NJ Women's Road-MT Achievements 2021 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/wmalookup15.html and freely available online. All queries to: chris.aylmer@newmarketjoggers.co.uk

First Name	Surname	Age Group	5K Winter H'cap 2021	5K KH SB	5K parkrun SB	All 5K SB	ref	5K AG%	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 (ref)	Other Time	Other AG%	SB AG%	CLUB STANDARD
Claire	Acklam	60-64	0:25:01	0:25:03		0:25:01		73.22										1:48:47	45	77.40													77.40	Diamond
Sophie	Adams	40-44	0:30:08	0:28:33	0:28:33	0:28:33		53.77																									53.77	Tungsten
Rachel	Allen	40-44		0:37:31	0:40:07	0:37:31		40.43	1:04:29	15	38.61	1:20:49	50	38.65																			40.43	Iron
Vanessa	Allen	45-49										0:51:28	50	63.05				1:54:19	45	61.38													63.05	Silver
Wendy	Ancill	50-54		0:23:52		0:23:52		69.97	0:41:10	v	67.00				1:21:47	14	69.45																69.97	Gold
Suzanne	Bailey	55-59	0:28:01	0:28:13	0:27:42	0:27:42		64.56	0:48:17	v	61.41	1:00:18		62.00				2:15:48	45	59.59													64.56	Silver
Angela	Barnes	40-44	0:26:59	0:31:19		0:26:59		56.52				0:58:05		54.12				2:21:20	62	48.04										Qtr MAR(55)	1:08:28	48.49	56.52	Bronze
Troi	Baxter	25-29																1:26:20	45	75.52				3:13:58	37	69.81							75.52	Diamond
Ruth	Bell	25-29		0:21:34		0:21:34		68.47	0:42:59	v	56.30	0:51:29	19	58.92	1:31:46	v	53.78	1:50:02	45	59.25													68.47	Gold
Ellie	Bithell	45-49	0:26:42	0:25:03		0:25:03		62.21				0:53:57	51	59.59	1:23:54	59	62.71	1:56:51	45	59.49				4:43:49	40	50.73				18.5M(4)	3:19:23	49.84	62.71	Silver
Joanne	Blackstock	30-34	0:25:38	0:24:47	0:28:34	0:24:47		59.72				0:56:53	16	53.56				2:18:22	45	47.45													59.72	Bronze
Hayley	Blunt	30-34																																
Sarah	Boneham	50-54										0:49:53	43	68.69				1:46:11	45	69.83													69.83	Gold
Joanne	Bouttell	55-59	0:30:01	0:30:54		0:30:01		59.58				1:12:27	43	51.60																			59.58	Bronze
Angela	Brennan	30-34			0:32:45	0:32:45		45.14				1:17:23	8	39.24										5:05:53	1	44.28							45.14	Copper
Olivia	Carter	25-29	0:22:53	0:23:09		0:22:53		64.53							1:19:46	14	61.87													13.75M(34)	2:07:55	53.56	64.53	Silver
Louise	Cooper	50-54	0:33:11			0:33:11		49.77																									49.77	Copper
Rosalyn	Crawford	35-39	0:24:11	0:24:16		0:24:11		61.89							1:25:07	v	59.02																61.89	Silver
Mandy	Davis	55-59	0:30:44	0:31:43		0:30:44		58.89	0:51:35	v	58.22	1:52:05		55.36				2:18:49	23	59.06													59.06	Bronze
Orla	Dockery	35-39		0:34:26		0:33:57	29	43.79																									43.79	Iron
Ruth	Eberhardt	45-49		0:24:22	0:24:43	0:24:22		66.35	0:42:44	v	62.36	0:51:05		65.55	1:20:40	v	67.95	1:50:38	48	65.46				4:59:11	13	50.20				11.73M(34)	1:34:44	68.16	68.16	Gold
Pearl	Fay	60-64	0:30:46	0:32:40		0:30:46		61.00	0:58:20	v	54.26	1:05:50		60.71																			61.00	Silver
Rebecca	Fordham	50-54	0:25:23	0:25:11	0:25:05	0:25:05		66.58										2:02:04	32	61.48				5:32:00	40	46.96							66.58	Gold
Lisa Ann	Garrand	35-39	0:31:17	0:28:23	0:30:08	0:28:23		52.26	0:52:14	v	46.52	1:06:52	8	45.56				2:30:09	11	43.72													52.26	Tungsten
Claire	Gaskell	35-39			0:26:21	0:26:21		56.99				0:51:30	63	60.00				1:52:28	45	59.31				4:32:10		50.73							60.00	Silver
Gillian	Green	60-64		0:43:03	0:38:51	0:38:51		47.70	1:12:00		42.80	1:20:18	52	48.42				3:26:32	61	40.77										18.5M(4)	6:08:29	32.79	48.42	Copper
Jackie	Hall	40-44		0:28:32		0:28:32		54.21	0:49:18	v	51.56																						54.21	Tungsten
Rebecca	Hannah	35-39	0:32:49	0:33:27	0:33:13	0:32:49		45.20				1:20:24	30	38.00																			45.20	Copper
Elke	Hausler	55-59		0:23:50	0:22:38	0:22:38		79.97																						1500m(25)	0:05:55	86.73	86.73	Indigo
Jackie	Henley	55-59	0:32:51		0:34:52	0:32:51		53.17																									53.17	Tungsten
Jan	Holmes	55-59	0:27:28	0:27:52	0:26:58	0:26:58		67.12	0:49:29	v	59.92	1:00:40	43	62.42	1:48:43	v	57.07	2:09:13	45	63.45										18.5M(4)	3:59:53	48.35	67.12	Gold
Jill	Howard	50-54	0:31:54	0:36:35		0:31:54		53.55																									53.55	Tungsten
Daphne	Hurley	60-64	0:33:59			0:33:59		54.54																									54.54	Tungsten
Lisa	Jennings	50-54	0:29:15	0:28:56		0:28:56		56.51	0:53:07	v	50.74	1:05:13	43	51.93	1:46:34	14	52.05	2:22:14	11	51.51				5:16:25	1	48.05	51.4K(60)	6:50:15	46.46	18.5M(4)	3:58:10	44.01	56.51	Bronze
Lisa	Johnson/Chatterton	25-29		0:21:52		0:21:52		67.53	0:40:00	v	60.50	0:56:30		53.69	1:35:00	v	51.95	1:58:39	45	54.95				5:31:03	20	40.91				5.49M(34)	0:45:29	58.67	67.53	Gold
Danielle	Jones	25-29	0:23:50	0:24:01	0:24:10	0:23:50		61.96							1:25:26	14	57.76													9.24M(34)	1:26:39	52.53	61.96	Silver
Elizabeth	King	50-54																																
Clare	Kingsley	50-54	0:28:50			0:28:50		56.71																									56.71	Bronze
Sarah	Kinston	45-49	0:29:13	0:28:23	0:28:32	0:28:23		56.37	0:50:28	v	52.21	1:07:02	18	49.38	1:51:41	59	48.53																56.37	Bronze
Sarah	Last	50-54		0:31:16	0:32:07	0:31:16		52.29	0:51:29	v	52.35	1:06:30		50.93				2:32:34	21	48.02													52.35	Tungsten
Rachael	Maltpress	40-44	0:27:09		0:27:46	0:27:09		56.17				0:53:56	38	58.28				2:01:34	45	55.85													58.28	Bronze
Kate	Manning	30-34																																
Ellie	Margetts	40-44	0:23:44	0:23:30		0:23:30		64.89	0:38:27	v	65.15	0:53:27		58.81	1:29:41	v	57.31	1:48:08	45	63.26				4:15:15		55.47							65.15	Gold
Mary	Marsh	65-69	0:34:30	0:36:21		0:34:30		59.62				1:09:19	17	62.88	1:57:01	14	61.09	2:30:52	45	62.60													62.88	Silver
Sarah	Martin	40-44	0:30:30	0:29:31	0:28:21	0:28:21		54.56				1:02:30	47	51.01																			54.56	Tungsten
Anna	Mayhew	50-54		0:26:24	0:27:52	0:26:24		63.26	0:44:18	58	62.98	0:55:37	2	62.36				2:05:58	31	60.31							50K(12)	12:42:18	24.72				63.26	Silver
Lynda	McCormack	60-64	0:28:38			0:28:38		65.54				0:59:28	38	66.28	1:38:41	14	64.58	2:12:05	45	64.63													66.28	Gold
Caroline	McIntosh	65-69	0:32:32	0:32:44	0:41:11	0:32:32		63.11	0:56:18	v	61.13	1:09:33	52	63.62	1:55:57	v	61.65	2:39:52	24	59.08										7M(53)	1:19:04	63.24	63.62	Silver
Alison	McKenzie	55-59	0:28:13	0:43:29	0:30:51	0:28:13		61.19																									61.19	Silver
Rhiannon	Morgan	35-39		0:28:04		0:28:04		53.50																									53.50	Tungsten
Annie	Morris	30-34																																
Rebecca	Oettle	30-34		0:24:51		0:24:51		59.69																									59.61	Bronze
Jill	O'Grady	40-44		0:32:51		0:32:51		46.42																									46.42	Copper
Jenny	Osbourn	70-74	0:37:54	0:37:19	0:41:58	0:37:19		59.04	1:04:36	v	57.46	1:39:52	43	47.20																			59.04	Bronze
Sianie	Painter	55-59	0:32:44	0:29:47		0:29:47		58.57	0:52:59	v	54.61	1:08:36		53.11	1:55:12	59	51.81													18.5M(4)	6:08:28	30.66	58.57	Bronze
Hannah	Parsons	45-49	0:21:13	0:21:45		0:21:13		74.08	0:34:44	v	74.42	0:45:49	33	71.52	1:15:06	59	71.42	1:38:31	45	71.93										7.90M(34)	1:00:58	68.84	74.08	Platinum
Emma	Reader	35-39	0:31:08	0:36:03		0:31:08		48.23				1:11:10	46	43.42										6:41:03	39	34.43				9.9M(34)	2:08:37	38.85	48.23	Copper
Clare	Riches	40-44	0:37:14			0:37:14		41.85																									41.85	Iron
Clodie	Rolph	35-39	0:30:13	0:29:57	0:29:15	0:29:15		51.57	0:50:03	v	49.48	1:08:34		45.28																			51.57	Tungsten
Cathy	Russell	55-59		0:27:06		0:27:06		65.25																									65.25	Gold
Sarah	Sales	50-54	0:24:26			0:24:26		69.10																									69.10	Gold
Helina	Salo	25-29	0:22:37			0:22:37		65.29										1:41:08	45	64.47				5:13:01	42	43.26							65.29	Gold
Belinda	Schofield	65-69		0:29:12		0:29:12		66.72																									66.72	Gold
Christine	Shand	55-59		0:33:22		0:33:22		54.25																									54.25	Tungsten
Nicole	Smith	50-54	0:26:37	0:24:55	0:25:57	0:24:55		65.62				0:59:32	30	56.89	1:30:32	14	61.27	2:27:21	10	49.72										15M(3)	2:23:42	58.71	65.62	Gold
Karyn	Smith/Gillen	50-54		0:32:11		0:32:11		51.89							1:55:00	v	49.39	2:41:57	45	46.34												51.89	Tungsten
Alexia	Smithson	35-39	0:30:44	0:31:27	0:31:59	0:30:44		48.70				1:11:21	8	42.96				2:38:17	45	41.93													48.70	Copper
Melanie	Tindale	40-44		0:24:16	0:24:16	0:24:16		64.22				0:51:11	54	62.81	1:28:10	49	59.68	1:50:30	57	62.91													64.22	Silver
Isabel	Vicente	50-54		0:47:40	0:41:44	0:41:44		41.37										3:24:52	45	38.01													41.37	Iron
Bridget	Wallwin	50-54	0:26:32	0:29:40	0:28:12	0:26:32		64.38	0:54:24	v	51.90	0:57:19	43	61.99				2:07:03	45	60.53													64.38	Silver
Kate	Warboys	50-54	0:27:32	0:27:40	0:29:57	0:27:32		59.38	0:52:07	v	51.71	1:11:49	26	47.16																7.52M(34)	1:17:27	53.20	59.38	Bronze
Helen	Wass	55-59		0:26:53		0:26:53		65.78	0:44:40	v	65.56	0:56:19		65.52																			65.78	Gold
Rhonda	Waters	60-64																																
Christine	Windsor	70-74	0:34:38	0:34:05		0:34:05		61.08																									61.08	Silver
Lisa	Winnington	40-44		0:28:44	0:29:10	0:28:44		53.42	0:47:41	v	52.88							2:20:24	44	48.72													53.42	Tungsten
Sharon	Woodroofe	60-64		0:34:27		0:34:27		53.80																									53.80	Tungsten
Svetlana	Zinchenko	40-44		0:29:45		0:29:45		51.60																									51.60	Tungsten

v = virtual race and/or time in red font.

1. SRC Kirtling Marathon Apr 2
2. Virtual 10k T/T Apr 4
3. Colchester 15M Apr 18
4. Bury to Clare B82:B8B82:B83
5. Virtual London 10,000 10K May 30
6. Haughley Park Trail 10K May 30
7. Blickling Spring HM May 31
8. Thetford Trail 10K (1) Jun 3
9. City of Norwich HM Jun 13
10. Hampshire Hoppit HM Jun 19
11. Thetford Trail HM Jun 20
12. Jurassic Coast Trail 50K Jun 20
13. Norfolk Coast Trail MAR Jun 12
14. Thurlow 10 Jun 27
15. Thurlow 5 Jun 27
16. Fen Gallop 10K Jul 4
17. Holkham 10K Jul 4
18. Thetford Trail 10K (2)
19. Stephen Williams 10K Jul 18
20. Medal Chaser Trail MAR Jul 25
21. London Landmarks HM Aug 1
22. Kimbolton Castle HM Aug 15
23. Lee Valley HM Aug 15
24. London Big Half Aug 22
25. British Masters, Derby. Aug 21
26. RunFestRun Laverstoke Aug 28
27. Northstowe 10K Sep 5
28. SRC Barrow HM Sep 4
29. Ickworth 5K Sep 10
30. Ickworth 10K Sunset Chase Sep 10
31. Great North Run Sep 12
32. Richmond HM Sep 12
33. Hoohaah Heritage 10K Sep 12
34. RNR 2021 Sep 18/19
35. Acorn Bank 10K Sep 26
36. Ely Runfest 10K Sep 26
37. Berlin MAR Sep 27
38. Grantchester 10K Sep 26
39. VLM London Marathon Oct 3
40. Virtual London Marathon Oct 3
41. Chelmsford HM Oct 3
42. Brecon Trail Marathon Oct 3
43. Chippenham Park 10K Oct 3
44. Colchester Stampede HM Oct 10
45. Cambridge Half Oct 17
46. Cambridge T&G Oct 16
47. Duxford 10K Oct 17
48. SRC Born to Run HM Oct 17
49. Fen 10M Oct 31
50. St Ed's 10K Oct 31
51. Chester Zoo 10K Oct 31
52. Bonfire Burn 10K Nov 7
53. Stowmarket Scenic 7 Nov 14
54. George Munday 10K Nov 14
55. Zig-Zag Qtr MAR (2 laps) Nov 14
56. Zig-Zag 9.9M (3 laps) Nov 14
57. St Neot's Riverside HM Nov 20
58. Hatfield 5M Nov 28
59. Bass Belle 10M Nov 28
60. St Edmunds 50K Dec 5
61. St Edmunds Trail HM Dec 5
62. Let It Stow HM Dec 19
63. Peterborough NYE 10K Dec 31