

**Men's Road-MT Achievements 2021 FINAL**

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 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.aymer@newmarketjoggers.co.uk](mailto:chris.aymer@newmarketjoggers.co.uk)

First Name	Surname	Age Band	SK H'cap (2021) SB	SK SB	SK KH parkrun SB	All SK SB	ref	SK AG% SB	SM SB	ref	SM 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	Other Time SB	Other AG% SB	SB AG%	CLUB STANDARD	
Andrew	Aldridge	45-49										0:44:26	73	65.94																			65.94	Gold	
Colin	Almond	50-54																																	
Matt	Askham	55-59	0:24:47			0:24:47		62.88	0:49:03		51.58							1:59:58	79	57.82													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	1:43:42	96	57.99	2:14:20	33	58.70	3:42:14	63	55.87	4:53:39	26	56.54				7M(86)	1:11:12	57.54	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				1:44:18	79	57.21													53.37	Tungsten	
Shane	Basing	40-44										0:44:01	94	62.51				1:44:18	79	57.21													62.51	Silver	
Jason	Beeton	35-39	0:19:21	0:20:10	0:19:23	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		
Joseph	Bentall	35-39	0:18:48			0:18:48		70.92																									70.92	Platinum	
Eliot	Bentley	50-54																																	
Phil	Blundell	45-49	0:20:26	0:25:59	0:22:17	0:20:26		69.00										1:43:33	79	60.31													69.00	Gold	
Jon	Brooker	55-59	0:20:26	0:21:50	0:21:50	0:21:50		70.76	0:36:49		68.72				1:16:37	96	67.76	1:43:55	79	66.14														70.76	Platinum
Samuel	Chapman	20-24	0:20:52			0:20:52		62.22																									62.22	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	1:41:48	81	75.08						12.45M(66)	1:33:40	77.38				79.90	Diamond		
Baz	Colley	50-54	0:24:35	0:25:09	0:24:49	0:24:35		60.95				0:59:24	51	43.3				2:04:30	79	53.73					5:43:26	71	40.65					60.95	Silver		
Joe	Cormack	35-39	0:25:42	0:26:11		0:25:42		52.59				0:50:47	99	54.18	1:27:06	96	51.47	2:44:56	50	35.98					5:21:39	70	38.86					54.18	Tungsten		
Stephen	Cousins	60-64	0:23:37		0:24:03	0:23:37		69.30				0:48:51	73	69.05																			69.30	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	0:21:03	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	0:27:28			0:27:28		57.22																									57.22	Bronze	
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	0:20:39		0:19:38	0:19:38		77.50							1:08:28	96	74.46	1:32:09	85	73.25														77.50	Diamond
Mark	Geddie	50-54		0:21:36		0:21:36		68.83	0:36:30		66.48																							68.83	Gold
Richard	Groom	45-49	0:24:43	0:23:38		0:24:43		62.07	0:39:32		58.01			1:21:23				57.55	1:43:42	90	60.22													62.07	Silver
Wayne	Haigraives	50-54	0:26:31		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																				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				1:58:50	79	58.37						2:28:31	63	66.76	3:19:07	75	66.59			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	71.04													7:27M(66)	1:08:44	46.63				51.01	Tungsten	
Mark	Hayward	40-44	0:17:13	0:17:10	0:16:54	0:16:54		81.16	0:27:56	95	79.65	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				7:27M(66)	1:08:44	46.63	51.01	Tungsten	
Paul	Holley	55-59	0:17:47	0:17:06		0:17:04	97	89.84	0:27:53	95	89.96	0:34:35	54	90.70	0:58:45	91	87.57	1:14:46	98	91.11	2:10:00	61	82.51	2:55:34	48	81.70	52M(77)	8:37:05	63.74				81.70	Violet	
Chris	Howell	50-54		0:20:27	0:20:17	0:20:17		72.72										0:58:27	91	76.33														72.72	Platinum
Dan	Hutchison	35-39	0:17:18			0:16:36	97	80.82																		12K(93)	0:45:02	73.06					80.82	Sapphire	
Stuart	James	50-54																																	
Miles	Johnson	65-69										0:54:12	44	65.31	1:29:56	40	64.75	1:55:54	79	66.62														66.62	Gold
Charles	Jones	60-64																																	
Richard	James	55-59	0:20:29	0:25:54	0:22:03	0:20:29		76.08				0:50:42	34	62.95	1:15:43	96	69.82	1:41:57	79	68.68						8.4M(78)	1:00:00	73.58					76.08	Diamond	
Rob	Kingsley	50-54	0:27:26	0:30:33	0:28:49	0:27:26		51.77	0:50:10		47.57							2:05:47	79	51.34														51.77	Tungsten
Craig	Ladley	35-39																																	
Adam	Maltpress	40-44	0:20:49		0:22:30	0:20:49		67.25										1:34:19	79	65.12							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	1:55:45	79	67.11													57.11	Bronze
David	McNally	20-24																																	