

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: 30 December 2017

| Name | Date | Event | Distance | Time | Performance % | Improvement |
|--------------------|------------|--------------------|----------|----------|---------------|-------------|
| Brian Evans | 15/07/2017 | Park Run | 5 km | 00:17:53 | 85.09% | 1.77% |
| Mikko Kuronen | 12/11/2016 | Cheshire 10k | 10 km | 00:37:41 | 84.70% | |
| Bill Boynton | 09/07/2015 | Sale Sizzler | 5 km | 00:21:32 | 84.0% | |
| Bryan Lomas | 19/04/2017 | Alvaston 5k | 5 km | 00:17:50 | 80.84% | 1.34% |
| Joanne Moss | 19/04/2017 | Alvaston 5k | 5 km | 00:19:46 | 80.19% | 1.59% |
| Phil Dawson | 18/08/2013 | Birchwood | 10 km | 00:42:04 | 80.1% | |
| Bryan Carr | 08/06/2014 | Potters Arf | H. Mar | 01:26:28 | 78.1% | |
| Chris Moss | 08/04/2017 | Park Run | 5 km | 00:18:30 | 77.93% | 0.75% |
| Emma Weston | 16/04/2017 | South Cheshire 10k | 10 km | 00:41:46 | 77.69% | 2.53% |
| 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% | |
| Charmaine Wood | 10/05/2015 | Market Drayton | 10 km | 00:41:23 | 74.3% | |
| Lucy Rusbridge | 04/11/2017 | Park Run | 5 km | 00:21:38 | 73.96% | 7.08% |
| Val Fussell | 11/11/2017 | Tatton Park 10k | 10 km | 00:55:11 | 73.45% | 0.55% |
| Mel Worthington | 05/02/2017 | Alsager 5 | 5 Mile | 00:34:55 | 73.37% | 0.20% |
| Paul Steel | 27/06/2017 | Crewe 5k | 5 km | 00:20:10 | 73.14% | 1.29% |
| Pete Newham | 01/03/2014 | Park Run | 5 km | 00:19:14 | 73.1% | |
| 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% | |
| Paul Crean | 09/04/2016 | Park Run | 5 km | 00:21:51 | 72.46% | |
| Susan Blake | 02/12/2017 | Park Run | 5 km | 00:24:16 | 71.98% | |
| David Taylor | 27/07/2014 | Tenby 10k | 10 km | 00:48:08 | 71.9% | |
| Nigel Poole | 30/04/2016 | Park Run | 5 km | 00:21:54 | 71.77% | |
| 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% | |
| Harry Stubbs | 25/06/2017 | Colshaw Hall | 10 km | 00:51:08 | 70.70% | 0.37% |
| Graeme Burns | 12/11/2016 | Cheshire 10k | 10 km | 00:42:16 | 70.47% | |
| 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% | |
| Michelle Mathews | 02/01/2016 | Park Run | 5 km | 00:21:35 | 69.34% | |
| 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% | |
| Mark Tilstone | 02/12/2017 | Park Run | 5 km | 00:22:39 | 68.80% | |
| Simon Higgins | 30/01/2016 | Park Run | 5 km | 00:20:41 | 68.17% | |
| Tony Smith | 13/05/2017 | Park Run | 5 km | 00:23:40 | 68.03% | 0.66% |
| Craig Hewitt | 10/05/2015 | Market Drayton | 10 km | 00:40:02 | 67.9% | |
| Nick Wilkins | 02/07/2017 | Alderley Edge BP | 10 km | 00:45:14 | 67.54% | |
| Ann Lomas | 25/03/2012 | Stafford | H. Mar | 01:43:06 | 67.4% | |
| Michael Stanley | 12/08/2017 | Park Run | 5 km | 00:21:25 | 67.32% | 2.09% |
| Sarah Poole | 05/02/2017 | Alsager 5 | 5 Mile | 00:35:59 | 67.25% | 3.37% |
| 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% | |

Best % Performance Since 2012

Last Updated: 30 December 2017

| Name | Date | Event | Distance | Time | Performance % | Improvement |
|----------------------|------------|---------------------|----------|----------|---------------|-------------|
| Karen Sutton | 23/09/2017 | Park Run | 5 km | 00:23:50 | 67.13% | |
| Alice Nimmo | 11/11/2017 | Tatton Park 10k | 10 km | 00:45:20 | 66.91% | 3.54% |
| 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% | |
| 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% | |
| 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% | |
| Vicci Kirkpatrick | 19/03/2017 | Wilmslow Half | H. Mar | 01:45:04 | 65.61% | 2.25% |
| 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 | 04/02/2017 | Park Run | 5 km | 00:22:56 | 65.48% | 0.12% |
| Martin Wood | 12/08/2017 | Park Run | 5 km | 00:24:11 | 64.99% | 1.25% |
| 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% | |
| Claire Cheetham | 21/10/2017 | Valencia Half | H. Mar | 01:41:43 | 64.26% | 3.85% |
| Carolyn Charlesworth | 07/02/2016 | Alsager 5 | 5 Mile | 00:39:34 | 64.24% | |
| 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% | |
| Michelle Stevens | 05/11/2017 | Billericay 10k | 10 km | 00:48:35 | 63.91% | |
| Robert Parkin | 12/03/2016 | Park Run | 5 km | 00:22:06 | 63.80% | |
| Lucinda Stone | 02/12/2017 | Park Run | 5 km | 00:24:08 | 63.19% | |
| Helen Jeffery | 03/12/2017 | Stockport 10 | 10 Mile | 01:19:55 | 63.17% | 3.88% |
| Jason Jones | 03/12/2017 | Stockport 10 | 10 Mile | 01:14:57 | 63.00% | |
| 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% | |
| 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% | |
| Dave Fussell | 11/11/2017 | Tatton Park 10k | 10 km | 00:55:07 | 61.20% | 4.37% |
| 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% | |

Best % Performance Since 2012

Last Updated: 30 December 2017

| Name | Date | Event | Distance | Time | Performance % | Improvement |
|-------------------|------------|-------------------|----------|----------|---------------|-------------|
| Dave Geary | 31/12/2014 | Park Run | 5 km | 00:23:06 | 60.5% | |
| Chris Hewitson | 06/04/2014 | Manchester | Marathon | 03:28:39 | 60.4% | |
| Louise Poole | 25/06/2017 | Colshaw Hall | 10 km | 00:50:13 | 60.40% | 1.26% |
| 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% | |
| Fran Owen | 19/03/2017 | Wilmslow Half | H. Mar | 02:03:24 | 60.09% | |
| Suzie Kelly | 02/12/2017 | Park Run | 5 km | 00:24:50 | 60.00% | |
| Martin Sands | 02/07/2017 | Alderley Edge BP | 10 km | 00:48:49 | 59.54% | |
| 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% | |
| Steve Webb | 25/09/2016 | Macclesfield Half | H. Mar | 01:42:48 | 58.80% | |
| 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 | 26/11/2017 | Wilmslow 10k | 10 km | 00:53:19 | 57.96% | 0.28% |
| Beth Cliff | 04/11/2017 | Park Run | 5 km | 00:25:34 | 57.76% | 4.19% |
| 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% | |
| Timothy Claughton | 21/04/2013 | London Marathon | Marathon | 03:44:50 | 57.4% | |
| Jenni Armitt | 02/12/2017 | Park Run | 5 km | 00:26:19 | 57.31% | |
| Robert Soames | 14/05/2016 | Park Run | 5 km | 00:24:09 | 57.14% | |
| Ian Ihuthia | 20/05/2017 | Park Run | 5 km | 00:22:54 | 56.70% | |
| 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% | |
| William Roberts | 21/10/2017 | Park Run | 5 km | 00:23:38 | 54.94% | |
| Martin Rous | 05/11/2016 | Langley 7 | 7 Mile | 01:02:33 | 54.53% | |
| 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% | |
| 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 | 07/01/2017 | Park Run | 5 km | 00:29:46 | 49.94% | 1.29% |
| 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% | |
| Nancy Cubbon | 04/02/2017 | Park Run | 5 km | 00:37:08 | 41.79% | |
| 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 |
|-----------------|--------------|---------------------|----------|----------|--------------|------------|----------|-----------------|------------------------|
| Joanne Moss | 04/02/2018 | Alsager 5 | 5 Mile | 00:33:41 | 2021 | 0.9182 | 1581 | 00:30:56 | 78.23% |
| Anthony Allen | 24/03/2018 | Park Run | 5 km | 00:17:25 | 1045 | 0.9605 | 811 | 00:16:44 | 77.61% |
| Anthony Allen | 10/03/2018 | Park Run | 5 km | 00:17:49 | 1069 | 0.9605 | 811 | 00:17:07 | 75.87% |
| Emma Weston | 01/01/2018 | Park Run | 5 km | 00:21:35 | 1295 | 0.9314 | 951 | 00:20:06 | 73.44% |
| Charmaine Wood | 04/02/2018 | Alsager 5 | 5 Mile | 00:34:12 | 2052 | 0.9773 | 1486 | 00:33:25 | 72.42% |
| Emma Weston | 21/01/2018 | Four Villages | H. Mar | 01:37:55 | 5875 | 0.9201 | 4252 | 01:30:06 | 72.37% |
| Susan Blake | 13/01/2018 | Park Run | 5 km | 00:24:18 | 1458 | 0.8451 | 1048 | 00:20:32 | 71.88% |
| Charmaine Wood | 10/02/2018 | Park Run | 5 km | 00:21:02 | 1262 | 0.9785 | 905 | 00:20:35 | 71.71% |
| Susan Blake | 17/03/2018 | Park Run | 5 km | 00:24:39 | 1479 | 0.8451 | 1048 | 00:20:50 | 70.86% |
| Susan Blake | 10/02/2018 | Park Run | 5 km | 00:24:42 | 1482 | 0.8451 | 1048 | 00:20:52 | 70.72% |
| Susan Blake | 24/03/2018 | Park Run | 5 km | 00:24:50 | 1490 | 0.8451 | 1048 | 00:20:59 | 70.34% |
| Paul Steel | 04/02/2018 | Alsager 5 | 5 Mile | 00:34:55 | 2095 | 0.8787 | 1456 | 00:30:41 | 69.50% |
| Mark Tilstone | 10/03/2018 | Park Run | 5 km | 00:22:30 | 1350 | 0.8332 | 935 | 00:18:45 | 69.26% |
| John Carbutt | 21/01/2018 | Kidsgrove 10k | 10 km | 00:40:21 | 2421 | 0.9769 | 1641 | 00:39:25 | 67.78% |
| Michael Stanley | 24/03/2018 | Park Run | 5 km | 00:21:31 | 1291 | 0.8935 | 872 | 00:19:14 | 67.54% |
| Michael Stanley | 04/02/2018 | Alsager 5 | 5 Mile | 00:35:12 | 2112 | 0.9076 | 1409 | 00:31:57 | 66.71% |
| Charmaine Wood | 01/01/2018 | Park Run | 5 km | 00:22:47 | 1367 | 0.9785 | 905 | 00:22:18 | 66.20% |
| Paul Steel | 21/01/2018 | Kidsgrove 10k | 10 km | 00:45:55 | 2755 | 0.8818 | 1818 | 00:40:29 | 65.99% |
| Nick Budd | 04/02/2018 | Alsager 5 | 5 Mile | 00:38:33 | 2313 | 0.8497 | 1505 | 00:32:45 | 65.07% |
| Chris Thomas | 21/01/2018 | Four Villages | H. Mar | 01:53:49 | 6829 | 0.795 | 4406 | 01:30:29 | 64.52% |
| Helen Jeffery | 13/01/2018 | Park Run | 5 km | 00:23:21 | 1401 | 0.9831 | 901 | 00:22:57 | 64.31% |
| Nigel Poole | 04/02/2018 | Alsager 5 | 5 Mile | 00:41:03 | 2463 | 0.8135 | 1572 | 00:33:24 | 63.82% |
| Helen Jeffery | 11/02/2018 | Turkey Trot | H. Mar | 01:44:54 | 6294 | 0.9776 | 4002 | 01:42:33 | 63.58% |
| Liz Smart | 01/01/2018 | Park Run | 5 km | 00:29:20 | 1760 | 0.7966 | 1112 | 00:23:22 | 63.18% |
| Helen Jeffery | 21/01/2018 | Kidsgrove 10k | 10 km | 00:48:55 | 2935 | 0.9817 | 1854 | 00:48:01 | 63.17% |
| James Yates | 04/02/2018 | Alsager 5 | 5 Mile | 00:35:14 | 2114 | 0.9582 | 1335 | 00:33:46 | 63.15% |
| Helen Jeffery | 25/03/2018 | Poynton Village 10k | 10 km | 00:49:17 | 2957 | 0.9817 | 1854 | 00:48:23 | 62.70% |
| Ian Prime | 01/01/2018 | Park Run | 5 km | 00:24:18 | 1458 | 0.86 | 906 | 00:20:54 | 62.14% |
| Suzie Kelly | 24/03/2018 | Park Run | 5 km | 00:24:24 | 1464 | 0.9871 | 898 | 00:24:05 | 61.34% |
| Michael Stanley | 21/01/2018 | Four Villages | H. Mar | 01:45:50 | 6350 | 0.9195 | 3810 | 01:37:19 | 60.00% |
| James Yates | 21/01/2018 | Kidsgrove 10k | 10 km | 00:46:28 | 2788 | 0.964 | 1663 | 00:44:48 | 59.65% |
| Ian Prime | 04/02/2018 | Alsager 5 | 5 Mile | 00:41:31 | 2491 | 0.8642 | 1480 | 00:35:53 | 59.41% |
| Beth Cliff | 10/02/2018 | Park Run | 5 km | 00:25:06 | 1506 | 1 | 886 | 00:25:06 | 58.83% |
| Beth Cliff | 04/02/2018 | Alsager 5 | 5 Mile | 00:41:31 | 2491 | 1 | 1452 | 00:41:31 | 58.29% |
| Nick Wilkins | 03/02/2018 | Omagh Charity 10k | 10 km | 00:52:26 | 3146 | 0.8743 | 1833 | 00:45:51 | 58.26% |
| Andrew Bell | 21/01/2018 | Four Villages | H. Mar | 01:58:02 | 7082 | 0.8495 | 4124 | 01:40:16 | 58.23% |
| Beth Cliff | 17/03/2018 | Park Run | 5 km | 00:25:30 | 1530 | 1 | 886 | 00:25:30 | 57.91% |
| Andrew Eaton | 25/02/2018 | Oulton Park Half | H. Mar | 01:41:14 | 6074 | 0.9998 | 3504 | 01:41:13 | 57.69% |
| Jackie Ann Moss | 04/02/2018 | Alsager 5 | 5 Mile | 00:42:48 | 2568 | 0.9821 | 1478 | 00:42:02 | 57.55% |
| Suzie Kelly | 04/03/2018 | Anglesey Half | H. Mar | 01:55:20 | 6920 | 0.9823 | 3982 | 01:53:18 | 57.54% |
| Owen Burdett | 04/03/2018 | Chester 10k | 10 km | 00:47:22 | 2842 | 0.9822 | 1632 | 00:46:31 | 57.42% |
| Beth Cliff | 13/01/2018 | Park Run | 5 km | 00:25:45 | 1545 | 1 | 886 | 00:25:45 | 57.35% |
| Steve Dunn | 10/03/2018 | Park Run | 5 km | 00:26:45 | 1605 | 0.8533 | 913 | 00:22:50 | 56.88% |
| Suzie Kelly | 01/01/2018 | Park Run | 5 km | 00:26:15 | 1575 | 0.9906 | 894 | 00:26:00 | 56.76% |
| Paul Crean | 24/03/2018 | Park Run | 5 km | 00:30:28 | 1828 | 0.8064 | 966 | 00:24:34 | 52.84% |
| Cathy Dean | 04/02/2018 | Alsager 5 | 5 Mile | 00:52:09 | 3129 | 0.99 | 1467 | 00:51:38 | 46.88% |
| Shaun Giltrap | 24/03/2018 | Park Run | 5 km | 00:31:21 | 1881 | 0.8935 | 872 | 00:28:01 | 46.36% |
| Nigel Wright | 01/01/2018 | Park Run | 5 km | 00:32:48 | 1968 | 0.9069 | 859 | 00:29:45 | 43.65% |

Improvement

Results Recorded: 48