

NJ Women's Road-MT Achievements 2022 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.howardtribb.co.uk/athletics/wmaloukup15.html> and freely available online. All queries to: chris.ylmer@newmarketjoggers.co.uk

First Name	Surname	Age Group	5K H'Cap 2022 SB	5K Hockeys SB	5K parkrun SB	5K Run N'mkt 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	
Sophie Adams		40-44		0:29:54	0:28:31	0:30:40	0:28:31		54.24																								54.24	Tungsten		
Rachel Allen		40-44		0:42:14	0:39:04		0:39:04		38.82	1:14:06	4	33.60																					38.82	Granite		
Wendy Ancill		50-54																																65.75	Gold	
Millie Anderson				0:32:29			0:32:29																													
Suzanne Bailey		55-59	0:28:15	0:27:17	0:28:08		0:27:17		66.34																										66.34	Gold
Zara Bailey				0:32:36			0:32:36																													
Toni Baxter		25-29											0:38:33	51	78.69																				78.69	Diamond
Ruth Bell		25-29	0:26:46	0:25:35	0:24:27		0:24:27		60.40																										60.40	Gold
Sarah Boneham		50-54																																		
Joanne Boutell		55-59	0:32:42	0:31:53		0:34:19	0:31:53		56.77	1:01:53	4	48.53																								
Angela Brennan		30-34	0:30:10	0:28:57	0:29:12		0:28:57		51.17				1:06:30	39	45.74	1:45:10	8	47.04																		
Olivia Cartt		25-29	0:27:01	0:22:26		0:22:01	0:22:01		87.07	0:39:52	4	60.70	0:50:14	42	60.38																					
Ulani Corbett		10-14			0:20:46	0:20:42	0:20:42		76.25																											
Rosalyn Crawford		35-39			0:25:10		0:25:10		59.67																											
Edwina Dickson		35-39																																		
Orla Dockery		35-39	0:32:16			0:32:16	0:32:16		46.18				1:09:38	13	44.02																					
Angela Drury		40-44		0:26:04	0:28:37		0:26:04		58.89																											
Ruth Eberhardt		45-49		0:24:23	0:24:25		0:24:23		67.05																											
Pearl Fay		60-64	0:36:49	0:34:33	0:37:28	0:36:37	0:34:33		55.72	1:05:22	5	48.42	1:16:03	37	53.30																					
Rebecca Fordham		50-54	0:25:50				0:25:50		65.35				1:00:38	51	57.89																					
Lisa Ann Garrand		35-39	0:30:05		0:29:54		0:29:54		49.72	0:54:52	5	44.41																								
Gillian Green		60-64			0:38:15		0:38:15		49.06				1:19:39	19	48.82																					
Jackie Hall		40-44		0:30:00		0:30:00	0:30:00		51.94																											
Rebecca Hannah		35-39	0:36:32		0:35:09		0:35:09		42.29																											
Elke Hausler		55-59		0:20:45	0:21:12	0:23:48	0:20:45		88.27																											
Jo Haynes		50-54		0:26:01	0:25:29	0:27:04	0:25:29		66.25																											
Jackie Henley		55-59	0:32:16		0:33:18	0:33:56	0:32:16		54.13	0:55:49	50	51.84																								
Jan Holmes		55-59	0:28:32	0:30:14	0:28:56		0:28:32		63.43	0:54:19	5	55.29	1:02:41	19	60.41																					
Jill Howard		55-59																																		
Lisa Jennings		50-54		0:31:34			0:31:34		52.32	0:53:08	4	51.37																								
Danielle Jones		25-29		0:23:28	0:25:38		0:23:28		62.93				0:50:14	42	60.38																					
Sarah Kinston		45-49	0:28:42	0:30:19	0:29:12		0:28:42		55.75				1:06:07	1	50.06																					
Sarah Last		50-54		0:31:46		0:31:46	0:31:46		51.99				1:06:54	19	51.22																					
Rachael Matpress		40-44		0:25:34		0:25:34	0:25:34		60.04				0:53:37	37	58.63																					
Ellie Margrett		40-44																																		
Sarah Martin		40-44	0:30:23	0:30:21	0:29:02		0:29:02		53.67				1:06:11	44	48.58																					
Anna Mayhew		50-54		0:27:34	0:30:23	0:27:34	0:27:34		61.25	0:57:37	30	60.92	1:37:35	8	58.92	2:19:17	20	54.54																		
Lyndia McCormack		60-64	0:30:59		0:29:25		0:29:25		63.80																											
Caroline Mcintosh		65-69		0:31:26	0:34:47	0:35:18	0:31:26		66.22	0:55:49	50	62.59	1:07:45	52	65.31	2:02:11	8	59.42																		
Rebecca Oettle		35-39		0:23:10	0:22:53		0:22:53		64.97																											
Jenny Osburn		70-74		0:43:00	0:45:21	0:43:00	0:43:00		51.24																											
Sianie Painter		55-59	0:31:36	0:31:19	0:32:55	0:34:38	0:31:19		56.47																											
Hannah Parsons		45-49		0:21:22		0:33:10	0:21:22		74.88				0:46:10	44	70.97																					
Stephanie Purglove						0:33:10	0:33:10																													
Emma Reader		35-39	0:31:20			0:31:20	0:31:20		47.93	1:02:03	48	39.70																								
Cathy Russell		55-59																																		
Sarah Sales		50-54		0:24:23	0:24:16		0:24:16		70.40							1:37:35	38	59.66																		
Helina Salo		25-29																																		
Belinda Schofield		65-69																																		
Francesca Self		30-34	0:27:44			0:27:44	0:27:44		53.31				0:57:41	39	52.73																					