

NJ Women's Road-MT Achievements 2020 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/wmlookup15.html> and freely available online. All queries to: chris.aylmer@newmarketjoggers.co.uk

First Name	Surname	Age Group	5K H'cap 2020	5K KH SB	5K park-run SB	5K New-mrkt GRL SB	All 5K SB	5K 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%	Track/other Distance	Track/other Time	Track/other AG%	Top AG%	CLUB STANDARD				
Elke	Hausler	55-59			22:11		22:11	80.62														3000m(11)	12:03.38	89.30	89.30	Sapphire+			
Claire	Acklam	55-59	24:17	24:04v			24:04v	75.21																	75.21	Diamond			
Hannah	Parsons	45-49	21:32v	21:01v			21:01v	74.78							46:54(1)	68.55										74.78	Platinum		
Sarah	Boneham	45-49			22:50v	34:08	22:50v	70.80							46:29(19v)	72.86											72.86	Platinum	
Ruth	Eberhardt	45-49	23:28	24:20v	25:28		23:28	67.54	37:33(17v)	70.17	62:10(19v)	53.24			1:54:59(10)	61.63						10.61M(30v)				70.17	Platinum		
Pauline	Green	55-59		25:50v			25:50v	69.23																		69.23	Gold		
Sarah	Sales	50-54		24:21v	28:19		24:21v	68.58							2:11:17(12)	57.17											68.58	Gold	
Belinda	Schofield	60-64	28:31v	29:15v			28:31v	68.32																			68.32	Gold	
Lynda	McCormack	60-64	27:05		29:34		27:05	67.63																			67.63	Gold	
Christine	Windsor	65-69	30:35	32:16v	30:25		30:25	67.51																			67.51	Gold	
Jan	Holmes	55-59	26:12	29:20v	29:02		26:12	67.49	49:06(17v)	59.64																	67.49	Gold	
Helen	Wass	55-59	26:36v	26:03v	29:07		26:03v	67.05																			67.05	Gold	
Ellie	Bithell	40-44	25:33v	24:49v	24:41		24:41	62.66							51:06(19v)	62.39											62.39	Silver	
Anna	Mayhew	50-54	25:39			26:47	25:39	64.39							57:29(21)	60.34											60.34	Silver	
Rebecca	Fordham	50-54	25:50	25:40v	37:03	26:19	25:40	64.35																			64.35	Silver	
Nicole	Smith	45-49	25:40	25:11v	26:40		25:11v	64.20	46:17(18v)	57.58	57:17(19v)	58.45	1:31:49(6)	59.70	2:00:16(12)	60.21											60.21	Silver	
Michelle	Seymour	40-44	24:15	27:52v			24:15	62.20																			62.20	Silver	
Alison	McKenzie	50-54	28:27v	27:46v	27:31	28:27	27:31	62.08							68:08(1)	52.15											52.15	Silver	
Sianie	Painter	50-54	27:49	28:56v	28:29	33:27	27:49	62.07	47:45(14v)	59.86																	62.07	Silver	
Lisa	Johnson/Chatterton	25-29	25:18v	23:55v			23:55v	61.74							50:44(21)	59.79												59.79	Silver
Jenny	Osbourm	70-74	36:03	35:35v	37:20	38:10	35:12(19v)	61.70																			61.70	Silver	
Danielle	Jones	25-29	24:02		24:49	27:13	24:02	61.44																			61.44	Silver	
Caroline	McIntosh	65-69	33:40v	32:25v			32:25v	63.34	57:47(17v)	58.70	1:15:55(24v)	57.41															57.41	Silver	
Bridget	Wallwin	50-54	28:26v	28:29v	30:30	29:59	28:26v	59.38																			59.38	Bronze	
Melanie	Tindale	40-44																										59.07	Bronze
Ellie	Margetts	40-44		26:49v			26:49v	56.56																				56.56	Bronze
Mary	Marsh	65-69		34:27v			34:27v	58.83																				58.83	Bronze
Kate	Warboys	45-49	27:31	28:42v	27:45		27:31	58.75	48:22(14v)	55.10	57:02(19v)	58.71			2:07:24(12)	56.84											56.84	Bronze	
Francesca	Laughton	30-34	25:51	25:26v	28:05		25:26v	58.06	44:50(18v)	53.98																	53.98	Bronze	
Mandy	Davis	55-59	31:05v	30:50v			30:50v	58.00																				58.00	Bronze
Jackie	Hall	40-44	26:28		28:06		26:28	58.00																				58.00	Bronze
Joanne	Bouttell	55-59	31:05v	30:53v			30:34(19v)	57.85																				57.85	Bronze
Jackie	Henley	50-54	29:32		33:29		29:32	57.84							66:05(1)	53.77												53.77	Bronze
Anna	Jackson	30-34	26:27v			25:48	26:27v	57.30																				57.30	Bronze
Angela	Barnes	40-44	27:01v	27:22v	26:47		26:47	56.32																				56.32	Bronze
Christine	Conway-Jarrett Shand	55-59	36:00v	35:03v			32:09(19v)	56.30	57:16(18v)	52.44																		56.30	Bronze
Joanne	Blackstock	30-34	26:23v	29:28v			26:23v	56.10																				56.10	Bronze
Jill	O'Grady/Bryan	40-44	27:26v	29:11v			27:26v	55.29																				55.29	Bronze
Pearl	Fay	60-64	34:52v	35:32v	34:10		34:10	54.24																				54.24	Tungsten
Angela	Brennan	30-34	28:06v	27:49v	31:12		27:15(19v)	54.19	51:37(16v)	46.88																		54.19	Tungsten
Sarah	Kinston	45-49	29:48v	29:19v	30:50		29:19v	54.06	53:03(18v)	49.17	63:27(1)	51.14																54.06	Tungsten
Daphne	Hurley	55-59		34:06v			34:06v	53.71																				53.71	Tungsten
Sophie	Adams	40-44	28:34		29:12	30:19	28:34	53.38							60:26(1)	51.68												53.38	Tungsten
Lisa	Winnington	40-44	30:28v	28:48v	32:33		28:48v	52.95							61:36(19v)	51.03												52.95	Tungsten
Lisa	Jennings	45-49	30:45v	31:43v			30:45v	52.57																				52.57	Tungsten
Jill	Howard	50-54	35:05v	34:00v	37:49		32:31(22)	52.54																				52.54	Tungsten
Alexia	Smithson	35-39	28:26v	28:30v	31:16		28:26v	52.40																				52.40	Tungsten

Sarah	Last	45-49		31:01v	31:34	34:45	31:01v	52.12			65:22(21)	51.22										52.12	Tungsten
Svetlana	Zinchenko	40-44	32:07	30:10v			29:18(19v)	52.05			63:48(5)	48.96										52.05	Tungsten
Bethany	Broughton	25-29	28:42v				28:43v	51.42														51.42	Tungsten
Sheena	Runham	50-54			32:52			49.75							2:28:23(10)	49.38						49.75	Copper
Orla	Dockery	35-39	30:09	33:50v			30:09	49.20														49.20	Copper
Alice	Greenwood	30-34		32:36v			32:36v	45.30														45.30	Copper
Rebecca	Hannah	30-34	34:03v	32:58v	33:44		32:58v	44.89														44.89	Iron
Emma	Reader	35-39	34:48v	36:25v	38:11		34:48v	43.01			74:06(2)	41.36			2:55:31(12)	37.66					43.01	Iron	
Rachel	Allen	35-39			36:04		36:04	41.64														41.64	Iron
Isabel	Vicente	50-54		41:42v			41:42v	40.49							3:17:18(12)	38.50						40.49	Iron
Judith	Chipps	30-34	40:42v				40:42v	36.36														36.36	Granite
Tracey	Bolden	55-59																					
Rosalyn	Crawford	35-39																					
Ana	Felisberto	35-39																					
Karyn	Gillen	50-54																					
Sarah	Harkin	40-44																					
Clare	Kingsley	45-49																					
Meera	Mahadevan	45-49																					
Rebecca	Oettle	30-34																					
Cathy	Russell	55-59																					
Rhonda	Waters	55-59																					
Sharon	Woodroffe	55-59																					

v = virtual race

1. Thetford Winter Trail 10K (2) Jan 5
2. Snetterton 10K Jan 19
3. Gt Bentley HM Feb 2
4. SRC Sushi Windmill HM Feb 1
5. Thetford Winter Trail 10K (3) Feb 23
6. Tarpley 10M Feb 23
7. Tarpley 20M Feb 23
8. Vitality London Big Half Mar 1
9. British Masters, Lee Valley Mar 1
10. Thetford Trail HM Mar 8
11. British Masters, Lee Valley Mar 7
12. Saucony Cambridge HM Mar 8
13. Ancient Trails 15M Mar 14
- 14v. NJ Virtual Friday 5 Jun 12
- 15v. MA RA TH ON ~10.5K Jun 6/7
- 16v. NJ Virtual Friday 5 Jun 19-21
- 17v. NJ Virtual Friday 5 Jun 26-28
- 18v. NJ Virtual Friday 5 Jul 3-5
- 19v. Virtual Ekiden Relays Jul 10-12
- 20v. Virtual RNR Sep 1-30
21. Duxford Dash 10K Sep 13
22. Duxford Dash 5K Sep 13
23. SRC Ousden Owl HM Oct 3
- 24v. Virtual Run Norwich 10K Oct 18
25. Beachey Head Marathon Oct 18/24