

Men's Road-MT Achievements 2020 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

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)	1:53:40	75.32	83.13	Sapphire		
Neil	Pollard	40-44		16:49v			16:49v	82.66			34:50(42)	80.81					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	
Charles	Jones (to 7/8/20)	60-64	20:13			21:38	20:13	78.98																		78.98	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
Sam	Sadler (to 7/8/20)	35-39	17:38				17:38	74.86							2:39:59(15)	36.59										74.86	Platinum
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
Stuart	Sowerby	45-49	19:25v	20:04v		22:00	19:25v	74.25	33:03(26v)	70.50	41:48(28v)	69.54			1:29:34(15)	70.30										74.25	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
Clive	Purbrook	65-69	23:44v	25:04v	25:30		23:44v	70.15			50:20(45)	68.31	1:29:04(8)	62.84	1:43:44(34)	72.02					10.6K(38)	54:34	66.98	72.02	Platinum		
Jonathan	Ollington	50-54	20:54				20:54	71.69			56:05v(46)	54.95			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
Paul	Dockerill (to 7/8/20)	40-44			19:48		19:48	69.70			40:25(1)	69.11			1:25:43(18)	70.52	2:24:44(9)	65.78								70.52	Platinum
Henry	Hamilton-G (to 7/8/20)	35-39	19:17		19:44		19:17	70.10							1:28:30(10)	67.06	2:28:18(12)	63.03								70.10	Platinum
Malcolm	Osourn	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	46:29v(46)	68.66			1:49:29(15)	62.78			3:56:34(32v)	61.74						69.91	Gold
Danny	Peeling (to 7/8/20)	30-34													1:24:02(15)	69.48										69.48	Gold
Andrew	Taylor	45-49									42:25(40)	69.08														69.08	Gold
Jamie	Rule	35-39		19:20v			19:20v	68.62			39:13(44)	68.76			1:41:04(14)	57.92										68.76	Gold
Stephen	Cousins	60-64	23:40		24:12	25:48	23:40	68.59																		68.59	Gold
Phil	Blundell	40-44	20:35v	22:27v	21:51		20:35v	68.50			49:34(7)	57.23			1:38:38(13)	62.27										68.50	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	Walker (to 7/8/20)	35-39	19:34				19:34	67.80							1:31:09(15)	64.38										67.80	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
Adrian	Whittle (to 7/8/20)	55-59	22:53		22:42		22:42	67.03																		67.03	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
Noel	Benn (to 7/8/20)	45-49													1:41:14(15)	63.80										63.80	Silver
Miles	Johnson	65-69													1:58:49(15)	63.67										63.67	Silver
Gavin	Moody (to 7/8/20)	40-44	21:56				21:56	63.37							1:36:53(15)	62.88										63.37	Silver
Adam	Maltpress	40-44	21:51		22:52		21:51	63.16							1:38:33(15)	61.34										63.16	Silver
Stuart	Trangmar	45-49	22:50				22:50	61.75							1:49:37(15)	56.50										61.75	Silver
Alan	Thornhill	70-74	29:05v	29:14v	30:43	30:45	29:05v	61.60																		61.60	Silver
Chris	Aylmer	70-74	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			50:47(46)	56.32					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
Jeremy	Reader	45-49	23:56v	29:31v			23:56v	60.24			55:12(28v)	52.66			2:55:32(15)	35.87			4:33:21(32v)	48.50	10.6K(23)	59:05	52.27	60.24	Silver		
Iain	Perry (to 7/8/20)	50-54	25:30v		26:09		25:07a	60.12														3.5K(17)	17:47	56.98	60.12	Silver	

