Newmarket Joggers: Women'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

	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							
Place	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
1	Nicole	Smith*	50-54	622				0:48:39	56.29	56	0:52:03	56.13	56	0:49:43	52.20	52				0:27:35	60.54			V	82	0:26:03	64.11	64	0:26:56	62.00	62	0:26:41	62.59	62	0:27:35	60.54	60				0:45:50	62.11	62	Thurlow 5M	22/10/2023	0:41:45	66.07	66
2	Sianie	Painter*	55-59	617	0:54:26	55.05		0:47:50	61.57	61	0:53:36	58.64	58	0:47:58	58.17	58				0:28:51	61.99			V	82	0:28:41	62.35	62	0:29:06	61.45	61	0:29:02	61.60	61	0:30:14	59.15	59				0:52:15	58.66	58	Abington 10K	01/10/2023	1:03:28	57.76	57
3	Joanne	Bouttell*	60-64	549	1:03:35	48.52		0:57:20	52.67	52	1:04:51	49.73	49	0:58:25	48.96	48	0:34:39	52.86	52					V	82	0:32:56	55.62	55	0:34:22	53.30	53	0:33:52	54.08	54	0:36:20	50.41	50							Gt. Bentley Friday 5M	07/07/2023	0:55:59	54.33	54
4	Angela	Drury*	40-44	517							0:51:31	51.86	51	0:44:29	53.39	53	0:27:07	56.61	56					V	82	0:24:57	61.99	61				0:29:15	52.88	52	0:28:38	54.02	54				0:50:15	51.58	51	Zig Zag Barrow 10K^	25/11/2023	0:55:27	57.52	57
5	Elke	Hausler	60-64	492	0:41:38	74.10		0:38:13	79.02	79							0:22:47	81.35	81	0:22:53	80.99					0:20:40	89.68	89	0:22:13	83.42	83	0:22:15	83.30	83	0:23:54	77.55	77											
6	Suzanne	Bailey*	55-59	466													0:30:17	60.48	60	0:29:38	61.81			V	82	0:26:29	69.16	69	0:28:39	63.93	63	0:28:26	64.42	64	0:30:06	60.85	60							Cambridge T&G 10K	15/10/2023	0:55:26	68.80	68
7	Caroline	Mcintosh*	70-74	454										0:59:02	56.38	56	0:33:38	62.78	62					V	82	0:32:10	65.65	65	0:33:50	62.41	62				0:36:15	58.25	58							Duxford 10K	22/10/2023	1:05:25	69.78	69
8	Lilian	Corbett	J15-19	439													0:20:24	76.06	76	0:20:00	77.58		0:46:58	68.42	68	0:20:22	76.19	76	0:20:42	74.96	74	0:20:45	74.78	74	0:21:35	71.89	71											
9	Bridget	Wallwin	55-59	374													0:31:29	55.48	55					V	82	0:28:16	61.79	61	0:29:24	59.41	59	0:28:58	60.30	60	0:30:22	57.52	57											
10	Jan	Holmes*	60-64	373				0:52:52	57.12	57														V	82				0:31:58	57.98	57	0:31:56	58.04	58	0:32:39	56.76	56							St Nick 10K, BSE	08/10/2023	1:01:14	63.50	63
11	Wendy	Ancill	50-54	354																				V	82	0:23:40	72.18	72	0:25:02	68.24	68	0:25:01	68.29	68	0:26:30	64.47	64											
12	Cerys	Bithell	J15-19	352													0:20:43	74.90	74	0:20:12	76.82		0:48:48	65.85	65	0:19:18	80.40	80	0:21:21	72.68	72	0:25:05	61.86	61														
13	Angela	Brennan	30-34	340																0:28:57	51.24			V	82	0:27:13	54.50	54	0:28:09	52.69	52	0:27:44	53.49	53	0:29:48	49.78	49				0:48:57	50.63	50					
14	Sophie	Adams	40-44	336													0:31:36	49.31	49					V	82	0:28:28	54.74	54	0:29:57	52.03	52	0:30:12	51.60	51	0:31:53	48.88	48											
15	Ruth	Eberhardt	50-54	285													0:32:38	50.61	50	0:27:43	59.59					0:25:38	64.43	64	0:27:28	60.13	60	0:29:05	56.79	56	0:29:59	55.09	55											
16	Sarah	Kinston	45-49	284													0:31:19	51.62	51	0:30:38	53.37			V	82				0:31:37	51.71	51	0:32:00	51.09	51	0:32:43	49.97	49											
17	Rebecca	Oettle	35-39	263													0:22:09	67.27	67	0:22:09	67.27					0:21:24	69.63	69	0:22:40	65.74	65				0:23:54	62.34	62											
18	Ellie	Bithell	45-49	258													0:25:13	62.86	62				0:53:55	60.77	60	0:22:30	70.44	70	0:23:45	66.74	66																	
19	Pearl	Fay	60-64	243	1:03:10	51.90														0:36:29	53.40			V	82	0:33:28	58.22	58				0:36:48	52.94	52	0:37:48	51.54	51											
20	Hannah	Parsons	45-49	218													0:23:23	68.42	68	0:22:20	71.64			V	82							0:23:28	68.89	68														
21	Helen	Wass	55-59	208										0:46:08	61.24	61								V	82				0:27:29	65.86	65																	
22	Sarah	Osborne	30-34	203							0:41:23	61.98	61	0:34:58	65.25	65				0:19:39	75.32					0:19:06	77.49	77																				
23	Jackie	Henley	55-59	182																				V	82							0:34:39	51.03	51	0:36:00	49.12	49											
24	Sarah	Martin	45-49	174																				V	82	0:32:25	48.48	48							0:35:39	44.05	44											
25	Emma	Burns	40-44	151																									0:29:23	52.64	52	0:31:21	49.34	49	0:30:21	50.96	50											
26	Belinda	Schofield	65-69	148	0:48:06	71.52		0:43:46	75.86	75																															0:46:49	73.94	73					
27	Hannah	Pollard	40-44	138													0:22:44	67.52	67							0:21:37	71.01	71																				
28	Lisa Ann	Garrand	35-39	134																				V	82				0:28:35	52.13	52																	
29	Olivia	Carter	25-29	82																0:24:04	61.36			V	82																							
30	Jackie	Hall	45-49	82																0:26:47	58.68			V	82																							
31	Rachael	Maltpress	40-44	82																				V	82																							
32	Jennifer	Osbourn	75-79	82																				V	82																							
33	Kate	Warboys	50-54	82																				V	82																							
34	Rebecca	Hannah	35-39	76																												0:38:42	38.67	38	0:38:50	38.54	38											
35	Mandy	Corbett	40-44	67																												0:23:13	67.12	67														
36	Caroline	Freeborough	60-64	60																																					0:52:16	60.17	60					
37	Anna	Mayhew	50-54	60																									0:28:26	60.73	60																	
38	Dina	Heggum	25-29	56										0:40:17	56.60	56																																
39	Francine	Dasseville	50-54	51																															0:32:15	51.78	51											
40	Jo	Townsend	45-49	51																												0:31:21	51.57	51														
41	Ludmila	Michalkova	50-54	50													0:33:33	50.92	50																													
42	Svitlana	Zinchenko	40-44	50													0:30:45	50.68	50	0:29:35	52.68																											
43	Zara	Bailey	25-29	0																																												
44	Rebecca	Fordham	50-54	0																																												
45	Gillian	Green	60-64	0																																												
46	Jill	Howard	55-59	0																																												
47	Danielle	Jones	25-29	0																0:24:22	60.60																											
48	Sarah	Last	50-54	0																																												
49	Ellie	Margetts	40-44	0																																												
50	Lynda	McCormack	60-64	0																																												
51	Sarah	Sales	50-54	0																0:26:48	64.43																											
52	Helina	Salo	25-29	0																																												
53	Christine	Shand	60-64	0																																												
54	Alexia	Smithson	35-39	0																																												
55	Isabel	Vicente	55-59	0																																												
56	Christine	Windsor	70-74	0																																												

^ Barrow 10K came out at 10.95km on Garmin. Time taken at 10.00km