

# Congleton Harriers Age-Graded Performance

Most sports have a way of providing a "handicap" to athletes of differing abilities. This is so that an average athlete can compete against a more well trained athlete and still have a chance of defeating them. The "handicap" is used to better the score of the weaker athlete. Age grading is a way of putting all race participants on a level playing field, regardless of age or gender. Age-graded scores let you compare your race times to those of different runners, as well as to the standard for your age and gender

For runners, an athlete's performance typically improves during youth and declines during ageing. Age Grading then is a type of "handicap" used in Track & Field to provide the athlete with a percentage value of the world record for their age and sex. Since the world record also degrades with age, the percentage can be used over a number of years to compare an athlete's performance. The percentage can also be used for comparing men and women equally. Typical percentages are as follows:-

100% = Approximate World-Record Level

90+% = World Class

80+% = National Class

70+% = Regional Class

60+% = Local Class

## EXAMPLE

Let's say a man of age 43 runs the 200 metres sprint in 26.72 seconds. His Age Graded time would be 24.83 seconds. This means that in his prime (typically 19 to 29 years old) he would have run a time of 24.83 seconds.

This is arrived at by taking his actual time and multiplying by 0.9291 as recorded in the standard age grade tables. His Age Graded performance would be 79.5%. This means that his actual time is 79.5% of the world standard for his age. This is arrived at by taking the world standard for his age of 21.23 (as obtained from the standard age grade tables) and dividing by his actual time.

Another example is a woman of age 71 who runs the 200 Metres in 37.48 seconds. Her Age Graded time would be 26.53 seconds. This means that in her prime (typically 19 to 29 year old) she would have run a time of 26.53 seconds. This is arrived at by taking her actual time and multiplying by 0.7078. Her Age Graded performance would therefore be 81.6%. This means that her actual time is 81.6% of the world standard for her age.

This is arrived at by taking the world standard for her age of 30.57 and dividing by her actual time.

In the above two examples, if the man and woman had run in a head-to-head competition, the man would have won the race by nearly 11 seconds. This of course would not be a fair race because men are typically faster than women to start with, let alone their age difference that would make the man even that much faster. Using their age graded time, the man would still have easily won the race because even in their prime, men are faster than women. However, the woman is actually in better shape for her age than the man for this event. This can be seen by their percentages. The woman had 81.6% and the man had 79.5%. This means that the woman ran a better time for her age than the man did for his age.

## WHO MAINTAINS AGE-GRADED TABLES ?

The tables were researched and compiled by the WMA (formerly WAVA), the world governing body for Masters Track & Field, Long Distance Running and Racewalking. Age Grade tables exist for ages 8 through 100 for all major events. Please note that the WMA updated their tables in 2015 to reflect improving athlete performances across most distances and we are now using the new data. [Some organisations are still using the old tables which may over-represent performance slightly.](#)

## WHAT IS THE CONGLETON HARRIERS AGE-GRADED COMPETITION?

In 2012 Congleton Harriers established a new competition based on members' performances in road races as measured by the WMA Age-Graded tables. The annual (Jan-Dec) competition is open to all Club members and results from all road races run over an accurately-measured course are automatically included. In addition to road, we have also included the Congleton Park Run results since this event is extremely popular with Club members and the course has been accurately measured.

The summary table which follows indicates members' best age-graded % since 2012 - "**Best % Performances**". (*up to the date of consolidation - see the heading*).

The Latest Results table shows results added to the database since the summary table was updated. Members posting an improvement since the consolidation are highlighted.

Members can use this data to track their performance over time and there are prizes for the top three Harriers at the end of each year. Personal performance reports are available - just ask.

Any questions? [rich.benson@btinternet.com](mailto:rich.benson@btinternet.com)

# Best % Performance Since 2012

Last Updated: 31 December 2016

Name	Date	Event	Distance	Time	Performance %	Improvement
Mikko Kuronen	12/11/2016	Cheshire 10k	10 km	00:37:41	84.70%	0.00%
Bill Boynton	09/07/2015	Sale Sizzler	5 km	00:21:32	84.0%	
Brian Evans	07/05/2016	Park Run	5 km	00:17:59	83.32%	3.05%
Phil Dawson	18/08/2013	Birchwood	10 km	00:42:04	80.1%	
Bryan Lomas	22/11/2015	Clowne Half	H. Mar	01:21:24	79.5%	
Joanne Moss	03/12/2016	Park Run	5 km	00:20:10	78.60%	2.59%
Bryan Carr	08/06/2014	Potters Arf	H. Mar	01:26:28	78.1%	
Chris Moss	10/12/2016	Park Run	5 km	00:18:33	77.18%	0.21%
Anthony Allen	24/12/2016	Park Run	5 km	00:17:39	76.02%	
Debbie Hill	29/12/2012	Park Run	5 km	00:22:55	76.0%	
Julian Barry	19/04/2014	Park Run	5 km	00:21:45	75.7%	
Emma Weston	06/11/2016	Flying Fox	10 Mile	01:10:39	75.16%	
Charmaine Wood	10/05/2015	Market Drayton	10 km	00:41:23	74.3%	
Mel Worthington	30/08/2016	Crewe 5k	5 km	00:21:18	73.16%	
Pete Newham	01/03/2014	Park Run	5 km	00:19:14	73.1%	
Val Fussell	18/05/2014	Chester Half	H. Mar	01:55:30	72.9%	
Steve Bacon	04/04/2012	Chester Spring	5 Mile	00:31:59	72.7%	
Chris Thomas	11/05/2014	Market Drayton	10 km	00:45:31	72.7%	
Paul Sellers	31/12/2014	Park Run	5 km	00:21:10	72.6%	
Ian Prime	16/01/2016	Southsea Parkrun	5 km	00:20:29	72.58%	5.45%
Paul Crean	09/04/2016	Park Run	5 km	00:21:51	72.46%	3.67%
David Taylor	27/07/2014	Tenby 10k	10 km	00:48:08	71.9%	
Paul Steel	30/08/2016	Crewe 5k	5 km	00:20:22	71.85%	0.52%
Nigel Poole	30/04/2016	Park Run	5 km	00:21:54	71.77%	6.14%
Rich Benson	08/04/2012	Air Products	10 km	00:46:32	71.7%	
Felicity Doyle	05/04/2015	Air Products	10 km	00:52:30	71.7%	
Tom Brown	06/10/2013	Congleton Half	H. Mar	01:25:59	71.2%	
Sandre Jackson	03/04/2016	Wilmslow Half	H. Mar	01:53:48	71.10%	0.77%
Graeme Burns	12/11/2016	Cheshire 10k	10 km	00:42:16	70.47%	
Harry Stubbs	25/11/2012	Cheddleton	10 km	00:49:39	70.3%	
Dave Clark	22/03/2015	Wilmslow Half	H. Mar	01:25:37	70.0%	
Terry Dykes	04/12/2016	Wilmslow 10k	10 km	00:50:36	69.96%	
Nick Budd	30/04/2016	Park Run	5 km	00:21:42	69.59%	2.66%
Michelle Mathews	02/01/2016	Park Run	5 km	00:21:35	69.34%	0.17%
Stuart Rider	11/06/2016	Park Run	5 km	00:19:14	69.32%	
Paula Kennerley	05/11/2016	Langley 7	7 Mile	00:54:12	69.14%	9.81%
Simon Higgins	30/01/2016	Park Run	5 km	00:20:41	68.17%	
Craig Hewitt	10/05/2015	Market Drayton	10 km	00:40:02	67.9%	
Tony Smith	17/12/2016	Park Run	5 km	00:23:54	67.36%	0.81%
Ann Lomas	25/03/2012	Stafford	H. Mar	01:43:06	67.4%	
Arron Abdi Tehrani	02/07/2016	Park Run	5 km	00:19:29	67.24%	
Chris Smith	13/05/2012	Chester	H. Mar	01:30:28	67.1%	
Lucy Rusbridge	24/12/2016	Park Run	5 km	00:23:42	66.88%	6.19%
Derek Lucas	31/12/2014	Park Run	5 km	00:26:25	66.8%	
Judith Newham	08/04/2012	Air Products	10 km	00:47:50	66.4%	
Maria Jensen	16/10/2016	Manchester	H. Mar	01:41:00	66.39%	3.16%
Steve Dunn	31/12/2014	Park Run	5 km	00:22:28	66.2%	
Alex McCormick	06/05/2012	Uttoxeter	H. Mar	01:40:22	66.1%	

# Best % Performance Since 2012

Last Updated: 31 December 2016

Name	Date	Event	Distance	Time	Performance %	Improvement
Jessica Banks	24/12/2016	Park Run	5 km	00:22:21	66.07%	
Malcolm Jackson	26/05/2013	Manchester 10k	10 km	00:51:23	66.0%	
Liz Smart	27/07/2014	Great Warford	10 Mile	01:33:20	66.0%	
Suzanne Roebuck	31/12/2014	Park Run	5 km	00:24:19	65.9%	
Pete Doyle	25/03/2012	Stafford	H. Mar	01:44:33	65.7%	
Harold Pinkney	31/12/2014	Park Run	5 km	00:25:06	65.6%	
Christopher Smith	28/04/2013	Manchester Marathon	Marathon	03:13:32	65.6%	
Ellie Dick	21/11/2015	Park Run	5 km	00:22:57	65.4%	
Michael Stanley	18/06/2016	Park Run	5 km	00:21:57	65.22%	6.13%
Andy Roberts	10/04/2016	Manchester	Marathon	03:27:01	64.59%	
Jack Sargeant	08/11/2014	Park Run	5 km	00:20:03	64.3%	
Carolyn Charlesworth	07/02/2016	Alsager 5	5 Mile	00:39:34	64.24%	0.02%
Andrew Eaton	15/02/2014	Park Run	5 km	00:20:05	64.2%	
James Yates	31/12/2016	Park Run	5 km	00:21:13	64.18%	
Paul Bevan	31/12/2014	Park Run	5 km	00:22:16	64.1%	
Sara Stead	23/03/2014	Wilmslow Half	H. Mar	01:45:33	64.1%	
Andrew Bell	14/06/2015	Potters Arf	H. Mar	01:48:22	64.0%	
Sarah Poole	30/08/2016	Crewe 5k	5 km	00:23:07	63.88%	5.45%
Robert Parkin	12/03/2016	Park Run	5 km	00:22:06	63.80%	0.38%
Martin Wood	05/04/2015	Air Products	10 km	00:50:36	63.7%	
Alice Nimmo	08/10/2016	Park Run	5 km	00:23:18	63.38%	
Vicci Kirkpatrick	04/10/2015	Congleton Half	H. Mar	01:48:02	63.4%	
Matt Belford	05/04/2015	Air Products	10 km	00:44:07	63.0%	
Debbie Steel	17/01/2016	Four Villages	H. Mar	01:51:40	62.84%	1.17%
Ella Lyman	31/12/2014	Park Run	5 km	00:25:47	62.8%	
Jamie Moss	27/03/2016	Air Products 10k	10 km	00:44:13	62.57%	
John Burn	10/12/2016	Park Run	5 km	00:22:16	62.43%	
Luan Machin	16/05/2012	Clayton	10 km	00:49:26	62.0%	
Heather Jackson	02/02/2014	Alsager 5	5 Mile	00:39:26	61.8%	
Andrew Billingsley	31/12/2014	Park Run	5 km	00:24:19	61.6%	
Nicole Richards	17/01/2016	Four Villages	H. Mar	01:46:20	61.32%	
Strachan McCormick	12/03/2013	Bath Half	H. Mar	01:37:55	61.2%	
Nicole Humphreys	06/11/2016	Flying Fox	10 Mile	01:20:46	61.10%	
Jason Chappell	14/06/2015	Potters Arf	H. Mar	01:40:37	60.8%	
Adrian Machin	16/05/2012	Clayton	10 km	00:46:13	60.6%	
Stephen Burns	31/12/2014	Park Run	5 km	00:21:54	60.6%	
Laura Stubbs	03/07/2016	Southport Half	H. Mar	01:47:41	60.55%	
David Campbell	08/04/2012	Air Products	10 km	00:51:08	60.5%	
Dave Geary	31/12/2014	Park Run	5 km	00:23:06	60.5%	
Claire Cheetham	03/04/2016	Wilmslow Half	H. Mar	01:48:02	60.41%	
Chris Hewitson	06/04/2014	Manchester	Marathon	03:28:39	60.4%	
Emma Hall	06/08/2016	Park Run	5 km	00:24:52	60.39%	
Ali McNinch	02/02/2014	Alsager 5	5 Mile	00:42:37	60.4%	
Ellie Linsell	20/11/2016	Tatton Park	H. Mar	01:49:55	60.38%	
Janine Hulme	07/02/2016	Alsager 5	5 Mile	00:40:08	60.34%	
Matt Plummer	31/12/2014	Park Run	5 km	00:22:56	59.5%	
Jamilla Gaskill	04/12/2016	Wilmslow 10k	10 km	00:52:13	59.46%	
Helen Jeffery	31/12/2014	Park Run	5 km	00:25:13	59.3%	

# Best % Performance Since 2012

Last Updated: 31 December 2016

Name	Date	Event	Distance	Time	Performance %	Improvement
Louise Poole	12/11/2016	Park Run	5 km	00:24:58	59.15%	4.59%
Steve Webb	25/09/2016	Macclesfield Half	H. Mar	01:42:48	58.80%	0.29%
Lynne Roberts	12/05/2013	Chester Half	H. Mar	01:59:05	58.8%	
Mathew Belford	23/03/2014	Wilmslow Half	H. Mar	01:43:26	58.0%	
Jackie Ann Moss	06/02/2016	Park Run	5 km	00:25:50	57.68%	5.92%
Paul Birdsall	19/07/2015	Trentham 10k	10 km	00:50:10	57.5%	
Tim Harden	26/06/2016	Colshaw Hall	10 km	00:50:11	57.46%	0.53%
Timothy Cloughton	21/04/2013	London Marathon	Marathon	03:44:50	57.4%	
Robert Soames	14/05/2016	Park Run	5 km	00:24:09	57.14%	4.03%
Dave Fussell	18/05/2014	Chester Half	H. Mar	01:55:27	56.8%	
Victoria Crockett	09/06/2013	Potter Arf	H. Mar	01:58:18	56.6%	
Steve Tamplin	28/07/2013	Park Run	5 km	00:28:05	55.7%	
Martin Rous	05/11/2016	Langley 7	7 Mile	01:02:33	54.53%	
Beth Cliff	24/12/2016	Park Run	5 km	00:27:34	53.57%	5.15%
Caroline Chandler	01/02/2015	Alsager 5	5 Mile	00:47:31	53.3%	
Helen Doyle	01/02/2015	Alsager 5	5 Mile	00:46:44	51.8%	
Sarah Lyon	10/03/2013	Wrap & Run 10k	10 km	00:58:40	51.7%	
Sarah Richards	03/04/2016	Wilmslow Half	H. Mar	02:16:30	50.93%	5.02%
James Wood	05/02/2012	Alsager	5 Mile	00:28:30	50.0%	
Tim Smith	05/02/2012	Alsager	5 Mile	00:45:14	50.0%	
Nicholas Playford	13/05/2012	Chester	H. Mar	01:59:38	50.0%	
Cathy Dean	03/07/2016	Alderley ByPass	5 Mile	00:50:05	48.65%	
Emily Heptonstall	22/05/2016	Manchester 10k	10 km	01:04:35	47.02%	
SallyAnn Tatton	01/02/2015	Alsager 5	5 Mile	00:53:57	46.3%	
Hannah Singh	11/03/2013	Wrap & Run 10k	10 km	01:08:08	44.5%	
Laura Daniels	03/02/2013	Alsager 5	5 Mile	00:48:14	44.3%	
Tailend Charlie	01/10/1966	Hastings 10k	1 km	00:10:06	10.0%	

## Latest Results - Ranked

Name	Date of Race	Venue	Distance	Time	Time in secs	Age Factor	Standard	Age-Graded Time	Age-Graded Performance
Brian Evans	19/03/2017	Wilmslow Half	H. Mar	01:20:35	4835	0.8728	4014	01:10:20	83.02%
Mikko Kuronen	12/02/2017	Barcelona Half	H. Mar	01:23:53	5033	0.8417	4162	01:10:36	82.69%
Mikko Kuronen	05/02/2017	Alsager 5	5 Mile	00:31:15	1875	0.8352	1531	00:26:06	81.65%
Mikko Kuronen	22/01/2017	Kidsgrove 10k	10 km	00:39:21	2361	0.8369	1915	00:32:56	81.11%
Bryan Lomas	15/02/2017	Alvaston 5k	5 km	00:17:54	1074	0.9002	865	00:16:07	80.54%
Mikko Kuronen	05/03/2017	Ashbourne 10	10 Mile	01:05:37	3937	0.8399	3143	00:55:07	79.83%
Bryan Lomas	11/01/2017	Alvaston 5k	5 km	00:18:08	1088	0.9002	865	00:16:19	79.50%
Bryan Lomas	05/02/2017	Alsager 5	5 Mile	00:29:43	1783	0.9076	1409	00:26:58	79.02%
Joanne Moss	04/03/2017	Park Run	5 km	00:20:17	1217	0.9314	951	00:18:54	78.14%
Joanne Moss	05/02/2017	Alsager 5	5 Mile	00:33:25	2005	0.9276	1565	00:31:00	78.05%
Joanne Moss	22/01/2017	Kidsgrove 10k	10 km	00:42:11	2531	0.9259	1966	00:39:03	77.68%
Joanne Moss	15/01/2017	Four Villages	H. Mar	01:32:00	5520	0.9201	4252	01:24:39	77.03%
Chris Moss	21/01/2017	Park Run	5 km	00:18:44	1124	0.9002	865	00:16:52	76.96%
Emma Weston	05/02/2017	Alsager 5	5 Mile	00:34:04	2044	0.9364	1551	00:31:54	75.88%
Emma Weston	19/03/2017	Wilmslow Half	H. Mar	01:32:37	5557	0.9293	4210	01:26:04	75.76%
Joanne Moss	19/03/2017	Wilmslow Half	H. Mar	01:33:35	5615	0.9201	4252	01:26:06	75.73%
Bryan Lomas	15/01/2017	Four Villages	H. Mar	01:24:33	5073	0.9195	3810	01:17:45	75.10%
Phil Dawson	19/03/2017	Wilmslow Half	H. Mar	01:39:02	5942	0.7872	4450	01:17:58	74.89%
Emma Weston	22/01/2017	Kidsgrove 10k	10 km	00:43:24	2604	0.9349	1947	00:40:34	74.77%
Emma Weston	15/01/2017	Four Villages	H. Mar	01:34:42	5682	0.9293	4210	01:28:00	74.09%
Mel Worthington	05/02/2017	Alsager 5	5 Mile	00:34:55	2095	0.9447	1537	00:32:59	73.37%
Paul Steel	05/02/2017	Alsager 5	5 Mile	00:33:21	2001	0.8859	1444	00:29:33	72.16%
Chris Moss	19/03/2017	Stafford Half	H. Mar	01:28:03	5283	0.9195	3810	01:20:58	72.12%
Mel Worthington	11/02/2017	Park Run	5 km	00:21:48	1308	0.9476	935	00:20:39	71.48%
Mel Worthington	15/01/2017	Four Villages	H. Mar	01:37:31	5851	0.9378	4171	01:31:27	71.29%
Emma Weston	01/01/2017	Park Run	5 km	00:22:06	1326	0.9398	943	00:20:46	71.12%
Paul Crean	05/02/2017	Alsager 5	5 Mile	00:36:51	2211	0.8135	1572	00:29:59	71.10%
Bryan Lomas	01/01/2017	New Year Hangover	5 Mile	00:33:06	1986	0.9076	1409	00:30:02	70.95%
Paul Crean	22/01/2017	Kidsgrove 10k	10 km	00:46:40	2800	0.8145	1968	00:38:01	70.29%
Sarah Poole	05/02/2017	Alsager 5	5 Mile	00:35:59	2159	1	1452	00:35:59	67.25%
Nigel Poole	05/02/2017	Alsager 5	5 Mile	00:38:49	2329	0.8208	1558	00:31:52	66.90%
Alice Nimmo	05/02/2017	Alsager 5	5 Mile	00:36:15	2175	1	1452	00:36:15	66.76%
Nick Budd	15/01/2017	York Brass Monkey	H. Mar	01:41:27	6087	0.865	4050	01:27:45	66.54%
Paul Crean	15/01/2017	Four Villages	H. Mar	01:47:16	6436	0.8183	4281	01:27:47	66.52%
Paul Steel	12/03/2017	Knighton 20	20 Mile	02:33:30	9210	0.8961	6117.653	02:17:33	66.42%
Tony Smith	22/01/2017	Kidsgrove 10k	10 km	00:49:58	2998	0.807	1986	00:40:19	66.24%
Sarah Poole	14/01/2017	Park Run	5 km	00:22:18	1338	1	886	00:22:18	66.22%
Sarah Poole	22/01/2017	Kidsgrove 10k	10 km	00:46:14	2774	1	1820	00:46:14	65.61%
Vicci Kirkpatrick	19/03/2017	Wilmslow Half	H. Mar	01:45:04	6304	0.9458	4136	01:39:22	65.61%
Ellie Dick	04/02/2017	Park Run	5 km	00:22:56	1376	0.9831	901	00:22:33	65.48%
Paul Steel	19/03/2017	Wilmslow Half	H. Mar	01:39:38	5978	0.8961	3909	01:29:17	65.39%
Stuart Rider	05/02/2017	Alsager 5	5 Mile	00:33:12	1992	0.983	1301	00:32:38	65.31%
Lucy Rusbridge	15/01/2017	Four Villages	H. Mar	01:48:43	6523	0.9201	4252	01:40:02	65.18%
Suzanne Roebuck	15/01/2017	Four Villages	H. Mar	01:51:31	6691	0.9003	4345	01:40:24	64.94%
Maria Jensen	19/03/2017	Wilmslow Half	H. Mar	01:44:50	6290	0.9724	4023	01:41:56	63.96%
Michael Stanley	05/02/2017	Alsager 5	5 Mile	00:36:57	2217	0.9148	1398	00:33:48	63.06%
Paul Crean	12/03/2017	Knighton 20	20 Mile	02:58:49	10729	0.8183	6700	02:26:20	62.45%
Ian Prime	22/01/2017	Kidsgrove 10k	10 km	00:49:02	2942	0.8743	1833	00:42:52	62.30%
Nigel Poole	01/01/2017	Park Run	5 km	00:25:26	1526	0.8198	950	00:20:51	62.25%
Andrew Bell	19/03/2017	Wilmslow Half	H. Mar	01:50:43	6643	0.8495	4124	01:34:03	62.08%
John Burn	04/02/2017	Park Run	5 km	00:22:28	1348	0.9337	834	00:20:59	61.87%
Andrew Bell	15/01/2017	Four Villages	H. Mar	01:51:16	6676	0.8572	4087	01:35:23	61.22%
Robert Parkin	12/03/2017	Knighton 20	20 Mile	02:42:23	9743	0.935	5863.377	02:31:50	60.18%
John Burn	14/01/2017	Park Run	5 km	00:23:06	1386	0.9337	834	00:21:34	60.17%
Fran Owen	19/03/2017	Wilmslow Half	H. Mar	02:03:24	7404	0.8793	4449	01:48:30	60.09%
Martin Wood	19/03/2017	Wilmslow Half	H. Mar	01:56:41	7001	0.8339	4201	01:37:18	60.01%
Carolyn Charlesworth	07/01/2017	Park Run	5 km	00:25:59	1559	0.9476	935	00:24:37	59.97%
Ian Prime	01/01/2017	Park Run	5 km	00:25:06	1506	0.8667	899	00:21:45	59.69%
Michael Stanley	19/03/2017	Wilmslow Half	H. Mar	01:48:51	6531	0.9195	3810	01:40:05	58.34%
Robert Parkin	01/01/2017	Park Run	5 km	00:24:40	1480	0.9136	853	00:22:32	57.64%
Louise Poole	01/01/2017	Park Run	5 km	00:25:43	1543	1	886	00:25:43	57.42%
Jackie Ann Moss	05/02/2017	Alsager 5	5 Mile	00:43:01	2581	0.9864	1472	00:42:26	57.03%
Jamilla Gaskill	19/03/2017	Wilmslow Half	H. Mar	01:58:04	7084	0.9724	4023	01:54:48	56.79%
Robert Soames	01/01/2017	Park Run	5 km	00:24:42	1482	0.9337	834	00:23:04	56.28%
Ian Prime	19/02/2017	Hampton Court	H. Mar	02:03:13	7393	0.8806	3978	01:48:30	53.81%
Jackie Ann Moss	01/01/2017	Park Run	5 km	00:28:03	1683	0.9871	898	00:27:41	53.36%
Michael Stanley	15/01/2017	Four Villages	H. Mar	01:58:21	7101	0.9273	3778	01:49:45	53.20%
Martin Sands	19/03/2017	Wilmslow Half	H. Mar	01:58:26	7106	0.9273	3778	01:49:49	53.17%
Michelle Stevens	05/02/2017	Alsager 5	5 Mile	00:46:26	2786	0.9821	1478	00:45:36	53.05%
Emma Weston	11/02/2017	Park Run	5 km	00:29:48	1788	0.9398	943	00:28:00	52.74%
Beth Cliff	05/02/2017	Alsager 5	5 Mile	00:47:56	2876	1	1452	00:47:56	50.49%
Cathy Dean	07/01/2017	Park Run	5 km	00:29:46	1786	0.9935	892	00:29:34	49.94%
Cathy Dean	05/02/2017	Alsager 5	5 Mile	00:49:09	2949	0.9931	1462	00:48:49	49.58%
Paul Birdsall	05/02/2017	Alsager 5	5 Mile	00:46:26	2786	0.9365	1366	00:43:29	49.03%
Andrew Billingsley	07/01/2017	Park Run	5 km	00:31:30	1890	0.8533	913	00:26:53	48.31%
Jackie Ann Moss	07/01/2017	Park Run	5 km	00:31:14	1874	0.9871	898	00:30:50	47.92%
Cathy Dean	01/01/2017	Park Run	5 km	00:31:56	1916	0.9935	892	00:31:44	46.56%
Andrew Eaton	05/02/2017	Alsager 5	5 Mile	00:48:17	2897	0.9986	1281	00:48:13	44.22%
Nancy Cubbon	04/02/2017	Park Run	5 km	00:37:08	2228	0.952	931	00:35:21	41.79%
Matt Plummer	19/03/2017	Stafford Half	H. Mar	02:29:29	8969	0.9584	3655	02:23:16	40.75%

Improvement

Results Recorded: 80