Men's Road-MT Achievements 2021 YTD

Age Grade (AG) % 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 (2021) SB	5K KH SB	5K parkrun SB	All 5K SB	ref	5K AG% SB	5M SB	ref	5M AG%	10K SB	ref	10K AG%	10M SB	ref	10M AG%	HM SB	ref	HM AG%	20M SB	ref	20M AG%	MAR SB	ref	MAR AG%	ULTRA Dist (ref)	Ultra Time	Ultra AG%	Other Dist SB (ref)	Other Time SB	Other AG% SB	SB AG%	CLUB STANDARD
Andrew	Aldridge	45-49										0:44:26	73	65.94																			65.94	Gold
Matt	Askham	55-59	0:24:47			0:24:47		62.88	0:49:03		51.58																						62.88	Tungsten
Chris	Aylmer	70-74	0:30:27	0:29:31	0:29:38	0:29:31		59.18	0:50:20		57.22	1:00:53	35	59.38	1:48:10	40	54.96	2:14:20	33	58.70	3:42:14	63	55.87	4:53:39	26	56.54				8M(8)	1:21:53	57.56	59.38	Bronze
John	Bailey	60-64		0:30:40		0:30:40		53.37	0:56:51		47.35	1:04:40	74	52.65																			53.37	Tungsten
Shane	Basing	35-39																																
Jason	Beeton	35-39	0:19:21	0:20:10	0:20:11	0:19:21		69.34				0:43:17	20	62.53				1:40:00	39	58.85				3:51:36	41	59.10							69.34	Gold
Eliot	Bentley	50-54																																
Phil	Blundell	45-49	0:20:26	0:25:59	0:22:17	0:20:26		69.00																									69.00	Gold
Jon	Brooker	55-59		0:21:50	0:21:50	0:21:50		70.76	0:36:49		68.72							1:44:01	31	66.08													70.76	Platinum
Samuel	Chapman	20-24	0:21:36			0:21:36		60.11																									60.11	Silver
Neville	Clarke	65-69			0:21:48	0:21:48		77.75	0:35:58	58	77.66	0:43:52	73	79.90	1:16:14	40	75.64	1:44:10	60	73.38										12.45M(66)	1:33:40	77.38	79.90	Diamond
Baz	Colley	50-54	0:24:35	0:25:09	0:25:26	0:24:35		60.95				0:59:24		51.43										5:43:26	71	40.65							60.95	Silver
Joe	Cormack	35-39	0:25:42	0:26:11		0:25:42		52.59										2:44:56	50	35.98				5:21:39	70	38.86							52.59	Tungsten
Stephen	Cousins	60-64			0:24:03	0:24:03		68.05				0:48:51	73	69.05																			69.05	Gold
David	Crowley	50-54	0:27:29			0:27:29		53.67																									53.67	Tungsten
Dylan	Cunha	40-44		0:25:14		0:25:14		54.69										1:46:14	39	56.90							100K(30)	13:55:38	44.11				56.90	Bronze
Greg	Davis	55-59		0:20:59		0:20:59		74.90	0:35:58		72.20																						74.90	Platinum
Oliver	Daykin	20-24																																
Dominic	Doe	55-59																																
Marc	Drury	45-49										0:41:42	69	70.86	1:09:43	40	69.45	1:29:55	56	71.21				3:28:00	65	64.83							71.21	Platinum
John	Duke	55-59																																
Stephen	Edwards	55-59		0:22:10		0:22:10		69.70																									69.70	Gold
Tom	Elton	50-54	0:24:04	0:22:00	0:22:00	0:22:00		68.64	0:38:22		64.29				1:21:45	40	61.83																68.64	Gold
Marc	Feary	40-44	0:20:42			0:20:42		66.67																									66.67	Gold
Andy	Fryatt	50-54	0:20:41			0:20:41		73.57										1:36:11	57	70.18													73.57	Platinum
Mark	Geddie	50-54		0:21:36		0:21:36		68.83	0:36:30		66.48																						68.83	Gold
Richard	Groom	40-44	0:22:43	0:23:38		0:22:43		62.07	0:39:32		58.01				1:22:45		56.60	1:46:59	38	57.89													62.07	Silver
Wayne	Hargreaves	50-54	0:26:54		0:26:25	0:26:25		56.28	1:02:00		38.82	1:03:23	32	47.80																			56.28	Bronze
Simon	Harris	45-49		0:19:12		0:19:12		74.05				0:40:40	62	70.90							2:28:31	63	66.76	3:19:07	75	66.59							74.05	Platinum
Robert	Hawkins	55-59	0:25:48	0:25:35	0:25:35	0:25:35		60.39				0:53:30	74	59.66																			60.39	Silver
Andy	Hayward	35-39	0:26:18	0:27:50		0:26:18		51.01	0:44:23		49.12	0:54:30		49.91																7.27M(66)	1:08:44	46.63	51.01	Tungsten
Mark	Hayward	35-39	0:17:13	0:17:10		0:17:10		79.32	0:28:53		76.46	0:35:43	20	77.04	0:57:34	10	78.31	1:17:21	16	77.14	2:00:22	63	78.07	2:42:53	29	77.15				18.13M(66)	1:48:20	78.02	79.32	Diamond
Paul	Holley	55-59		0:17:06		0:17:06		89.67	0:28:39		87.55	0:34:35	54	90.70				1:17:39	53	87.72	2:10:00	61	82.51	2:55:34	48	81.70	52M(77)	8:37:05	63.74	16.32M(66)	1:45:43	81.55	90.70	Violet
Chris	Howell	50-54		0:20:27	0:20:17	0:20:17		72.72																									72.72	Platinum
Dan	Hutchison	35-39	0:17:18			0:16:57	68	79.15																									79.15	Diamond
Stuart	Janes	50-54																																
Miles	Johnson	65-69										0:54:12	44	65.31	1:29:56	40	64.75	1:57:16	64	65.85													65.85	Gold
Charles	Jones	60-64																																
Richard	Jones	55-59	0:20:29	0:25:54	0:22:03	0:20:29		76.08				0:50:42	34	62.95				1:48:51	57	64.32										8.4M(78)	1:00:00	73.58	76.08	Diamond
Rob	Kingsley	45-49	0:28:16	0:30:33	0:28:49	0:28:16		51.77	0:50:10		47.57																						51.77	Tungsten
Craig	Ladley	35-39																																
Adam	Maltpress	40-44	0:20:49		0:22:30	0:20:49		67.25										2:04:51	72	49.19										13.25M(66)	1:44:10	59.17	67.25	Gold
Anderson	McKeague	35-39	0:23:20	0:23:34		0:23:20		56.86	0:39:45		54.30	0:49:12		54.81	1:28:08		50.25															56.86	Bronze
Brian	Munns	55-59		0:21:41	0:21:41	0:21:41		72.48	0:38:35		66.74	0:46:58	27	67.96	1:19:06	40	66.84																72.48	Platinum
Jonathan	Ollington	50-54	0:21:02	0:22:19		0:21:02		72.35							1:15:10	40	67.25	1:38:49	57	68.31													72.35	Platinum
Adam	Orriss	30-34	0:27:05	0:27:24	0:29:02	0:27:05		48.06	0:47:41		44.74	1:01:12		43.65																			48.06	Copper
Malcolm	Osbourn	70-74	0:29:02	0:24:28		0:24:28		75.41	0:47:44		63.69	0:58:42	74	64.96	1:45:25		59.40														25M(45)	5:58:57	46.26	75.41	Diamond
Kevin	Pearson	40-44																																
Robin	Peerthy	60-64																																
Neil	Pollard	40-44	0:18:29	0:16:35	0:17:26	0:16:35		83.82				0:36:06	25	77.98				1:13:23	37	83.69				2:37:36	70	82.06							83.82	Sapphire
Clive	Purbrook	65-69	0:24:48	0:23:58	0:23:45	0:23:45		70.74	0:39:30		69.41	0:49:48	76	69.71	1:23:26	40	67.74	1:49:10	49	68.61										10.59M(66)	1:26:45	69.18	70.74	Platinum
Jonathan	Pye	30-34		0:18:05	0:19:07	0:18:05		72.63				0:39:06	46	68.54				1:29:47	36	65.10				3:18:14	55	62.09							72.63	Platinum
Jeremy	Reader	45-49	0:23:26	0:27:08		0:23:26		61.52	0:54:01		43.47	0:50:53	59	57.58				1:54:51	39	55.29				5:07:14	14	43.52				11.14M(66)	1:44:23	51.44	61.52	Silver
John	Reeve	25-29																																
Brian	Rice	55-59	0:29:10	0:28:16		0:28:16		54.66	0:50:28		50.13	1:03:00		50.21	1:58:07		43.95																54.66	Tungsten
Paul	Roberts	40-44	0:24:06	0:23:25	0:29:29	0:23:25		58.93	0:47:37		47.08				1:47:38		42.47																58.93	Bronze
Jamie	Rule	35-39		0:18:32		0:18:32		71.94	0:34:49		62.28	0:43:09		62.73	1:07:44		65.60	1:22:50	37	71.05				3:16:18	70	63.13				10.81M(66)	1:20:37	59.79	71.94	Platinum
Aaron	Self	30-34																																
Alan	Shand	65-69	0:26:33	0:25:45		0:25:45		65.24	0:47:39		58.10				1:33:16	40	61.20										100K(52)	15:39:04	49.13	18.5M(24)	3:16:19	55.22	65.24	Gold
James	Smith	40-44	0:16:23	0:16:41	0:16:51	0:16:23		84.23	0:28:04		79.87	0:35:33	42	78.57	0:58:18	40	78.42	1:17:35	22	77.92	2:06:43	63	75.71	2:46:30	70	77.05	50K(51)	4:21:16	59.25	15M(15)	1:29:51	77.80	84.23	Sapphire
Martin	Smith	40-44	0:22:42			0:22:42		62.11																									62.11	Silver
Stuart	Sowerby	45-49	0:19:40	0:19:37		0:19:37		73.49	0:33:11		70.77	0:41:33		70.52	1:07:52	40	70.73																73.49	Platinum
Andrew	Taylor	45-49		0:21:21		0:21:21		68.07																									68.07	Gold
James	Thomson	35-39	0:19:43	0:19:32	0:19:32	0:19:32		67.58				0:42:14	67	63.85																			67.58	Gold
Alan	Thornhill	70-74	0:28:46	0:28:55	0:29:00	0:28:46		62.28	0:50:21	43	58.62	0:57:37	74	65.20																			65.20	Gold
Marc	Walker	50-54	0:24:42	0:23:47		0:23:47		62.02				0:44:04		68.19																			68.19	Gold
James	Walker	35-39	0:19:38			0:19:38		67.91																									67.91	Gold
Keith	Williams	60-64																																
Neil	Williamson	45-49																																
Jim	Withers	65-69	0:26:32	0:25:29	0:25:24	0:25:24		66.73	0:44:23		62.37	0:52:59	27	65.52	1:33:45	40	60.89																	66.73	Gold

(v) = virtual race and/or virtual times shown in red.

1. Wymondham v10K Jan 8
8. Rock 'n' Roll VR8 8M Feb 28
10. 10M vT/T Mar 20
13. Dorney Lake Marathon Apr 3
14. Feel The Spring Paris vMAR Apr 11
15. Colchester 15M Apr 18
16. Essex MAR (HM split) Apr 18
17. Essex Marathon (20M split) Apr 18
18. Oundle Spring 10K Apr 18
20. Snetterton RT 10K Apr 28
22. Newbury Racecourse HM May 1
23. Peterborough virtual 20M May 2
24. Bury to Clare 18M May 9
25. Regent's Park Spring 10K May 8
26. Peterborough Marathon May 23
27. Little Bromley 10K May 23
28. Haughley Park Trail 10K May 30
29. Boston Marathon (UK) May 31
30. London 2 Brighton 100K May 30
31. Blickling HM May 31
32. Thetford Trail 10K Jun 3
33. Hertfordshire HM Jun 6
34. Vitality virtual 10,000 Jun 6
35. Sublime Peterborough 10K Jun 13
36. City of Norwich HM Jun 13
37. Sandringham HM Jun 20
38. Flaming June HM Jun 20
39. Thetford Trail HM Jun 20
40. Thurlow 10 Jun 27
41. MK Marathon Jun 27
42. Fen Gallop 10K Jul 4
43. Walsham le Willows 5M Jul 4
44. Outlaw Holkham 10K Jul 4
45. Raw Trails Multilap 6 Hours Jul 3
46. Stephen Williams 10K Jul 18
47. Bedford 10K Jul 18
48. Bedford Aero Marathon Jul 25
49. Bedford Aero HM Jul 25
50. Medal Chaser Trail HM Jul 25
51. Writtle Wround Trail 50K Jul 25
52. Norfolk Trail 100K Jun 5
53. London Landmarks HM Aug 1
54. Battersea 10K Aug 8
55. SRC Clover MAR Aug 8
56. Kimbolton Castle HM Aug 15
57. London Big Half Aug 22
58. Thorney 5 Aug 22
59. Northstowe 10K Sep 5
60. Wissey HM Sep 5
61. Bedford 20M Sep 5
62. Ickworth 10K Sunset Chase Sep 10
63. Wymondham 20 Sep 12
64. Great North Run Sep 12
65. Brighton Marathon Sep 12
66. RNR 2021 Sep 18/19
67. Standalone 10K Sep 26
68. Shelford 5K Fun Run Sep 26
69. Acorn Bank 10K Sep 26
70. VLM London Marathon Oct 3
71. Virtual London Marathon Oct 3
72. Chelmsford HM Oct 3
73. Abington 10K Oct 3
74. Chippenham Park 10K Oct 3
75. Manchester Marathon Oct 10
76. Silverstone 10K Oct 10
77. Jersey Ultra 52M Oct 9/10
78. London City Run Oct 10