

Stuart	Janes	50-54																							
Robin	Peerthy	60-64																							

(v) = virtual club race.

a. Snetterton 5K Jan 19
1. Wymondham 10K Jan 1
2. Thetford Winter Trail 10K (2) Jan 5
3. Snetterton 10K Jan 19
4. Freethorpe 10M Jan 26
5. Gt Bentley HM Feb 2
6. SRC Sushi Windmill HM Feb 1
7. Bath Dark Horse 10K Feb 8
8. Tarpley 10M Feb 23
9. Tarpley 20M Feb 23
10. Hampton Court HM Feb 23
11. Essex 20M Mar 1
12. Draycote Water 20M Mar 8
13. Frankfurt HM Mar 8
14. Thetford Trail HM Mar 8
15. Saucony Cambridge HM Mar 8
16. Beowulf 10K Mar 15
17. Beowulf 3.5K Mar 15
18. Bath HM Mar 15
19. MK 10K Mar 15
20. Tomlinson Stowm't HM Mar 15
21. Oundle 20M Mar 15
22v. NJ Virtual Friday 5 Jun 12
23v. MA RA TH ON ~10.5K Jun 6/7
24v. NJ Virtual Friday 5 Jun 19-21
25v. NJ Virtual Friday 5 Jun 26-28
26v. NJ Virtual Friday 5 Jul 3-5
27v. NJ Virtual Decathlon Jul 1-Aug 2
28v. Virtual Ekiden Relays Jul 10-12
29. SVP50K Aug 15
30v. Virtual RNR Sep 1-30
31. Duxford Dash 10K Sep 13
32v. Virtual VLM 2020 Oct 4
33. Dorney Lake Marathon Oct 4
34. MK Autumn HM Oct 4
35v. Virtual Brighton Marathon Oct 11
36v. Virtual Standalone 10K Oct 11
37v. Virtual Chicago Marathon Oct 11
38. Lucky Horseshoe Challenge Oct 18
39. Blickling HM Oct 18
40. Bedford Autodrome Grand Prix 10K Oct 18
41v. RnR Virtual Washington DC Mar. Nov 8