# Newmarket Joggers: Women's Grand Prix 2021

Age Grade % calculated using WMA 2015 tables and based on actual age in years on the day of the race.
Age Grade % (rounded down to nearest whole number) = points awarded per person per race.
Calculator downloaded from http://www.howardgrubb.co.uk/athletics/wmalookup15.html and freely available online.
All queries to: chris.aylmer@newmarketjoggers.co.uk

| | Newmarket Jogger | | | Venue: | KH CTC Cambridge virtual 5K | | | KH Ely Runners virtual 5K | | | Multi-choice Race 1 | | | | KH Newmarket J. virtual 5K | | | Multi-choice Race 2 | | | NJ Friday virtual 5M Series: Best time | | | KH Saffron Striders virtual 5K | | | KH Haverhill RC virtual 5K | | | KH C&C/Royston R virtual 5K | | | Multi-choice Race 3 | | | | Multi-choice Race 4 | | | | Wild Card: double points for one of the 4 multi-choice races; must be declared in advance to secretary@newmarketjoggers.co.uk | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | Date: | 15th-18th April | | | 13th-16th May | | | 1st-31st May | | | | 10th-13th June | | | 1st-30th June | | | July | | | 8th-11th July | | | 5th-8th August | | | 2nd-5th September | | | 1st-30th September | | | | 1st-31st October | | | | | | | |
| Place | First Name | Surname | Age Band | Total Pts | Time | Age Grade % | Pts | Time | Age Grade % | Pts | Dist. , wild card | Time | Age Grade % | Pts | Time | Age Grade % | Pts | Dist. Wild card* | Time | Age Grade % | Pts | Time | Age Grade % | Pts | Time | Age Grade % | Pts | Time | Age Grade % | Pts | Time | Age Grade % | Pts | Dist | Time | Age Grade % | Pts | Dist | Time | Age Grade % | Pts | Date | Event | Wild Card Pts. | Multi-choice Bonus Pts |
| 1 | Ruth | Eberhardt* | 45-49 | 789 | 0:27:58 | 57.81 | 57 | 0:24:22 | 66.35 | 66 | 10K | 0:51:05 | 65.55 | 65 | 0:31:39 | 51.08 | 51 | 5M | 0:44:37 | 59.73 | 59 | 0:42:44 | 62.36 | 62 | 0:24:49 | 65.14 | 65 | 0:24:37 | 65.67 | 65 | 0:26:55 | 60.06 | 60 | *10M | 1:20:40 | 67.95 | 67 | HM | 1:50:47 | 65.37 | 65 | Sep-21 | v10M | 67 | 40 |
| 2 | Caroline | Mcintosh* | 65-69 | 762 | 0:34:05 | 60.24 | 60 | 0:32:44 | 62.73 | 62 | 10M | 1:55:57 | 61.65 | 61 | 0:34:16 | 59.92 | 59 | 10K | 1:10:44 | 61.62 | 61 | 0:56:18 | 61.13 | 61 | 0:34:37 | 59.32 | 59 | 0:34:37 | 59.32 | 59 | 0:34:17 | 59.89 | 59 | HM | 2:46:09 | 57.73 | 57 | *5M | 0:56:16 | 62.09 | 62 | Oct-21 | v5M | 62 | 40 |
| 3 | Jan | Holmes* | 55-59 | 754 | 0:27:52 | 64.17 | 64 | 0:29:06 | 61.45 | 61 | 5M | 0:49:29 | 59.92 | 59 | 0:32:57 | 54.27 | 54 | 10K | 1:01:31 | 60.77 | 60 | 0:55:33 | 54.07 | 54 | 0:30:43 | 58.22 | 58 | 0:30:43 | 58.93 | 58 | 0:28:32 | 63.43 | 63 | 10M | 1:48:43 | 57.07 | 57 | *HM | 2:09:13 | 63.45 | 63 | Oct-21 | Cambridge HM | 63 | 40 |
| 4 | Ellie | Margetts* | 40-44 | 747 | 0:24:31 | 62.20 | 62 | 0:24:25 | 62.46 | 62 | 10K | 0:53:27 | 58.81 | 58 | 0:23:39 | 64.48 | 64 | 10M | 1:29:41 | 57.31 | 57 | 0:38:27 | 65.15 | 65 | 0:23:36 | 64.89 | 64 | 0:30:59 | 49.22 | 49 | 0:28:46 | 53.36 | 53 | *MAR | 4:15:15 | 55.47 | 55 | HM | 1:48:08 | 63.26 | 63 | Sep-21 | vMAR | 55 | 40 |
| 5 | Ruth | Bell* | 25-29 | 731 | 0:24:36 | 60.03 | 60 | 0:21:34 | 68.47 | 68 | *HM | 1:54:33 | 56.92 | 56 | 0:23:34 | 62.66 | 62 | 5M | 0:42:59 | 56.30 | 56 | 0:43:18 | 55.89 | 55 | 0:23:57 | 61.66 | 61 | 0:26:37 | 55.48 | 55 | 0:28:05 | 52.58 | 52 | 10M | 1:31:46 | 53.78 | 53 | 10K | 0:52:44 | 57.52 | 57 | May-21 | vHM | 56 | 40 |
| 6 | Suzanne | Bailey* | 55-59 | 694 | 0:28:51 | 61.99 | 61 | 0:28:29 | 62.79 | 62 | 10K | 1:00:18 | 62.00 | 62 | 0:28:50 | 62.02 | 62 | 5M | 0:48:17 | 61.41 | 61 | 0:49:23 | 60.04 | 60 | 0:28:13 | 63.38 | 63 | 1:02:20 | 28.69 | 28 | 1:01:14 | 29.21 | 29 | 10K | 1:03:53 | 58.52 | 58 | *HM | 2:15:48 | 59.59 | 59 | Oct-21 | Cambridge HM | 59 | 30 |
| 7 | Stanie | Painter* | 55-59 | 642 | 0:36:39 | 47.66 | 47 | 0:33:57 | 51.45 | 51 | 5M | 0:58:03 | 49.84 | 49 | 0:34:23 | 50.80 | 50 | 10K | 1:08:36 | 53.11 | 53 | 0:52:59 | 54.61 | 54 | 0:32:33 | 53.66 | 53 | 0:29:47 | 58.57 | 58 | 0:43:36 | 40.06 | 40 | 10M | 1:55:41 | 51.59 | 51 | *10K | 1:08:21 | 53.30 | 53 | Oct-21 | v10K | 53 | 30 |
| 8 | Hannah | Parsons* | 45-49 | 610 | | | | 0:21:45 | 72.26 | 72 | HM | 1:42:49 | 68.24 | 68 | 0:22:07 | 71.06 | 71 | 5M | 0:34:44 | 74.42 | 74 | 0:34:49 | 74.25 | 74 | | | | | | | | | | 10K | 0:45:49 | 71.52 | 71 | *10M | 1:15:50 | 70.73 | 70 | Oct-21 | v10M | 70 | 40 |
| 9 | Lisa | Johnson | 25-29 | 540 | 0:26:55 | 54.86 | 54 | 0:21:52 | 67.53 | 67 | 10M | 1:35:00 | 51.95 | 51 | 0:27:00 | 54.69 | 54 | 10K | 0:56:30 | 53.69 | 53 | | | | 0:26:00 | 56.79 | 56 | 0:27:45 | 53.21 | 53 | 0:23:34 | 62.66 | 62 | 5M | 0:40:00 | 60.50 | 60 | | | | | | | | 30 |
| 10 | Helen | Wass | 55-59 | 530 | 0:27:56 | 63.31 | 63 | 0:29:09 | 60.66 | 60 | 5M | 0:45:55 | 63.77 | 63 | 0:27:27 | 64.42 | 64 | 10K | 0:56:19 | 65.52 | 65 | 0:44:40 | 65.56 | 65 | 0:27:11 | 65.05 | 65 | 0:26:53 | 65.78 | 65 | | | | | | | | | | | | | | 20 |
| 11 | Sarah | Kinston | 45-49 | 523 | 0:33:40 | 47.08 | 47 | 0:29:34 | 53.61 | 53 | 5M | 0:50:28 | 52.21 | 52 | 0:32:39 | 49.00 | 49 | 5M | 0:50:57 | 51.72 | 51 | 0:52:14 | 50.45 | 50 | 0:33:31 | 47.74 | 47 | 0:31:28 | 50.85 | 50 | 0:28:23 | 56.37 | 56 | 10K | 1:07:39 | 48.93 | 48 | | | | | | | | 20 |
| 12 | Bridget | Wallwin* | 50-54 | 501 | 0:29:40 | 57.58 | 57 | 0:29:54 | 57.13 | 57 | 10K | 1:04:10 | 55.38 | 55 | | | | | | | | 0:54:24 | 51.90 | 51 | 0:45:30 | 37.55 | 37 | 0:31:15 | 54.67 | 54 | 0:33:40 | 50.74 | 50 | | | | | *HM | 2:07:03 | 60.53 | 60 | Oct-21 | Cambridge HM | 60 | 20 |
| 13 | Ellie | Bithell* | 40-44 | 493 | 0:25:21 | 61.47 | 61 | 0:25:03 | 62.21 | 62 | 10K | 0:54:12 | 59.32 | 59 | 0:26:30 | 58.81 | 58 | | | | | | | | 0:27:48 | 56.06 | 56 | | | | | | | 10M | 1:45:28 | 49.89 | 49 | *HM | 1:56:51 | 59.49 | 59 | Oct-21 | Cambridge HM | 59 | 30 |
| 14 | Pearl | Fay | 60-64 | 473 | 0:32:40 | 58.16 | 58 | 0:32:54 | 57.75 | 57 | 10K | 1:05:50 | 60.71 | 60 | 0:34:15 | 55.47 | 55 | 5M | 0:58:20 | 54.26 | 54 | 1:22:34 | 38.33 | 38 | 0:47:59 | 39.60 | 39 | 0:43:08 | 44.05 | 44 | 0:38:57 | 48.78 | 48 | | | | | | | | | | 20 |
| 15 | Olivia | Carter | 25-29 | 440 | 0:24:47 | 59.58 | 59 | 0:23:55 | 61.74 | 61 | 10M | 1:19:46 | 61.87 | 61 | 0:23:22 | 63.20 | 63 | 10M | 1:19:46 | 61.87 | 61 | | | | 0:23:09 | 63.79 | 63 | 0:23:44 | 62.22 | 62 | | | | | | | | | | | | | | 10 |
| 16 | Claire | Acklam | 60-64 | 434 | 0:25:08 | 72.88 | 72 | 0:25:15 | 72.54 | 72 | | | | | 0:25:08 | 72.88 | 72 | | | | | | | | 0:25:15 | 72.54 | 72 | 0:25:03 | 73.99 | 73 | 0:25:10 | 73.64 | 73 | | | | | | | | | | |
| 17 | Jennifer | Osbourn* | 70-74 | 393 | 0:40:36 | 53.49 | 53 | 0:37:19 | 59.04 | 59 | 5M | 1:04:36 | 57.46 | 57 | 0:40:59 | 53.76 | 53 | | | | | | | | | | | | | | 0:39:45 | 55.43 | 55 | | | | | *10K | 1:37:52 | 48.16 | 48 | Oct-21 | v10K | 48 | 20 |
| 18 | Rebecca | Fordham | 50-54 | 378 | 0:27:21 | 61.06 | 61 | 0:25:52 | 64.56 | 64 | | | | | 0:25:11 | 66.31 | 66 | | | | | | | | 0:25:22 | 65.83 | 65 | 0:28:33 | 58.49 | 58 | 0:25:59 | 64.27 | 64 | | | | | | | | | | |
| 19 | Mandy | Davis | 55-59 | 342 | 0:31:57 | 56.65 | 56 | 0:31:43 | 57.07 | 57 | 10M | 1:52:05 | 55.36 | 55 | 0:34:06 | 53.08 | 53 | | | | | 0:51:35 | 58.22 | 58 | | | | 0:33:49 | 53.52 | 53 | | | | | | | | | | | | | | 10 |
| 20 | Gillian | Green* | 60-64 | 342 | 0:43:03 | 43.05 | 43 | | | | | | | | | | | | | | | 1:12:00 | 42.80 | 42 | 0:45:53 | 40.39 | 40 | 0:49:10 | 37.69 | 37 | 1:15:00 | 24.71 | 24 | 10K | 1:20:46 | 48.14 | 48 | *5M | 1:10:00 | 44.02 | 44 | Oct-21 | v5M | 44 | 20 |
| 21 | Clodie | Rolph | 35-39 | 328 | 0:31:40 | 47.63 | 47 | 0:30:24 | 49.62 | 49 | 10K | 1:08:34 | 45.28 | 45 | 0:30:33 | 49.37 | 49 | | | | | 0:50:03 | 49.48 | 49 | | | | 0:51:49 | 29.11 | 29 | 0:29:57 | 50.36 | 50 | | | | | | | | | | | 10 |
| 22 | Sarah | Last | 50-54 | 316 | 0:35:17 | 46.34 | 46 | 0:31:16 | 52.29 | 52 | 10K | 1:06:30 | 50.93 | 50 | 0:34:33 | 47.32 | 47 | 5M | 0:51:29 | 52.35 | 52 | 0:54:46 | 49.21 | 49 | | | | | | | | | | | | | | | | | | 20 |
| 23 | Nicole | Smith | 45-49 | 312 | 0:25:48 | 63.37 | 63 | 0:24:55 | 65.62 | 65 | | | | | 0:27:01 | 60.52 | 60 | | | | | | | | 0:26:31 | 61.66 | 61 | 0:25:57 | 63.01 | 63 | | | | | | | | | | | | | |
| 24 | Danielle | Jones | 25-29 | 288 | | | | 0:26:45 | 55.20 | 55 | | | | | 0:26:29 | 55.76 | 55 | | | | | | | | 0:24:22 | 60.60 | 60 | 0:25:50 | 57.16 | 57 | 0:24:01 | 61.49 | 61 | | | | | | | | | | |
| 25 | Wendy | Ancill | 50-54 | 270 | | | | 0:24:28 | 68.26 | 68 | | | | | 0:25:18 | 66.01 | 66 | | | | | 0:41:10 | 67.00 | 67 | 0:23:52 | 69.97 | 69 | | | | | | | | | | | | | | | |
| 26 | Lisa | Jennings | 45-49 | 262 | 0:30:56 | 52.86 | 52 | 0:28:56 | 56.51 | 56 | MAR | 6:00:14 | 42.21 | 42 | | | | | | | | 0:53:07 | 50.74 | 50 | 0:31:03 | 52.66 | 52 | | | | | | | | | | | | | | | 10 |
| 27 | Cathy | Russell | 55-59 | 251 | 0:27:07 | 64.41 | 64 | | | | | | | | 0:28:30 | 61.29 | 61 | | | | | | | | | | | 0:28:34 | 61.90 | 61 | 0:27:06 | 65.25 | 65 | | | | | | | | | | |
| 28 | Rosalyn | Crawford | 35-39 | 247 | | | | 0:24:16 | 61.68 | 61 | | | | | 0:25:27 | 58.81 | 58 | | | | | | | | | | | | | | 0:25:08 | 59.55 | 59 | 10M | 1:25:07 | 59.02 | 59 | | | | | | | | 10 |
| 29 | Lisa Ann | Garrand | 30-34 | 236 | | | | 0:28:23 | 52.26 | 52 | | | | | 0:32:24 | 45.78 | 45 | | | | | 0:52:14 | 46.52 | 46 | | | | 0:31:08 | 47.64 | 47 | 0:31:40 | 46.84 | 46 | | | | | | | | | | |
| 30 | Alexia | Smithson | 35-39 | 223 | 0:33:41 | 44.24 | 44 | 0:32:29 | 45.87 | 45 | | | | | 0:33:38 | 44.30 | 44 | | | | | | | | 0:31:27 | 47.38 | 47 | | | | 0:34:38 | 43.21 | 43 | | | | | | | | | | |
| 31 | Joanne | Boutsell | 55-59 | 222 | 0:30:54 | 57.87 | 57 | 0:31:48 | 56.24 | 56 | | | | | | | | | | | | | | | 0:32:13 | 55.51 | 55 | 0:32:53 | 54.38 | 54 | | | | | | | | | | | | | |
| 32 | Elke | Hausler | 55-59 | 222 | 0:24:20 | 72.67 | 72 | | | | | | | | 0:24:04 | 75.21 | 75 | | | | | | | | 0:23:56 | 75.94 | 75 | | | | | | | | | | | | | | | |
| 33 | Lisa | Winnington | 40-44 | 216 | 0:28:44 | 53.42 | 53 | 0:29:19 | 52.36 | 52 | 5M | 0:47:41 | 52.88 | 52 | | | | | | | | | | | 0:30:47 | 49.86 | 49 | | | | | | | | | | | | | | | | 10 |
| 35 | Kate | Warboys | 50-54 | 176 | 0:27:40 | 59.10 | 59 | 0:28:59 | 56.41 | 56 | 5M | 0:52:07 | 51.71 | 51 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 10 |
| 36 | Christine | Windsor | 70-74 | 176 | 0:34:05 | 61.08 | 61 | 0:35:33 | 58.56 | 58 | | | | | | | | | | | | | | | 0:36:44 | 57.49 | 57 | | | | | | | | | | | | | | | | |
| 37 | Jill | Howard | 50-54 | 168 | 0:38:47 | 45.70 | 45 | 0:39:46 | 43.42 | 43 | | | | | 0:36:35 | 47.20 | 47 | | | | | | | | 0:51:38 | 33.44 | 33 | | | | | | | | | | | | | | | | |
| 38 | Rebecca | Hannah | 35-39 | 149 | | | | 0:33:27 | 44.34 | 44 | | | | | 0:47:31 | 31.29 | 31 | | | | | | | | 0:39:12 | 37.93 | 37 | 0:39:50 | 37.32 | 37 | | | | | | | | | | | | | |
| 39 | Helina | Salo* | 25-29 | 138 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | *HM | 1:41:08 | 64.78 | 64 | Oct-21 | Cambridge HM | 64 | 10 |
| 40 | Anna | Mayhew | 50-54 | 123 | | | | 0:26:24 | 63.26 | 63 | | | | | | | | | | | | | | | | | | 0:27:53 | 60.55 | 60 | | | | | | | | | | | | |
| 41 | Angela | Barnes | 40-44 | 112 | | | | | | | | | | | 0:31:19 | 48.70 | 48 | | | | | | | | | | | | | | | | | 10K | 0:58:05 | 54.12 | 54 | | | | | | | | 10 |
| 42 | Mary | Marsh | 65-69 | 112 | | | | | | | | | | | | | | | | | | | | | 0:36:21 | 56.49 | 56 | | | | 0:36:33 | 56.18 | 56 | | | | | | | | | | |
| 43 | Karyn | Gillen/Smith | 50-54 | 110 | 0:32:11 | 51.89 | 51 | | | | | | | | | | | | | | | | | | | | | | | | | | | 10M | 1:55:00 | 49.39 | 49 | | | | | | | | 10 |
| 44 | Jackie | Hall | 40-44 | 105 | | | | | | | | | | | 0:28:32 | 54.21 | 54 | | | | | 0:49:18 | 51.56 | 51 | | | | | | | | | | | | | | | | | | | |
| 45 | Christine | Shand | 55-59 | 103 | 0:33:22 | 54.25 | 54 | | | | | | | | | | | | | | | | | | | | | 0:36:43 | 49.89 | 49 | | | | | | | | | | | | | |
| 46 | Sarah | Martin | 40-44 | 101 | | | | | | | | | | | | | | | | | | | | | | | | 0:31:33 | 49.02 | 49 | 0:29:31 | 52.40 | 52 | | | | | | | | | | |
| 47 | Emma | Reader | 35-39 | 74 | 0:36:03 | 41.52 | 41 | 0:45:16 | 33.06 | 33 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 48 | Belinda | Schofield | 65-69 | 66 | | | | 0:29:12 | 66.72 | 66 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 49 | Melanie | Tindale | 40-44 | 64 | | | | | | | | | | | | | | | | | | | | | | | | | | | 0:24:16 | 64.22 | 64 | | | | | | | | | | |
| 50 | Claire | Gaskell | 35-39 | 60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | MAR | 4:32:10 | 50.73 | 50 | | | | | | | | 10 |
| 51 | Joanne | Blackstock | 30-34 | 59 | 0:24:47 | 59.72 | 59 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 52 | Rebecca | Oettle | 30-34 | 59 | | | | | | | | | | | | | | | | | | | | | | | | | | | 0:24:51 | 59.69 | 59 | | | | | | | | | | |
| 53 | Sophie | Adams | 40-44 | 53 | | | | | | | | | | | | | | | | | | | | | | | | | | | 0:28:33 | 53.77 | 53 | | | | | | | | | | |
| 54 | Rhiannon | Morgan | 35-39 | 53 | | | | | | | | | | | | | | | | | | | | | | | | | | | 0:28:04 | 53.50 | 53 | | | | | | | | | | |
| 55 | Sharon | Woodroofe | 60-64 | 53 | | | | 0:34:27 | 53.80 | 53 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 56 | Svitlana | Zinchenko | 40-44 | 51 | | | | 0:29:45 | 51.60 | 51 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 57 | Jill | O'Grady | 40-44 | 46 | 0:32:51 | 46.42 | 46 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 58 | Orla | Dockery | 35-39 | 43 | | | | | | | | | | | 0:34:26 | 43.18 | 43 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 59 | Rachel | Allen | 40-44 | 40 | | | | | | | | | | | | | | | | | | | | | 0:37:31 | 40.43 | 40 | | | | | | | | | | | | | | | | |
| 60 | Alison | McKenzie | 55-59 | 39 | 0:43:29 | 39.71 | 39 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 61 | Isabel | Vicente | 50-54 | 35 | | | | | | | | | | | 0:47:40 | 35.84 | 35 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 62 | Sarah | Boneham | 50-54 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 63 | Angela | Brennan | 30-34 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 64 | Alice | Greenwood | 30-34 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 65 | Jackie | Henley | 55-59 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 66 | Daphne | Hurley | 60-64 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 67 | Lynda | McCormack | 60-64 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 68 | Sarah | Sales | 50-54 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 69 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |