

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

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%
Mike Stanley	10/10/2015	Park Run	5 km	00:22:13	63.8%	
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%	

Best % Performance Since 2012

Last Updated: 31 December 2016

Name	Date	Event	Distance	Time	Performance %	Improvement
Helen Jeffery	31/12/2014	Park Run	5 km	00:25:13	59.3%	
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	Improvement	Results Recorded: 393
Mikko Kuronen	12/11/2016	Cheshire 10k	10 km	00:37:41	2261	0.8369	1915	00:31:32	84.70%	0.00%	
Mikko Kuronen	04/09/2016	Salford 10k	10 km	00:37:54	2274	0.8369	1915	00:31:43	84.21%		
Mikko Kuronen	14/07/2016	Sale Sizzler(2)	5 km	00:18:33	1113	0.8332	935	00:15:27	84.01%		
Mikko Kuronen	03/07/2016	Alderley ByPass	5 Mile	00:30:34	1834	0.8352	1531	00:25:32	83.48%		
Brian Evans	07/05/2016	Park Run	5 km	00:17:59	1079	0.8667	899	00:15:35	83.32%	3.05%	
Mikko Kuronen	30/08/2016	Crewe 5k	5 km	00:18:48	1128	0.8332	935	00:15:40	82.89%		
Mikko Kuronen	27/11/2016	Benidorm Half	H. Mar	01:23:42	5022	0.8417	4162	01:10:27	82.88%		
Mikko Kuronen	17/09/2016	Finlandia Half	H. Mar	01:23:46	5026	0.8417	4162	01:10:30	82.81%		
Mikko Kuronen	13/04/2016	Chester Spring 5	5 Mile	00:30:35	1835	0.8425	1518	00:25:46	82.72%		
Mikko Kuronen	11/12/2016	Bolsover 10k	10 km	00:38:37	2317	0.8369	1915	00:32:19	82.65%		
Mikko Kuronen	03/04/2016	Wilmslow Half	H. Mar	01:23:21	5001	0.8495	4124	01:10:48	82.46%		
Mikko Kuronen	28/08/2016	Bollington 10k	10 km	00:38:45	2325	0.8369	1915	00:32:26	82.37%		
Mikko Kuronen	26/06/2016	Colshaw Hall	10 km	00:38:49	2329	0.8369	1915	00:32:29	82.22%		
Mikko Kuronen	09/10/2016	Gin Pit 5	5 Mile	00:31:02	1862	0.8352	1531	00:25:55	82.22%		
Mikko Kuronen	15/05/2016	Chester Half	H. Mar	01:24:06	5046	0.8495	4124	01:11:27	81.73%		
Mikko Kuronen	07/08/2016	Blackpool Airshow	10 km	00:39:29	2369	0.8369	1915	00:33:03	80.84%		
Mikko Kuronen	07/02/2016	Alsager 5	5 Mile	00:31:18	1878	0.8425	1518	00:26:22	80.83%		
Brian Evans	03/04/2016	Wilmslow Half	H. Mar	01:22:10	4930	0.8806	3978	01:12:21	80.69%		
Mikko Kuronen	11/06/2016	Helsinki Half	H. Mar	01:26:04	5164	0.8417	4162	01:12:27	80.60%		
Brian Evans	25/09/2016	Macclesfield Half	H. Mar	01:23:55	5035	0.8728	4014	01:13:15	79.72%		
Bryan Lomas	14/12/2016	Alvaston 5k	5 km	00:18:12	1092	0.9002	865	00:16:23	79.21%		
Mikko Kuronen	05/11/2016	Langley 7	7 Mile	00:45:51	2751	0.8369	2175	00:38:22	79.07%		
Bryan Lomas	14/09/2016	Alvaston 5k	5 km	00:18:15	1095	0.9002	865	00:16:26	79.00%		
Bryan Lomas	20/04/2016	Alvaston 5	5 km	00:18:11	1091	0.9069	859	00:16:29	78.74%		
Brian Evans	25/06/2016	Park Run	5 km	00:19:03	1143	0.8667	899	00:16:31	78.65%		
Joanne Moss	03/12/2016	Park Run	5 km	00:20:10	1210	0.9314	951	00:18:47	78.60%	2.59%	
Joanne Moss	26/11/2016	Cheddleton	10 km	00:41:43	2503	0.9259	1966	00:38:38	78.55%		
Bryan Lomas	25/06/2016	Park Run	5 km	00:18:14	1094	0.9069	859	00:16:32	78.52%		
Brian Evans	05/11/2016	Langley 7	7 Mile	00:44:36	2676	0.8669	2100	00:38:40	78.48%		
Bryan Lomas	30/04/2016	Park Run	5 km	00:18:15	1095	0.9069	859	00:16:33	78.45%		
Brian Evans	01/05/2016	Uttoxeter Half	H. Mar	01:24:40	5080	0.8806	3978	01:14:33	78.31%		
Bryan Lomas	27/12/2016	Queens Head	5 km	00:18:28	1108	0.9002	865	00:16:37	78.07%		
Bryan Lomas	24/12/2016	Park Run	5 km	00:18:34	1114	0.9002	865	00:16:43	77.65%		
Bryan Lomas	16/04/2016	Park Run	5 km	00:18:32	1112	0.9069	859	00:16:48	77.25%		
Chris Moss	10/12/2016	Park Run	5 km	00:18:33	1113	0.9069	859	00:16:49	77.18%	0.21%	
Bryan Lomas	07/02/2016	Alsager 5	5 Mile	00:30:12	1812	0.9148	1398	00:27:38	77.15%		
Joanne Moss	03/07/2016	Alderley ByPass	5 Mile	00:33:34	2014	0.9364	1551	00:31:26	77.01%		
Joanne Moss	27/03/2016	Air Products 10k	10 km	00:42:15	2535	0.9349	1947	00:39:30	76.80%		
Chris Moss	12/11/2016	Park Run	5 km	00:18:39	1119	0.9069	859	00:16:55	76.76%		
Chris Moss	24/12/2016	Park Run	5 km	00:18:40	1120	0.9069	859	00:16:56	76.70%		
Bryan Lomas	16/07/2016	Park Run	5 km	00:18:41	1121	0.9069	859	00:16:57	76.63%		
Joanne Moss	26/06/2016	Colshaw Hall	10 km	00:42:22	2542	0.9349	1947	00:39:37	76.59%		
Joanne Moss	30/08/2016	Crewe 5k	5 km	00:20:32	1232	0.9398	943	00:19:18	76.54%		
Joanne Moss	17/09/2016	Park Run	5 km	00:20:33	1233	0.9398	943	00:19:19	76.48%		
Joanne Moss	06/11/2016	Flying Fox	10 Mile	01:10:11	4211	0.9201	3218	01:04:35	76.42%		
Joanne Moss	19/11/2016	Park Run	5 km	00:20:45	1245	0.9314	951	00:19:20	76.39%		
Joanne Moss	21/08/2016	Birchwood	10 km	00:42:32	2552	0.9349	1947	00:39:46	76.29%		
Joanne Moss	07/02/2016	Alsager 5	5 Mile	00:33:53	2033	0.9364	1551	00:31:44	76.29%		
Chris Moss	11/06/2016	Park Run	5 km	00:18:46	1126	0.9069	859	00:17:01	76.29%		
Joanne Moss	19/06/2016	Stone St Michaels	10 km	00:42:39	2559	0.9349	1947	00:39:52	76.08%		
Bryan Lomas	11/05/2016	Clayton	10 km	00:38:14	2294	0.9192	1744	00:35:09	76.02%		
Anthony Allen	24/12/2016	Park Run	5 km	00:17:39	1059	0.9672	805	00:17:04	76.02%	3.43%	
Chris Moss	30/08/2016	Crewe 5k	5 km	00:18:51	1131	0.9069	859	00:17:06	75.95%		
Joanne Moss	15/10/2016	Park Run	5 km	00:20:43	1243	0.9398	943	00:19:28	75.86%		
Bryan Lomas	17/01/2016	Four Villages	H. Mar	01:23:02	4982	0.9273	3778	01:17:00	75.83%		
Joanne Moss	11/06/2016	Park Run	5 km	00:20:44	1244	0.9398	943	00:19:29	75.80%		
Bryan Lomas	26/11/2016	Cheddleton	10 km	00:38:41	2321	0.9117	1758	00:35:16	75.74%		
Bryan Lomas	10/04/2016	Manchester	Marathon	02:55:13	10513	0.9273	7955	02:42:29	75.67%		
Bryan Lomas	09/07/2016	Buxton Carnival	4 Mile	00:24:31	1471	0.9108	1113	00:22:20	75.66%		
Phil Dawson	27/03/2016	Air Products 10k	10 km	00:44:38	2678	0.7921	2024	00:35:21	75.58%		
Chris Moss	07/02/2016	Alsager 5	5 Mile	00:30:52	1852	0.9148	1398	00:28:14	75.49%		
Bryan Lomas	25/09/2016	N'ham Marathon	Marathon	02:57:23	10643	0.9195	8023	02:43:06	75.38%		
Joanne Moss	17/01/2016	Four Villages	H. Mar	01:33:05	5585	0.9293	4210	01:26:30	75.38%		
Emma Weston	06/11/2016	Flying Fox	10 Mile	01:10:39	4239	0.9293	3186	01:05:39	75.16%	11.08%	
Anthony Allen	03/12/2016	Park Run	5 km	00:17:52	1072	0.9672	805	00:17:17	75.09%		
Phil Dawson	10/04/2016	Manchester	Marathon	03:26:49	12409	0.795	9279	02:44:25	74.78%		
Phil Dawson	07/02/2016	Alsager 5	5 Mile	00:36:00	2160	0.7918	1615	00:28:30	74.77%		
Phil Dawson	17/01/2016	Four Villages	H. Mar	01:38:14	5894	0.795	4406	01:18:06	74.75%		
Chris Moss	26/06/2016	Colshaw Hall	10 km	00:39:05	2345	0.9192	1744	00:35:56	74.37%		
Anthony Allen	26/11/2016	Park Run	5 km	00:18:03	1083	0.9672	805	00:17:27	74.33%		
Bryan Lomas	13/03/2016	Knighton 20	20 Mile	02:12:39	7959	0.9273	5912.73	02:03:00	74.29%		
Bryan Lomas	01/01/2016	Wirksworth 5k	5 Mile	00:31:22	1882	0.9148	1398	00:28:42	74.28%		
Emma Weston	03/12/2016	Park Run	5 km	00:21:18	1278	0.9398	943	00:20:01	73.79%		
Joanne Moss	01/05/2016	Uttoxeter Half	H. Mar	01:35:12	5712	0.9293	4210	01:28:28	73.70%		
Chris Moss	26/03/2016	Park Run	5 km	00:19:33	1173	0.9069	859	00:17:44	73.23%		
Mel Worthington	30/08/2016	Crewe 5k	5 km	00:21:18	1278	0.9476	935	00:20:11	73.16%	21.35%	
Emma Weston	20/11/2016	Conwy Half	H. Mar	01:36:02	5762	0.9293	4210	01:29:15	73.06%		
Bryan Lomas	05/11/2016	Langley 7	7 Mile	00:45:32	2732	0.9117	1996	00:41:31	73.05%		
Mel Worthington	10/12/2016	Park Run	5 km	00:21:21	1281	0.9476	935	00:20:14	72.99%		
Emma Weston	24/12/2016	Park Run	5 km	00:21:33	1293	0.9398	943	00:20:15	72.93%		
Val Fussell	07/02/2016	Alsager 5	5 Mile	00:42:52	2572	0.775	1874	00:33:13	72.86%		
Mel Worthington	24/12/2016	Park Run	5 km	00:21:25	1285	0.9476	935	00:20:18	72.76%		
Joanne Moss	13/03/2016	Knighton 20	20 Mile	02:29:08	8948	0.9333	6507.114	02:19:11	72.72%		
Charmaine Wood	07/02/2016	Alsager 5	5 Mile	00:33:45	2025	0.9864	1472	00:33:17	72.69%		
Anthony Allen	15/10/2016	Park Run	5 km	00:18:29	1109	0.9672	805	00:17:53	72.59%		
Ian Prime	16/01/2016	Southsea Parkrun	5 km	00:20:29	1229	0.8734	892	00:17:53	72.58%	5.45%	
Paul Crean	09/04/2016	Park Run	5 km	00:21:51	1311	0.8198	950	00:17:55	72.46%	3.67%	
Bryan Lomas	03/07/2016	Potteries Marathon	Marathon	03:03:18	10998	0.9273	7955	02:49:58	72.33%		
Emma Weston	16/10/2016	Werrington	10 km	00:44:53	2693	0.9349	1947	00:41:58	72.30%		
Emma Weston	02/10/2016	Congleton Half	H. Mar	01:37:13	5833	0.9293	4210	01:30:21	72.18%		
Mel Worthington	02/10/2016	Congleton Half	H. Mar	01:36:27	5787	0.9378	4171	01:30:27	72.08%		
Chris Moss	06/11/2016	Flying Fox	10 Mile	01:06:06	3966	0.9242	2857	01:01:05	72.04%		

Latest Results - Ranked

Name	Date of Race	Venue	Distance	Time	Time in secs	Age Factor	Standard	Age-Graded Time	Age-Graded Performance
Chris Moss	11/05/2016	Clayton	10 km	00:40:21	2421	0.9192	1744	00:37:05	72.04%
Joanne Moss	25/09/2016	Macclesfield Half	H. Mar	01:37:28	5848	0.9293	4210	01:30:35	71.99%
Bryan Lomas	07/08/2016	Leek Half	H. Mar	01:28:17	5297	0.9195	3810	01:21:11	71.93%
Joanne Moss	10/04/2016	Manchester	Marathon	03:22:14	12134	0.9318	8720	03:08:26	71.86%
Paul Steel	30/08/2016	Crewe 5k	5 km	00:20:22	1222	0.8868	878	00:18:04	71.85%
Mel Worthington	23/07/2016	Park Run	5 km	00:21:42	1302	0.9476	935	00:20:34	71.81%
Chris Moss	03/04/2016	Wilmslow Half	H. Mar	01:27:44	5264	0.9273	3778	01:21:21	71.77%
Nigel Poole	30/04/2016	Park Run	5 km	00:21:54	1314	0.8265	943	00:18:06	71.77%
Paul Steel	07/02/2016	Alsager 5	5 Mile	00:33:18	1998	0.8931	1432	00:29:44	71.67%
Nigel Poole	27/02/2016	Park Run	5 km	00:22:00	1320	0.8265	943	00:18:11	71.44%
Sandre Jackson	03/04/2016	Wilmslow Half	H. Mar	01:53:48	6828	0.8058	4855	01:31:42	71.10%
Bryan Lomas	29/05/2016	Buxton Half	H. Mar	01:28:35	5315	0.9273	3778	01:22:09	71.08%
Nigel Poole	13/02/2016	Park Run	5 km	00:22:10	1330	0.8265	943	00:18:19	70.90%
Paul Crean	26/03/2016	Park Run	5 km	00:22:21	1341	0.8198	950	00:18:19	70.84%
Mel Worthington	14/05/2016	Park Run	5 km	00:21:50	1310	0.9549	928	00:20:51	70.84%
Paul Crean	03/07/2016	Alderley ByPass	5 Mile	00:36:46	2206	0.8208	1558	00:30:11	70.63%
Ian Prime	04/06/2016	Southsea Parkrun	5 km	00:21:03	1263	0.8734	892	00:18:23	70.63%
Mel Worthington	23/04/2016	Park Run	5 km	00:21:56	1316	0.9549	928	00:20:57	70.52%
Graeme Burns	12/11/2016	Cheshire 10k	10 km	00:42:16	2536	0.8968	1787	00:37:54	70.47%
Paul Steel	09/01/2016	Park Run	5 km	00:20:47	1247	0.8868	878	00:18:26	70.41%
Paul Crean	07/02/2016	Alsager 5	5 Mile	00:36:53	2213	0.8208	1558	00:30:16	70.40%
Debbie Hill	05/11/2016	Langley 7	7 Mile	00:59:31	3571	0.822	2506	00:48:55	70.17%
Mel Worthington	11/05/2016	Clayton	10 km	00:45:29	2729	0.9512	1913	00:43:16	70.10%
Charmaine Wood	19/06/2016	Stone St Michaels	10 km	00:43:56	2636	0.986	1846	00:43:19	70.03%
Nigel Poole	02/07/2016	Park Run	5 km	00:22:27	1347	0.8265	943	00:18:33	70.01%
Terry Dykes	04/12/2016	Wilmslow 10k	10 km	00:50:36	3036	0.7547	2124	00:38:11	69.96%
Nigel Poole	30/01/2016	Park Run	5 km	00:22:28	1348	0.8265	943	00:18:34	69.96%
Joanne Moss	17/07/2016	Trentham 10	10 km	00:46:27	2787	0.9349	1947	00:43:26	69.86%
Nick Budd	30/04/2016	Park Run	5 km	00:21:42	1302	0.86	906	00:18:40	69.59%
Paul Steel	03/07/2016	Alderley ByPass	5 Mile	00:34:23	2063	0.8931	1432	00:30:42	69.41%
Emma Weston	25/09/2016	Macclesfield Half	H. Mar	01:41:06	6066	0.9293	4210	01:33:57	69.40%
Nigel Poole	02/01/2016	Park Run	5 km	00:22:39	1359	0.8265	943	00:18:43	69.39%
Ian Prime	25/06/2016	Park Run	5 km	00:21:26	1286	0.8734	892	00:18:43	69.36%
Michelle Mathews	02/01/2016	Park Run	5 km	00:21:35	1295	0.9871	898	00:21:18	69.34%
Nigel Poole	03/09/2016	Park Run	5 km	00:22:40	1360	0.8265	943	00:18:44	69.34%
Stuart Rider	11/06/2016	Park Run	5 km	00:19:14	1154	0.9734	800	00:18:43	69.32%
Ian Prime	28/05/2016	Park Run	5 km	00:21:27	1287	0.8734	892	00:18:44	69.31%
Ian Prime	29/04/2016	Mid Cheshire	5 km	00:21:28	1288	0.8734	892	00:18:45	69.25%
Paula Kennerley	05/11/2016	Langley 7	7 Mile	00:54:12	3252	0.9162	2248	00:49:39	69.14%
Paul Crean	21/08/2016	Birchwood	10 km	00:47:06	2826	0.822	1950	00:38:43	69.00%
Paul Steel	08/05/2016	Market Drayton	10 km	00:43:11	2591	0.8968	1787	00:38:44	68.97%
Graeme Burns	26/11/2016	Cheddleton	10 km	00:43:11	2591	0.8968	1787	00:38:44	68.97%
Charmaine Wood	05/06/2016	Westbridge 5	5 Mile	00:35:35	2135	0.9864	1472	00:35:06	68.95%
Charmaine Wood	05/06/2016	Westbridge 5	5 Mile	00:35:35	2135	0.9864	1472	00:35:06	68.95%
Paul Steel	21/08/2016	Birchwood	10 km	00:43:12	2592	0.8968	1787	00:38:45	68.94%
Mel Worthington	05/11/2016	Langley 7	7 Mile	00:52:49	3169	0.9433	2184	00:49:49	68.91%
Chris Moss	17/07/2016	Trentham 10	10 km	00:42:12	2532	0.9192	1744	00:38:47	68.88%
Ian Prime	16/04/2016	Park Run	5 km	00:21:36	1296	0.8734	892	00:18:52	68.83%
Nick Budd	03/07/2016	Alderley ByPass	5 Mile	00:35:51	2151	0.8642	1480	00:30:59	68.81%
Ian Prime	30/06/2016	Sale Sizzler(1)	5 km	00:21:40	1300	0.8734	892	00:18:55	68.62%
Paul Steel	28/08/2016	Bollington 10k	10 km	00:43:25	2605	0.8968	1787	00:38:56	68.60%
Nigel Poole	03/07/2016	Alderley ByPass	5 Mile	00:37:33	2253	0.828	1545	00:31:05	68.58%
Paul Steel	26/06/2016	Colshaw Hall	10 km	00:43:26	2606	0.8968	1787	00:38:57	68.57%
Nigel Poole	30/08/2016	Crewe 5k	5 km	00:22:57	1377	0.8265	943	00:18:58	68.48%
Paul Crean	03/04/2016	Wilmslow Half	H. Mar	01:43:12	6192	0.8261	4240	01:25:15	68.48%
Charmaine Wood	11/05/2016	Clayton	10 km	00:44:57	2697	0.986	1846	00:44:19	68.45%
Pete Newham	22/05/2016	Wimpole Estate 10k	10 km	00:42:28	2548	0.9192	1744	00:39:02	68.45%
Stuart Rider	19/03/2016	Park Run	5 km	00:19:23	1163	0.979	796	00:18:59	68.44%
Ian Prime	14/07/2016	Sale Sizzler(2)	5 km	00:21:45	1305	0.8734	892	00:19:00	68.35%
Mel Worthington	05/06/2016	Derby Half	H. Mar	01:41:06	6066	0.9458	4136	01:35:37	68.18%
Simon Higgins	30/01/2016	Park Run	5 km	00:20:41	1241	0.9203	846	00:19:02	68.17%
Nick Budd	17/01/2016	Brass Monkey	H. Mar	01:38:09	5889	0.8728	4014	01:25:40	68.16%
Mel Worthington	16/04/2016	Park Run	5 km	00:22:43	1363	0.9549	928	00:21:42	68.09%
Nigel Poole	07/02/2016	Alsager 5	5 Mile	00:37:57	2277	0.828	1545	00:31:25	67.85%
Ian Prime	07/02/2016	Alsager 5	5 Mile	00:35:48	2148	0.8787	1456	00:31:27	67.78%
Chris Moss	02/01/2016	Park Run	5 km	00:21:01	1261	0.9136	853	00:19:12	67.64%
Nick Budd	26/06/2016	Colshaw Hall	10 km	00:45:34	2734	0.8669	1849	00:39:30	67.63%
Dave Clark	07/02/2016	Alsager 5	5 Mile	00:32:15	1935	0.9778	1308	00:31:32	67.60%
Debbie Hill	21/05/2016	Park Run	5 km	00:26:10	1570	0.8354	1061	00:21:52	67.58%
Dave Clark	27/03/2016	Air Products 10k	10 km	00:40:18	2418	0.9822	1632	00:39:35	67.49%
Craig Hewitt	19/03/2016	Park Run	5 km	00:19:34	1174	0.9839	792	00:19:15	67.46%
Nick Budd	23/01/2016	Park Run	5 km	00:22:24	1344	0.8533	913	00:19:07	67.93%
Tony Smith	17/12/2016	Park Run	5 km	00:23:54	1434	0.8064	966	00:19:16	67.36%
Michelle Mathews	29/04/2016	Mid Cheshire	5 km	00:22:19	1339	0.9831	901	00:21:56	67.29%
Arron Abdi Tehrani	02/07/2016	Park Run	5 km	00:19:29	1169	0.9922	786	00:19:20	67.24%
Felicity Doyle	17/01/2016	Four Villages	H. Mar	02:02:19	7339	0.7953	4919	01:37:17	67.03%
Paul Steel	25/09/2016	Macclesfield Half	H. Mar	01:36:32	5792	0.9039	3875	01:27:15	66.90%
Lucy Rusbridge	24/12/2016	Park Run	5 km	00:23:42	1422	0.9314	951	00:22:04	66.88%
Ian Prime	01/08/2016	Crossgar 10k	10 km	00:45:27	2727	0.8818	1818	00:40:05	66.67%
Ian Prime	04/05/2016	Silverstone	10 km	00:45:31	2731	0.8818	1818	00:40:08	66.57%
Ian Prime	04/12/2016	Wilmslow 10k	10 km	00:45:56	2756	0.8743	1833	00:40:10	66.51%
María Jensen	16/10/2016	Manchester	H. Mar	01:41:00	6060	0.9724	4023	01:38:13	66.39%
Craig Hewitt	07/02/2016	Alsager 5	5 Mile	00:32:24	1944	0.9913	1290	00:32:07	66.36%
Paul Steel	24/04/2016	London	Marathon	03:25:20	12320	0.9039	8161	03:05:36	66.24%
Ian Prime	30/08/2016	Crewe 5k	5 km	00:22:27	1347	0.8734	892	00:19:36	66.22%
Jessica Banks	24/12/2016	Park Run	5 km	00:22:21	1341	1	886	00:22:21	66.07%
Nick Budd	15/05/2016	Chester Half	H. Mar	01:41:20	6080	0.8728	4014	01:28:27	66.02%
Ian Prime	16/11/2016	Run in the Dark	10 km	00:46:18	2778	0.8743	1833	00:40:29	65.98%
Ian Prime	28/07/2016	Sale Sizzler(3)	5 km	00:22:34	1354	0.8734	892	00:19:43	65.88%
Craig Hewitt	08/05/2016	Market Drayton	10 km	00:40:49	2449	0.9941	1613	00:40:35	65.86%
Ian Prime	21/05/2016	Southsea Parkrun	5 km	00:22:36	1356	0.8734	892	00:19:44	65.78%
Simon Higgins	07/02/2016	Alsager 5	5 Mile	00:34:59	2099	0.9293	1376	00:32:31	65.56%

Improvement

Results Recorded: 393

Latest Results - Ranked

Improvement Results Recorded: 393

Name	Date of Race	Venue	Distance	Time	Time in secs	Age Factor	Standard	Age-Graded Time	Age-Graded Performance
Michelle Mathews	07/02/2016	Alsager 5	5 Mile	00:37:26	2246	0.9864	1472	00:36:55	65.54%
Tony Smith	23/01/2016	Park Run	5 km	00:24:23	1463	0.8131	958	00:19:50	65.48%
Nick Budd	02/01/2016	Park Run	5 km	00:23:04	1384	0.86	906	00:19:50	65.46%
Chris Thomas	08/05/2016	Market Drayton	10 km	00:50:35	3035	0.807	1986	00:40:49	65.44%
Maria Jensen	22/10/2016	Park Run	5 km	00:23:04	1384	0.9785	905	00:22:34	65.39%
Nigel Poole	26/11/2016	Cheddleton	10 km	00:49:43	2983	0.822	1950	00:40:52	65.37%
Jessica Banks	10/12/2016	Park Run	5 km	00:22:37	1357	1	886	00:22:37	65.29%
Charmaine Wood	30/01/2016	Park Run	5 km	00:22:56	1376	0.9871	898	00:22:38	65.26%
Ellie Dick	17/12/2016	Park Run	5 km	00:22:56	1376	0.9871	898	00:22:38	65.26%
Terry Dykes	03/04/2016	Wilmslow Half	H. Mar	01:58:22	7102	0.7561	4633	01:29:30	65.24%
Michael Stanley	18/06/2016	Park Run	5 km	00:21:57	1317	0.9069	859	00:19:54	65.22%
Paul Crean	04/12/2016	Stockport 10	10 Mile	01:22:41	4961	0.8168	3232	01:07:32	65.15%
Michelle Mathews	26/06/2016	Colshaw Hall	10 km	00:47:28	2848	0.9817	1854	00:46:36	65.10%
Arron Abdi Tehrani	04/06/2016	Park Run	5 km	00:20:08	1208	0.9922	786	00:19:59	65.07%
Maria Jensen	06/08/2016	Park Run	5 km	00:23:12	1392	0.9785	905	00:22:42	65.01%
Stuart Rider	07/02/2016	Alsager 5	5 Mile	00:33:12	1992	0.9875	1295	00:32:47	65.01%
Andy Roberts	10/04/2016	Manchester	Marathon	03:27:01	12421	0.9195	8023	03:10:21	64.59%
Craig Hewitt	17/01/2016	Four Villages	H. Mar	01:30:42	5442	0.9973	3512	01:30:27	64.54%
Jessica Banks	03/12/2016	Park Run	5 km	00:22:53	1373	1	886	00:22:53	64.53%
Harry Stubbs	30/08/2016	Crewe 5k	5 km	00:26:47	1607	0.7515	1037	00:20:08	64.53%
Ian Prime	22/05/2016	Run for the Roof 5k	5 km	00:23:03	1383	0.8734	892	00:20:08	64.50%
Felicity Doyle	03/04/2016	Wilmslow Half	H. Mar	02:07:07	7627	0.7953	4919	01:41:06	64.49%
Michael Stanley	03/07/2016	Alderley ByPass	5 Mile	00:36:12	2172	0.9148	1398	00:33:07	64.36%
Paul Steel	13/03/2016	Knighton 20	20 Mile	02:37:15	9435	0.9039	6065.081	02:22:08	64.28%
Carolyn Charlesworth	07/02/2016	Alsager 5	5 Mile	00:39:34	2374	0.9523	1525	00:37:41	64.24%
Ian Prime	16/10/2016	Manchester	H. Mar	01:42:21	6141	0.8884	3943	01:30:56	64.21%
James Yates	31/12/2016	Park Run	5 km	00:21:13	1273	0.9538	817	00:20:14	64.18%
Nigel Poole	28/08/2016	Bollington 10k	10 km	00:50:11	3011	0.8295	1932	00:41:38	64.16%
Paul Crean	05/06/2016	Derby Half	H. Mar	01:50:16	6616	0.8261	4240	01:31:05	64.09%
Emma Weston	07/08/2016	Leek Half	H. Mar	01:48:29	6509	0.9378	4171	01:41:44	64.08%
Felicity Doyle	07/02/2016	Alsager 5	5 Mile	00:46:59	2819	0.8057	1802	00:37:51	63.92%
Ellie Dick	07/02/2016	Alsager 5	5 Mile	00:38:23	2303	0.9864	1472	00:37:52	63.92%
Sarah Poole	30/08/2016	Crewe 5k	5 km	00:23:07	1387	1	886	00:23:07	63.88%
Robert Parkin	12/03/2016	Park Run	5 km	00:22:06	1326	0.9203	846	00:20:20	63.80%
Tony Smith	07/02/2016	Alsager 5	5 Mile	00:41:06	2466	0.8135	1572	00:33:26	63.75%
David Taylor	11/05/2016	Clayton	10 km	00:54:29	3269	0.7696	2083	00:41:56	63.72%
Michelle Mathews	11/05/2016	Clayton	10 km	00:48:41	2921	0.9817	1854	00:47:48	63.47%
Alice Nimmo	08/10/2016	Park Run	5 km	00:23:18	1398	1	886	00:23:18	63.38%
Suzanne Roebuck	17/01/2016	Four Villages	H. Mar	01:53:04	6784	0.9105	4297	01:42:57	63.34%
Nick Budd	04/12/2016	Stockport 10	10 Mile	01:19:49	4789	0.8705	3033	01:09:29	63.33%
Craig Hewitt	21/08/2016	Birchwood	10 km	00:42:35	2555	0.9941	1613	00:42:20	63.13%
Ian Prime	11/05/2016	Clayton	10 km	00:48:11	2891	0.8818	1818	00:42:29	62.88%
Debbie Steel	17/01/2016	Four Villages	H. Mar	01:51:40	6700	0.9293	4210	01:43:46	62.84%
Ian Prime	08/05/2016	Market Drayton	10 km	00:48:16	2896	0.8818	1818	00:42:34	62.78%
Jamie Moss	27/03/2016	Air Products 10k	10 km	00:44:13	2653	0.9656	1660	00:42:42	62.57%
Nick Budd	03/04/2016	Wilmslow Half	H. Mar	01:47:05	6425	0.8728	4014	01:33:28	62.47%
John Burn	10/12/2016	Park Run	5 km	00:22:16	1336	0.9337	834	00:20:47	62.43%
Sarah Poole	07/02/2016	Alsager 5	5 Mile	00:38:48	2328	1	1452	00:38:48	62.37%
James Yates	24/12/2016	Park Run	5 km	00:21:54	1314	0.9538	817	00:20:53	62.18%
Stuart Rider	02/10/2016	Congleton Half	H. Mar	01:34:44	5684	0.992	3531	01:33:59	62.12%
Ian Prime	28/02/2016	Oulton Park	H. Mar	01:45:59	6359	0.8884	3943	01:34:09	62.01%
Lucy Rusbridge	06/02/2016	Park Run	5 km	00:25:34	1534	0.9314	951	00:23:49	61.99%
Tony Smith	05/11/2016	Langley 7	7 Mile	01:00:44	3644	0.807	2257	00:49:01	61.93%
Felicity Doyle	09/01/2016	Park Run	5 km	00:29:15	1755	0.816	1086	00:23:52	61.88%
Jamie Moss	07/02/2016	Alsager 5	5 Mile	00:35:42	2142	0.9656	1325	00:34:28	61.86%
Ian Prime	22/05/2016	Run for the Roof 10k	10 km	00:49:04	2944	0.8818	1818	00:43:16	61.75%
John Burn	26/11/2016	Park Run	5 km	00:22:31	1351	0.9337	834	00:21:01	61.73%
Michael Stanley	04/12/2016	Wilmslow 10k	10 km	00:47:10	2830	0.9192	1744	00:43:21	61.63%
Lucy Rusbridge	17/01/2016	Four Villages	H. Mar	01:54:02	6842	0.9293	4210	01:45:58	61.53%
Craig Hewitt	05/11/2016	Langley 7	7 Mile	00:49:45	2985	0.9941	1833	00:49:27	61.39%
Felicity Doyle	13/03/2016	Knighton 20	20 Mile	03:27:05	12425	0.7962	7627.218	02:44:53	61.39%
Harold Pinkney	09/04/2016	Park Run	5 km	00:26:56	1616	0.7863	991	00:21:11	61.32%
Nicole Richards	17/01/2016	Four Villages	H. Mar	01:46:20	6380	1	3912	01:46:20	61.32%
Robert Parkin	09/07/2016	Buxton Carnival	4 Mile	00:29:52	1792	0.9248	1096	00:27:37	61.16%
Lucy Rusbridge	02/07/2016	Park Run	5 km	00:25:55	1555	0.9314	951	00:24:08	61.16%
Nicole Humphreys	06/11/2016	Flying Fox	10 Mile	01:20:46	4846	1	2961	01:20:46	61.10%
Sarah Poole	16/10/2016	Manchester	H. Mar	01:46:49	6409	0.9997	3913	01:46:47	61.05%
Andrew Bell	17/01/2016	Four Villages	H. Mar	01:50:54	6654	0.865	4050	01:35:56	60.87%
Craig Hewitt	13/03/2016	Knighton 20	20 Mile	02:31:17	9077	0.9973	5497.519	02:30:52	60.57%
Laura Stubbs	03/07/2016	Southport Half	H. Mar	01:47:41	6461	1	3912	01:47:41	60.55%
Ian Prime	31/01/2016	London 10k	10 km	00:50:03	3003	0.8818	1818	00:44:08	60.54%
Claire Cheetham	03/04/2016	Wilmslow Half	H. Mar	01:48:02	6482	0.9989	3916	01:47:55	60.41%
Ian Prime	18/06/2016	Hyde 7	7 Mile	00:56:58	3418	0.8818	2064	00:50:14	60.40%
Emma Hall	06/08/2016	Park Run	5 km	00:24:52	1492	0.9831	901	00:24:27	60.39%
Ellie Linsell	20/11/2016	Tatton Park	H. Mar	01:49:55	6595	0.9823	3982	01:47:58	60.38%
Sarah Poole	26/06/2016	Colshaw Hall	10 km	00:50:16	3016	1	1820	00:50:16	60.34%
Janine Hulme	07/02/2016	Alsager 5	5 Mile	00:40:08	2408	0.999	1453	00:40:06	60.34%
Carolyn Charlesworth	17/01/2016	Four Villages	H. Mar	01:54:21	6861	0.9458	4136	01:48:09	60.28%
Debbie Steel	16/10/2016	Manchester	H. Mar	01:56:32	6992	0.9293	4210	01:48:18	60.21%
Ian Prime	04/09/2016	Stockport Mad Hatter	H. Mar	01:49:10	6550	0.8884	3943	01:36:59	60.20%
Andrew Bell	03/04/2016	Wilmslow Half	H. Mar	01:53:11	6791	0.8572	4087	01:37:01	60.18%
Martin Wood	26/06/2016	Colshaw Hall	10 km	00:53:03	3183	0.8369	1915	00:44:24	60.16%
Robert Parkin	30/08/2016	Crewe 5k	5 km	00:23:40	1420	0.9136	853	00:21:37	60.07%
Robert Parkin	27/03/2016	Air Products 10k	10 km	00:47:41	2861	0.9342	1716	00:44:33	59.98%
Ian Prime	10/04/2016	Manchester	Marathon	03:50:59	13859	0.8884	8304	03:25:12	59.92%
Ian Prime	03/04/2016	Wilmslow Half	H. Mar	01:49:52	6592	0.8884	3943	01:37:36	59.81%
Jamilla Gaskill	04/12/2016	Wilmslow 10k	10 km	00:52:13	3133	0.9768	1863	00:51:00	59.46%
Steve Dunn	02/01/2016	Park Run	5 km	00:25:12	1512	0.8667	899	00:21:50	59.46%
Michael Stanley	07/02/2016	Alsager 5	5 Mile	00:38:55	2335	0.9221	1387	00:35:53	59.40%
Stuart Rider	29/05/2016	Buxton Half	H. Mar	01:39:12	5952	0.992	3531	01:38:24	59.32%
Andrew Bell	12/06/2016	Potters 'Arf	H. Mar	01:54:56	6896	0.8572	4087	01:38:31	59.27%
Emma Weston	29/10/2016	Fueterventura Half	H. Mar	01:58:25	7105	0.9293	4210	01:50:03	59.25%

Latest Results - Ranked

Name	Date of Race	Venue	Distance	Time	Time in secs	Age Factor	Standard	Age-Graded Time	Age-Graded Performance
David Taylor	05/11/2016	Langley 7	7 Mile	01:06:39	3999	0.7696	2368	00:51:18	59.21%
Louise Poole	12/11/2016	Park Run	5 km	00:24:58	1498	1	886	00:24:58	59.15%
Janine Hulme	17/01/2016	Four Villages	H. Mar	01:50:48	6648	0.9975	3922	01:50:31	59.00%
Judith Newham	22/05/2016	Wimpole Estate 10k	10 km	00:56:08	3368	0.9162	1986	00:51:26	58.97%
Carolyn Charlesworth	31/12/2016	Park Run	5 km	00:26:26	1586	0.9476	935	00:25:03	58.95%
Robert Parkin	08/05/2016	Market Drayton	10 km	00:48:31	2911	0.9342	1716	00:45:19	58.95%
Mike Stanley	28/08/2016	Bollington 10k	10 km	00:49:19	2959	0.9192	1744	00:45:20	58.94%
Michelle Mathews	21/08/2016	Birchwood	10 km	00:52:27	3147	0.9817	1854	00:51:29	58.91%
Rich Benson	24/12/2016	Round the Block	5 km	00:28:04	1684	0.7863	991	00:22:04	58.85%
Steve Webb	25/09/2016	Macclesfield Half	H. Mar	01:42:48	6168	0.9658	3627	01:39:17	58.80%
Sarah Poole	05/06/2016	Derby Half	H. Mar	01:51:01	6661	0.9997	3913	01:50:59	58.74%
Robert Parkin	28/08/2016	Bollington 10k	10 km	00:49:06	2946	0.9267	1730	00:45:30	58.72%
Emma Hall	30/07/2016	Park Run	5 km	00:25:39	1539	0.9831	901	00:25:13	58.54%
Michael Stanley	02/01/2016	Park Run	5 km	00:24:19	1459	0.9136	853	00:22:13	58.46%
Jason Chappell	22/05/2016	Manchester 10k	10 km	00:47:26	2846	0.964	1663	00:45:44	58.43%
Rich Benson	22/05/2016	BVW	4 Mile	00:36:52	2212	0.7851	1292	00:28:57	58.41%
Emma Hall	02/10/2016	Congleton Half	H. Mar	01:54:14	6854	0.9776	4002	01:51:40	58.39%
Michael Stanley	16/10/2016	Manchester	H. Mar	01:47:52	6472	0.9273	3778	01:40:01	58.37%
Ian Prime	18/09/2016	English Half	H. Mar	01:52:41	6761	0.8884	3943	01:40:06	58.32%
Robert Parkin	04/12/2016	Stockport 10	10 Mile	01:21:09	4869	0.9319	2833	01:15:37	58.18%
Debbie Steel	08/05/2016	Market Drayton	10 km	00:55:50	3350	0.9349	1947	00:52:12	58.12%
Emma Hall	16/10/2016	Manchester	H. Mar	01:54:53	6893	0.9776	4002	01:52:19	58.06%
Michelle Mathews	29/05/2016	Buxton Half	H. Mar	01:55:07	6907	0.9776	4002	01:52:32	57.94%
Lucy Rusbridge	13/03/2016	Knighton 20	20 Mile	03:09:10	11350	0.9241	6571.488	02:54:49	57.90%
Ian Prime	27/11/2016	Benidorm Half	H. Mar	01:54:44	6884	0.8806	3978	01:41:02	57.79%
Jackie Ann Moss	06/02/2016	Park Run	5 km	00:25:50	1550	0.9906	894	00:25:35	57.68%
Malcolm Jackson	03/04/2016	Wilmslow Half	H. Mar	01:55:15	6915	0.8806	3978	01:41:29	57.53%
Tim Harden	26/06/2016	Colshaw Hall	10 km	00:50:11	3011	0.9267	1730	00:46:30	57.46%
Jackie Ann Moss	02/01/2016	Park Run	5 km	00:25:59	1559	0.9906	894	00:25:44	57.34%
Michael Stanley	12/06/2016	Potters 'Arf	H. Mar	01:49:50	6590	0.9273	3778	01:41:51	57.33%
Michael Stanley	25/09/2016	Macclesfield Half	H. Mar	01:49:54	6594	0.9273	3778	01:41:55	57.29%
Robert Parkin	03/07/2016	Potteries Marathon	Marathon	03:47:40	13660	0.9428	7825	03:34:39	57.28%
Robert Parkin	18/06/2016	Hyde 7	7 Mile	00:56:44	3404	0.9342	1947	00:53:00	57.20%
Robert Soames	14/05/2016	Park Run	5 km	00:24:09	1449	0.9404	828	00:22:43	57.14%
Carolyn Charlesworth	13/03/2016	Knighton 20	20 Mile	03:06:29	11189	0.95	6392.314	02:57:10	57.13%
Jamilla Gaskill	16/10/2016	Manchester	H. Mar	01:56:47	7007	0.9776	4002	01:54:10	57.11%
Louise Poole	04/12/2016	Wilmslow 10k	10 km	00:53:23	3203	1	1820	00:53:23	56.82%
Jackie Ann Moss	03/07/2016	Alderley ByPass	5 Mile	00:43:13	2593	0.9864	1472	00:42:38	56.77%
Martin Wood	03/04/2016	Wilmslow Half	H. Mar	02:02:43	7363	0.8417	4162	01:43:17	56.53%
Tim Harden	22/05/2016	Manchester 10k	10 km	00:51:04	3064	0.9267	1730	00:47:19	56.46%
Louise Poole	26/06/2016	Colshaw Hall	10 km	00:53:45	3225	1	1820	00:53:45	56.43%
Felicity Doyle	24/04/2016	London	Marathon	05:03:43	18223	0.7916	10264	04:00:25	56.32%
Sarah Poole	11/09/2016	Great North Run	H. Mar	01:55:48	6948	0.9997	3913	01:55:46	56.32%
Robert Parkin	05/11/2016	Langley 7	7 Mile	00:58:08	3488	0.9267	1963	00:53:52	56.28%
Jackie Ann Moss	07/02/2016	Alsager 5	5 Mile	00:43:28	2608	0.99	1467	00:43:02	56.25%
Robert Soames	07/05/2016	Park Run	5 km	00:24:34	1474	0.9404	828	00:23:06	56.17%
Paul Birdsall	30/08/2016	Crewe 5k	5 km	00:25:02	1502	0.927	840	00:23:12	55.93%
Emma Hall	28/08/2016	Bollington 10k	10 km	00:55:16	3316	0.9817	1854	00:54:15	55.91%
Steve Webb	29/05/2016	Buxton Half	H. Mar	01:48:12	6492	0.9658	3627	01:44:30	55.87%
Claire Cheetham	20/11/2016	Valencia Marathon	Marathon	04:03:01	14581	0.9998	8127	04:02:58	55.74%
Jackie Ann Moss	22/05/2016	Manchester 10k	10 km	00:55:14	3314	0.986	1846	00:54:28	55.70%
Craig Hewitt	10/04/2016	Manchester	Marathon	03:42:02	13322	0.9973	7397	03:41:26	55.52%
Robert Parkin	13/11/2016	Lytham 10k	10 km	00:52:02	3122	0.9267	1730	00:48:13	55.41%
Carolyn Charlesworth	24/04/2016	London	Marathon	04:17:45	15465	0.9489	8563	04:04:35	55.37%
Ian Prime	13/03/2016	Knighton 20	20 Mile	03:05:47	11147	0.8884	6171.298	02:45:03	55.36%
Sarah Poole	10/04/2016	Manchester	Marathon	04:05:20	14720	1	8125	04:05:20	55.20%
Robert Parkin	30/07/2016	Meerbrook 15k	15 km	01:19:39	4779	0.9311	2637	01:14:10	55.18%
Louise Poole	16/10/2016	Manchester	H. Mar	01:58:20	7100	1	3912	01:58:20	55.10%
Craig Hewitt	30/07/2016	Meerbrook 15k	15 km	01:14:36	4476	0.996	2465	01:14:18	55.07%
Nicole Humphreys	29/10/2016	Snowdonia	Marathon	04:05:54	14754	1	8125	04:05:54	55.07%
Michael Stanley	22/05/2016	Manchester 10k	10 km	00:52:48	3168	0.9192	1744	00:48:32	55.05%
Mike Stanley	05/11/2016	Langley 7	7 Mile	00:59:58	3598	0.9192	1979	00:55:07	55.00%
Andrew Billingsley	02/01/2016	Park Run	5 km	00:27:29	1649	0.86	906	00:23:38	54.94%
Lucy Rusbridge	10/04/2016	Manchester	Marathon	04:27:32	16052	0.9223	8809	04:06:45	54.88%
Michael Stanley	03/04/2016	Wilmslow Half	H. Mar	01:55:08	6908	0.9273	3778	01:46:46	54.69%
Maria Jensen	03/04/2016	Wilmslow Half	H. Mar	02:02:11	7331	0.9776	4002	01:59:27	54.59%
Tim Harden	21/08/2016	Birchwood	10 km	00:52:52	3172	0.9267	1730	00:48:59	54.54%
Martin Rous	05/11/2016	Langley 7	7 Mile	01:02:33	3753	0.8893	2047	00:55:38	54.53%
Nicole Richards	13/03/2016	Knighton 20	20 Mile	03:06:01	11161	1	6072.591	03:06:01	54.41%
Janine Hulme	13/03/2016	Knighton 20	20 Mile	03:06:27	11187	0.9989	6079.029	03:06:15	54.34%
Carolyn Charlesworth	03/04/2016	Paris Marathon	Marathon	04:22:52	15772	0.9489	8563	04:09:26	54.29%
Helen Jeffery	02/07/2016	Park Run	5 km	00:27:29	1649	0.9906	894	00:27:13	54.21%
Janine Hulme	03/04/2016	Wilmslow Half	H. Mar	02:01:00	7260	0.9975	3922	02:00:42	54.02%
Louise Poole	07/02/2016	Alsager 5	5 Mile	00:44:55	2695	1	1452	00:44:55	53.88%
Dave Fussell	07/02/2016	Alsager 5	5 Mile	00:40:27	2427	0.9796	1306	00:39:37	53.81%
David Campbell	03/07/2016	Alderley ByPass	5 Mile	00:46:37	2797	0.8497	1505	00:39:37	53.81%
Robert Soames	20/11/2016	Tatton Park	H. Mar	01:53:15	6795	0.9584	3655	01:48:32	53.79%
Paul Birdsall	21/08/2016	Birchwood	10 km	00:52:51	3171	0.9417	1702	00:49:46	53.67%
Beth Cliff	24/12/2016	Park Run	5 km	00:27:34	1654	1	886	00:27:34	53.57%
Sarah Poole	13/03/2016	Knighton 20	20 Mile	03:09:04	11344	1	6072.591	03:09:04	53.53%
Louise Poole	28/08/2016	Bollington 10k	10 km	00:56:45	3405	1	1820	00:56:45	53.45%
Andrew Eaton	16/10/2016	Manchester	H. Mar	01:49:55	6595	1	3503	01:49:55	53.12%
Ian Prime	07/09/2016	Bramhall 5k	5 km	00:28:00	1680	0.8734	892	00:24:27	53.10%
David Campbell	07/02/2016	Alsager 5	5 Mile	00:47:34	2854	0.8497	1505	00:40:25	52.73%
Paul Birdsall	08/05/2016	Market Drayton	10 km	00:53:49	3229	0.9417	1702	00:50:41	52.71%
Paul Birdsall	03/07/2016	Alderley ByPass	5 Mile	00:43:15	2595	0.9365	1366	00:40:30	52.64%
David Campbell	03/04/2016	Newcastle	10 km	00:59:42	3582	0.8519	1882	00:50:52	52.54%
Tim Harden	17/07/2016	Trentham 10	10 km	00:55:28	3328	0.9267	1730	00:51:24	51.98%
Robert Soames	13/03/2016	Knighton 20	20 Mile	03:02:09	10929	0.9658	5676.693	02:55:55	51.94%
Paul Birdsall	11/05/2016	Clayton	10 km	00:54:43	3283	0.9417	1702	00:51:32	51.84%
Janine Hulme	10/04/2016	Manchester	Marathon	04:21:36	15696	0.9989	8134	04:21:19	51.82%
Mel Worthington	23/01/2016	Park Run	5 km	00:29:51	1791	0.9549	928	00:28:30	51.81%

Improvement

Results Recorded: 393

Latest Results - Ranked

Name	Date of Race	Venue	Distance	Time	Time in secs	Age Factor	Standard	Age-Graded Time	Age-Graded Performance
Nicole Richards	10/04/2016	Manchester	Marathon	04:21:36	15696	1	8125	04:21:36	51.76%
Beth Cliff	16/10/2016	Manchester	H. Mar	02:06:00	7560	1	3912	02:06:00	51.75%
Louise Poole	08/05/2016	Market Drayton	10 km	00:58:40	3520	1	1820	00:58:40	51.70%
Andrew Billingsley	09/01/2016	Park Run	5 km	00:29:15	1755	0.86	906	00:25:09	51.62%
Steve Webb	30/07/2016	Meerbrook 15k	15 km	01:22:44	4964	0.9616	2553	01:19:33	51.43%
Sarah Richards	03/04/2016	Wilmslow Half	H. Mar	02:16:30	8190	0.9378	4171	02:08:01	50.93%
Robert Soames	29/05/2016	Buxton Half	H. Mar	01:58:46	7126	0.9658	3627	01:54:42	50.90%
Tony Smith	07/09/2016	Bramhall 5k	5 km	00:31:51	1911	0.8064	966	00:25:41	50.55%
Paul Birdsall	23/01/2016	Park Run	5 km	00:27:36	1656	0.9337	834	00:25:46	50.36%
Matt Plummer	22/03/2016	Stafford Half	H. Mar	02:01:22	7282	0.9658	3627	01:57:13	49.81%
Beth Cliff	08/05/2016	Market Drayton	10 km	01:01:37	3697	1	1820	01:01:37	49.23%
Matt Plummer	17/01/2016	Four Villages	H. Mar	02:03:26	7406	0.9658	3627	01:59:13	48.97%
Paul Birdsall	20/03/2016	Forest of Dean	H. Mar	02:04:25	7465	0.9584	3655	01:59:14	48.96%
Robert Soames	02/01/2016	Park Run	5 km	00:28:14	1694	0.9404	828	00:26:33	48.88%
Cathy Dean	03/07/2016	Alderley ByPass	5 Mile	00:50:05	3005	0.9931	1462	00:49:44	48.65%
Robert Soames	10/04/2016	Manchester	Marathon	04:21:45	15705	0.9658	7638	04:12:48	48.63%
Beth Cliff	11/05/2016	Clayton	10 km	01:02:24	3744	1	1820	01:02:24	48.61%
Sarah Richards	07/02/2016	Alsager 5	5 Mile	00:54:27	3267	0.9447	1537	00:51:26	47.05%
Emily Heptonstall	22/05/2016	Manchester 10k	10 km	01:04:35	3875	0.9989	1822	01:04:31	47.02%
Paul Birdsall	29/05/2016	Buxton Half	H. Mar	02:11:09	7869	0.9506	3685	02:04:40	46.83%
Andrew Eaton	13/03/2016	Knighton 20	20 Mile	03:23:43	12223	1	5482.499	03:23:43	44.85%
Helen Jeffery	14/05/2016	Park Run	5 km	00:33:17	1997	0.9906	894	00:32:58	44.77%
Louise Poole	02/01/2016	Park Run	5 km	00:34:04	2044	1	886	00:34:04	43.35%
Ian Prime	02/01/2016	Park Run	5 km	00:36:57	2217	0.8734	892	00:32:16	40.23%
Sarah Richards	02/01/2016	Park Run	5 km	00:43:26	2606	0.9476	935	00:41:09	35.88%

Improvement

Results Recorded: 393

5.02%