Newmarket Joggers: Men's Grand Prix 2023

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

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Newmarket Jogger			Event & dist:	Stowmarket XC, Haughley Pk 8km NOT COUNT FOR GP			Bury St Ed XC Pakenham ~8.0K			Bungay XC Southwold ~8.5K			Haverhill XC Horseheath ~7.6K			Summer Series CTC/HI 5K			Summer Series NJ 5K NOT COUNT FOR GP			Newmarket 10K			Summer Series SS 5K			Summer Series HRC 5K			Summer Series ER 5K			Summer Series RR 5K			Framlingham XC POSTPONED UNTIL 2024, NOT COUNT 2023			Woodbridge XC Sutton Heath ~8.2km/5.1mi						
			Date:	15th Jan			12th February			5th March			26th March			27th April			8th June			25th June			13th July			3rd August			17th August			31st August			29th October			3rd December						
First Name	Surname * wild card played	Age Band	Total Pts	Time	Age Grade %	N/A	Time	Age Grade %	Pts	Time	Age Grade %	Pts	Time	Age Grade %	Pts	Time	Age Grade %	Pts	Time	Age Grade %	N/A	Time	Age Grade %	Pts	Time	Age Grade %	Pts	Time	Age Grade %	Pts	Time	Age Grade %	Pts	Time	Age Grade %	Pts	Time	Age Grade %	N/A	Time	Age Grade %	Pts	Wild Card Race/Dist	Wild Card Date	Wild Card Time	Wild Card AG%	Wild Card Pts
James	Smith*	40-44	709	0:31:18	71.88		0:28:25	79.65	79				0:28:23	75.69	75				0:16:55	82.76		0:36:13	78.32	78	0:16:31	84.76	84	0:17:21	81.27	81	0:17:44	79.51	79	0:18:10	77.61	77				0:29:56	78.12	78	Saxon 5M	15/10/2023	0:29:07	78.76	78
Paul	Holley*	55-59	693	0:32:49	76.08		0:29:20	85.80	85							0:17:16	90.25	90				0:38:54	82.05	82	0:17:20	89.90	89	0:18:08	85.94	85	0:17:40	88.21	88	0:18:32	84.08	84							Hendv Eastleigh 10K	19/03/2023	0:34:57	90.51	90
Marc	Drury*	50-54	688	0:37:35	62.71		0:39:06	60.70	60	0:39:42	63.60	63	0:34:07	66.05	66	0:20:48	70.91	70					V	82	0:19:25	75.97	75				0:20:49	70.86	70	0:21:54	67.35	67				0:37:44	65.02	65	Ely Runfest 10K	08/10/2023	0:42:29	70.73	70
Mark	Hayward	40-44	632	0:31:31	70.28		0:28:36	77.97	77							0:17:17	79.85	79	0:17:17	79.85		0:35:32	78.61	78	0:16:23	84.23	84	0:16:49	82.06	82	0:17:02	81.02	81	0:17:55	77.02	77				0:30:44	74.89	74					
Andy	Fryatt*	55-59	627										0:36:40	64.55	64	0:20:57	73.19	73	0:21:41	70.71			V	82	0:22:49	67.71	67	0:23:04	66.98	66	0:21:46	70.98	70	0:23:24	66.03	66				0:38:51	66.41	66	Duxford Dash 10K	22/10/2023	0:43:19	73.03	73
Neville	Clarke	70-74	595	0:41:10	68.22		0:36:53	76.82	76	0:41:37	72.53	72	0:38:05	70.50	70	0:22:34	76.59	76	0:21:45	79.46			V	82	0:21:47	79.34	79				0:23:59	72.06	72	0:25:22	68.13	68											
Chris	Aylmer*	70-74	562	0:58:17	49.99		0:53:19	55.08	55				0:54:58	50.64	54	0:33:41	53.19	53					V	82	0:30:37	58.52	58	0:32:34	55.02	55	0:34:28	51.98	51	0:35:26	50.56	50				1:04:02	47.68	47	Sudbury Friday 5M	02/06/2023	0:50:57	57.93	57
Joey	Bendall	35-39	527	0:31:35	68.13					0:33:12	69.88	69	0:29:10	71.03	71	0:17:05	79.12	79	0:16:49	80.38		0:36:45	74.42	74	0:16:20	82.76	82				0:17:07	78.97	78							0:30:02	74.42	74					
Tom	Elton	55-59	507				0:40:21	61.30	61	0:43:53	58.97	59	0:39:40	59.66	59	0:25:28	60.21	60					V	82	0:22:48	70.44	70	0:24:07	63.58	63											0:47:54	53.41	53					
Brian	Munns	60-64	506	1:03:10	40.55		0:57:21	45.05	45	0:52:49	52.04	52	0:46:29	52.71	52	0:28:26	55.69	55	0:41:23	38.26			V	82				0:28:58	55.12	55	0:28:07	56.79	56	0:29:17	54.52	54				0:47:46	55.93	55					
Jim	Withers	65-69	474							0:55:08	54.20	54	0:50:57	52.18	52	0:28:44	59.53	59	0:29:12	58.56			V	82	0:27:42	61.73	61	0:28:38	59.72	59				0:31:12	54.81	54				0:53:57	53.88	53					
Alan	Thornhill*	75-79	466										0:46:48	61.22	61	0:29:12	63.18	63	0:28:18	65.19			V	82	0:27:20	68.60	68	0:28:23	66.06	66										0:51:12	61.56	61	Bonfire Burn 10K	05/11/2023	0:59:13	65.47	65
Daniel	Tee	40-44	458	0:40:45	53.58		0:36:08	60.79	60	0:40:38	57.47	57	0:35:57	58.00	58								V	82	0:19:23	70.25	70				0:19:57	68.25	68	0:21:34	63.14	63											
Robert	Hawkins	55-59	444	0:48:33	52.32		0:42:41	59.98	59				0:42:11	57.57	57	0:25:48	60.92	60	0:25:35	61.43			V	82	0:24:12	64.94	64				0:26:08	60.14	60							0:42:23	62.49	62					
Stephen	Edwards	55-59	424													0:22:59	68.38	68	0:23:22	67.26			V	82	0:21:27	73.82	73	0:21:54	72.30	72	0:22:06	71.64	71	0:22:45	69.60	69				0:36:51	71.87	71					
Liam	Elvidge	25-29	402				0:46:24	45.69	45							0:24:03	53.98	53	0:23:19	55.68			V	82	0:22:27	57.83	57	0:23:05	56.25	56	0:23:09	56.08	56	0:24:07	53.84	53											
Stephen	Cousins	65-69	392	0:45:19	59.10		0:40:14	67.15	67							0:28:19	58.80	58	0:23:55	69.62			V	82	0:22:54	72.71	72	0:24:15	68.66	68	0:24:25	68.19	68							0:47:12	59.25	59					
Phil	Blundell	45-49	384				0:36:58	62.71	62							0:25:08	56.96	56					V	82	0:22:58	62.77	62	0:23:23	61.65	61	0:23:37	61.04	61														
Christopher	Underwood	30-34	321	0:36:49	57.13		0:33:13	64.38	64										0:20:15	65.19					0:19:21	68.22	68	0:20:07	65.62	65	0:20:25	64.65	64	0:21:53	60.32	60											
Robert	Dobson	40-44	319																			0:37:01	76.63	76							0:16:43	83.75	83	0:17:35	79.62	79				0:28:50	81.10	81					
Jonathan	Ollington	55-59	308																0:21:19	71.93			V	82	0:19:46	78.16	78	0:20:50	74.16	74	0:20:44	74.52	74														
Nathan	Brown	25-29	307	0:30:05	69.09		0:26:57	78.66	78				0:29:14	68.76	68				0:16:51	77.05			V	82	0:15:47	82.26	82	0:16:16	79.82	79																	
Stuart	Sowerby	50-54	289										0:33:42	66.86	66								V	82	0:20:01	73.11	73				0:21:24	68.93	68											
Jonathan	Pye	35-39	276				0:31:48	67.51	67																0:17:34	75.52	75	0:20:23	65.09	65	0:19:10	69.22	69														
Ian	Butcher	65-69	273							0:45:53	63.28	63							0:24:13	68.75								0:22:50	72.92	72	0:23:17	71.51	71	0:24:40	67.50	67											
Marc	Feary	40-44	264																0:20:29	67.86		0:45:35	61.76	61	0:19:38	70.80	70				0:20:32	68.18	68	0:21:16	65.83	65											
Malcolm	Osbourn	75-79	261							0:56:30	57.91	57							0:30:02	63.54			V	82							0:30:27	62.67	62	0:31:47	60.04	60											
Sam	Sadler	35-39	224																0:18:51	71.18					0:17:13	78.51	78	0:17:57	75.30	75				0:19:02	71.02	71											
Chris	Burns	50-54	217																0:20:32	73.54		0:20:22	74.14	74							0:20:14	74.63	74	0:21:37	69.85	69											
Jacob	Freebornoueh	20-24	193																			0:44:16	60.35	60				0:21:08	61.44	61									0:30:06	72.20	72					
Jeremy	Reader	50-54	193	0:45:27	51.85		0:41:09	57.68	57										0:24:35	59.53			V	82										0:27:01	54.16	54											
Mark	Geddie	50-54	190													0:22:50	66.13	66													0:23:22	64.62	64	0:24:52	60.72	60											
Neil	Williamson	45-49	189																				V	82				0:25:28	56.61	56									0:46:28	51.94	51					
Shane	Mcandrew	40-45	183																			0:46:44	57.92	57				0:20:59	63.54	63	0:21:02	63.39	63													
Neil	Pollard	45-49	156										0:29:42	72.90	72										0:16:47	84.71	84																		
Dan	Hutchison	35-39	151	0:31:57	67.81								0:29:10	71.03	71	0:16:49	80.38	80																												
Jason	Beeton	35-39	150																				V	82				0:19:48	68.77	68															
Jon	Brooker	55-59	145																				V	82							0:24:46	63.46	63											
Andy	Hayward	35-39	120																				V	82	0:35:50	38.00	38																	
Joe	Cormack	40-44	118													0:21:29	63.85	63													0:24:44	55.46	55												
Stuart	Janes	55-59	82																				V	82																					
Richard	Jones	60-64	82																				V	82																					
Charles	Richmond	50-54	82																				V	82																					
Alan	Shand	65-69	82																				V	82																					
Denvs	Olefir	40-44	80													0:17:13	80.15	80	0:17:29	78.93																											
Greg	Davis	60-64	76																0:21:56	72.8																					0:35:28	76.03	76					
Adam	Maltpress	45-49	58																			0:48:52	58.53	58																					
Martin	Smith	45-49	54																															0:26:27	54.13	54										
Paul	Roberts	40-44	51																			0:55:29	51.13	51																					
Aaron	Self	30-34	46																0:24:19	54.28					0:28:07	46.95	46																			
Steven	Cleary	45-49	37																			1:17:49	37.35	37																					
Dominic	Doe	60-64	0																																										
Richard	Eddershaw	60-64	0																0:21:44	74.08																											
Wayne	Hargreaves	50-54	0																																										
Andy	Harward	35-39	0																0:37:01	36.79																											
Chris	Howell	50-54	0																																										
Craig	Ladley	40-44	0																																										
Anderson	McKeague	35-39	0																																									
Brian	Rice	55-59	0																																										
Sean	Rollinson	J15-19	0																0:19:16	71.11																											
Mike	Sales	55-59	0																0:25:17	61.11																											
Andrew	Taylor	50-54	0																																										
Marc	Walker	50-54	0																																										