Men's Road-MT Achievements 2022 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 2022 SB	5K Hockeys SB	5K parkrun SB	5K Run New-market 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 (ref) SB	Other Time SB	Other AG% SB	SB AG%	CLUB STANDARD
Chris	Aylmer	70-74	0:31:31	0:29:45	0:29:45	0:32:24	0:29:45		59.44	0:50:17	58	57.97	1:04:12	36	56.96				2:13:29	57	59.72				5:12:55	28	53.65				4.6M(23)	0:48:26	55.20	59.72	Bronze
Shane	Basing	40-44		0:19:41			0:19:41		69.69				0:41:42	43	66.47				1:33:47	15	64.01										18.4M(40)	3:13:02	44.74	69.69	Gold
Jason	Beeton	35-39		0:18:37	0:19:19		0:18:37		72.07	0:33:02	55	65.99	0:40:17	37	67.52				1:28:11	15	67.00										18.4M(40)	2:37:24	54.00	72.07	Platinum
Joseph	Bendall	35-39	0:18:26	0:16:08	0:16:45		0:16:08		83.16	0:27:49	61	78.37	0:36:08	62	75.28																5.4K(39)	0:19:40	73.81	83.16	Sapphire
Henry	Bletsoe	25-29	0:28:22	0:27:31			0:27:31		47.18																						5.4K(39)	0:28:28	49.41	49.41	Copper
Ben	Blowes	50-54			0:17:57		0:17:57		82.17																3:00:24	50	75.40							82.17	Sapphire
Phil	Blundell	45-49			0:21:58	0:24:22	0:21:58		64.72				0:43:09	11	66.82				1:37:15	15	64.22													66.82	Gold
Jon	Brooker	55-59		0:22:30	0:22:06		0:22:06		70.51																									70.51	Platinum
Samuel	Chapman	20-24	0:20:32	0:18:58		0:21:07	0:18:58		68.45				0:42:44	62	62.52																5.4K(39)	0:24:36	57.18	68.45	Silver
Neville	Clarke	65-69		0:21:11	0:21:05		0:21:05		81.11	0:34:42	61	81.27	0:50:40	4	69.87				1:36:22	21	80.13	2:41:21	13	75.36							5.4K(39)	0:24:21	76.18	81.27	Sapphire
Baz	Colley	50-54	0:26:12	0:25:41	0:24:37		0:24:37		61.34	0:47:23	10	52.06	0:54:06	18	56.96				1:56:46	15	57.29													61.34	Silver
Joe	Cormack	35-39		0:19:53	0:25:05		0:19:53		68.48				0:40:44	62	67.55				1:37:50	15	60.99				3:50:10	26	54.60	29.6M(31)	6:04:40	39.80	18.4M(40)	3:27:33	41.36	68.48	Gold
Stephen	Cousins	60-64	0:23:07	0:23:52	0:24:06		0:23:07		70.80	0:45:03	7	59.75							1:48:39	15	68.26													70.80	Platinum
Greg	Davis	60-64			0:21:40		0:21:40		73.08	0:36:19	61	72.14																						73.08	Platinum
Dominic	Doe	55-59																																	
Marc	Drury	45-49		0:19:16			0:19:16		75.95	0:36:11	10	65.41	0:42:06	62	70.74				1:25:35	20	74.82	2:23:56	13	70.07	3:12:14	28	70.76							75.95	Diamond
Stephen	Edwards	55-59	0:23:28		0:22:03		0:22:03		71.28	0:43:27	7	58.73																						71.28	Platinum
Tom	Elton	50-54	0:24:34	0:23:35	0:23:31		0:23:31		64.21				0:52:52	4	58.29																			64.21	Silver
Marc	Feary	40-44	0:20:42	0:21:21			0:20:42		66.67																									66.67	Gold
Andy	Fryatt	55-59	0:21:25	0:19:43	0:19:48	0:21:37	0:19:43		77.18				0:43:48	62	71.61				1:29:03	15	75.80	2:27:09	13	72.23	3:45:23	38	63.06							77.18	Diamond
Mark	Geddie	50-54																	1:39:06	15	66.90				4:11:02	48	55.62							66.90	Gold
Richard	Groom	45-49	0:22:43		0:23:59		0:22:43		62.58										1:45:24	21	59.25													62.58	Silver
Wayne	Hargreaves	50-54	0:29:36	0:27:01	0:26:51	0:30:06	0:26:51		55.80				1:01:35	59	49.61																			55.80	Bronze
Robert	Hawkins	55-59	0:24:56	0:24:28	0:24:17		0:24:17		64.17	0:45:41	7	55.86	0:57:20	4	55.67																			64.17	Silver
Andy	Hayward	35-39		0:35:48			0:35:48		37.76	0:55:15	10	39.70				2:01:06	12	37.02																39.70	Granite
Mark	Hayward	40-44	0:18:07	0:16:33	0:17:09		0:16:33		82.88	0:27:17	61	81.55	0:34:35	51	80.14	0:55:48	42	81.33	1:13:59	21	81.14	1:56:57	16	80.85	2:41:26	32	78.32				5.4K(39)	0:18:46	79.04	82.88	Sapphire
Paul	Holley	55-59	0:17:19	0:16:01	0:17:03		0:16:01		96.46	0:27:34	61	91.78	0:34:25	56	91.91	1:03:14	42	82.10	1:25:26	22	79.73	2:50:19	17	62.98	2:46:24	32	86.98	50K(65)	4:52:03	60.26	5.4K(39)	0:19:07	87.62	96.46	Ultra Violet
Chris	Howell	50-54		0:20:21	0:19:35		0:19:35		75.91																									75.91	Diamond
Dan	Hutchison	35-39		0:16:31			0:16:07	5	83.25	0:27:22	58	80.15	0:34:25	3	79.03																5.4K(39)	0:18:41	77.70	83.25	Sapphire
Stuart	Janes	55-59																																	
Richard	Jones	55-59			0:22:17		0:22:17		70.53				0:46:31	36	69.22																			70.53	Platinum
Craig	Ladley	35-39	0:25:03	0:23:23			0:23:23		58.23																						5.4K(39)	0:27:38	53.32	58.23	Bronze
Adam	Maltpress	40-44	0:24:48		0:22:05		0:22:05		63.40										1:38:43	15	62.22													63.40	Silver
Anderson	McKeague	35-39																																	
David	McNally	25-29																	2:02:35	15	47.63													47.63	Copper
Brian	Munns	55-59	0:24:44	0:23:44	0:22:08	0:24:11	0:22:08		71.01	0:37:41	61	68.91	0:47:38	33	67.60																4.6M(23)	0:38:20	61.65	71.01	Platinum
Jonathan	Ollington	55-59	0:20:51	0:20:14			0:20:14		75.78				0:43:28	62	71.51				1:34:02	15	71.78													75.78	Diamond
Malcolm	Osbourn	75-79		0:31:04	0:30:37		0:30:37		61.24																									61.24	Silver
Neil	Pollard	40-44		0:15:44			0:15:44		89.62	0:26:36	61	86.22	0:33:48	62	84.62				1:13:09	14	83.96				2:33:03	28	84.50				5.4K(39)	0:18:30	81.89	89.62	Indigo
Roger	Poynton					0:33:13	0:33:13																												
Clive	Purbrook	65-69		0:23:55	0:24:13		0:23:55		70.24	0:42:11	30	65.63	0:49:32	37	70.09				2:01:22	35	62.33													70.24	Platinum
Jonathan	Pye	30-34		0:17:22	0:18:44		0:17:22		76.01				0:36:52	47	72.92				1:29:25	15	65.46	2:16:02	13	67.77	2:50:59	28	72.10				5.4K(39)	0:20:13	70.65	76.01	Diamond
Jeremy	Reader	45-49	0:26:47	0:26:00			0:26:00		55.90	0:43:11	7	54.81	0:50:28	62	58.55				1:49:37	15	58.42													58.55	Bronze
Brian	Rice	55-59																																	
Paul	Roberts	40-44	0:25:52	0:26:01	0:27:42		0:25:52		53.74				0:54:34	25	51.59				2:02:55	15	48.00													53.74	Tungsten
Jamie	Rule	35-39											0:42:20	4	63.94																5.4K(39)	0:22:13	65.34	65.34	Gold
Sam	Sadler	35-39	0:17:49	0:17:33	0:18:22		0:17:33		75.97	0:34:54	10	62.13	0:40:05	47	67.53				1:22:57	15	70.95													75.97	Diamond
Mike	Sales	55-59		0:24:17			0:24:17		63.14							1:35:11	46	54.05										50K(63)	8:59:37	32.32				63.14	Silver
Aaron	Self	30-34		0:23:30	0:23:47		0:23:30		55.89				0:53:29	47	50.11																5.4K(39)	0:26:38	53.19	55.89	Bronze
Alan	Shand	65-69																				3:38:07	13	54.63										54.63	Tungsten
James	Smith	40-44	0:17:28	0:16:58	0:17:35	0:18:14	0:16:48	44	82.74	0:27:59	49	80.70	0:35:14	33	79.90																5.4K(39)	0:18:56	79.49	82.74	Sapphire
Martin	Smith	40-44	0:23:02				0:23:02		61.22																									61.22	Silver
Stuart	Sowerby	45-49	0:19:59	0:19:26			0:19:26		74.79													2:27:18	13	68.47							5.4K(39)	0:21:55	71.79	74.79	Platinum
Andrew	Taylor	45-49			0:20:51		0:19:58	24	73.29																									73.29	Platinum
Harvey	Thomas	J10-14				0:23:16	0:23:16		64.11																						2K(54)	0:08:54	62.88	64.11	Silver
James	Thomson	35-39		0:21:53	0:20:49		0:20:49		63.73																									63.73	Silver
Alan	Thornhill	70-74	0:29:30	0:28:32	0:28:32	0:30:11	0:28:32		63.67	0:51:50	7	57.78	1:01:03	60	61.53																4.6M(23)	0:46:57	58.50	63.67	Silver
Christopher	Underwood	30-34		0:19:22			0:19:22		67.81	0:35:10	58	60.95																						67.81	Gold
Marc	Walker	50-54								0:42:37	7	56.94	0:48:47	9	62.11				1:49:24	15	60.07										5.4K(39)	0:25:40	62.73	62.73	Silver
Keith	Williams	60-64																																	
Neil	Williamson	45-49																													5.5M(64)	0:52:18	49.11	49.11	Copper
Jim	Withers	65-69	0:27:28	0:26:14	0:26:19		0:26:14		64.61	0:44:47	61	62.37	0:58:37	33	59.80																4.6M(23)	0:46:20	55.29	64.61	Silver

1. Wymondham NYD 10K Jan 1
2. Dorney Lake HM Jan 8
3. Dubai Meydan 10K Jan 8
4. Suffolk XC Champs Jan 9
5. Dubai Meydan 5K Jan 25
6. Lavenham Railway 10K Jan 30
7. Stowmarket XC 5M Jan 23
8. Gt Bentley HM Feb 6
9. Valentines 10K Feb 6
10. Bury XC Pakenham 5M Feb 6
11. Battersea 10K Feb 23
12. Tarpley 10M Feb 27
13. Tarpley 20M Feb 27
14. Wokingham HM Feb 27
15. Cambridge HM Mar 6
16. Wymondham 20M Mar 6
17. Grizzly 20M Mar 6
18. Duxford Dash 10K Mar 13
19. Duxford Dash 5K Mar 13
20. Inverness HM Mar 13
21. Stowmarket HM Mar 20
22. Forest of Dean HM Mar 20
23. SWL XC Woodton Mar 13
24. Bedford Autodrome 5K Mar 27
25. Thetford Hoohaah 10K Mar 27
26. Essex Marathon Apr 3
27. Thorney 10K Apr 3
28. Manchester MAR Apr 3
29. Bungay HM Apr 10
30. Sudbury Fun Run Apr 15
31. Zig Zag Ultra Hinchingbrooke Apr 15
32. Boston Marathon (UK) Apr 18
33. Little Bromley 10K Apr 17
34. Childerley hoohaah 10K Apr 24
35. Northstowe HM Apr 24
36. Vitality London 10,000 May 2
37. Breckland 10K May 2
38. MK Marathon May 2
39. Newmarket Heath Race May 5
40. Bury to Clare 18M May 8
41. Run Newmarket 2K May 14
42. Dereham 10M May 15
43. Colchester Zoo Stampede 10K May 15
44. Ipswich Twilight 5K May 14
45. Kirton Friday 5M May 20
46. Baddow 10M May 22
47. Stephen Williams Thurston 10K May 22
48. Edinburgh Marathon May 29
49. Sudbury Friday 5 May 27
50. Brighton Marathon Apr 10
51. Hatfield Broad Oak Jubilee 10K Jun 3
52. Friday 5 Framlingham Jun 10
53. Midsummer 10K Peterboro' Jun 12
54. Run Newmarket Jun 12
55. Friday 5 Bury Jun 17
56. Martock 10K Jun 19
57. Sandringham HM Jun 19
58. Stowmarket Friday 5 Jun 24
59. Orwell 10K, Cambs Jun 26
60. Abbot 10K Ramsey, Cambs Jun 26
61. Great Bentley Friday 5 Jul 1
62. NJ Marcus Gynn 10K Jul 3
63. Ultra-X Hebden Bridge 50K Jul 9
64. Wibbly Wobbly Log Jog Jul 15
65. Writtle Wround 50K Jul 24