

# 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 World Masters Association (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: 28 December 2021

Name	Date	Event	Distance	Time	Performance %	Improvement
Carol Bird	11/10/2020	Tatton 10k	10 km	00:41:21	91.58%	
Brian Evans	17/05/2019	Christleton 5k	5 km	00:17:18	88.63%	
Elaine Statham	08/12/2019	Telford 10k	10 km	00:56:42	85.95%	
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	83.20%	
Bryan Lomas	30/04/2021	Mid Cheshire 5k	5 km	00:17:58	82.75%	0.53%
Emma Weston	02/05/2021	Prestwold Hall 5k	5 km	00:19:47	82.65%	2.47%
Jack Schofield	01/03/2020	Cambridge Half Marathon	H. Mar	01:11:38	81.50%	
Anthony Allan	29/08/2019	Mid Cheshire 5k	5 km	00:16:51	81.40%	
Joanne Moss	10/03/2019	Chester 10k	10 km	00:41:23	80.91%	
Phil Dawson	18/08/2013	Birchwood	10 km	00:42:04	80.07%	
Mel Worthington	28/11/2021	Wilmslow Festive 10k	10 km	00:42:25	79.84%	3.34%
Chris Moss	28/12/2019	Park Run	5 km	00:18:33	78.89%	
Elizabeth Lingford	03/11/2019	Flying Fox	10 Mile	01:16:16	78.26%	
Bryan Carr	08/06/2014	Potters Arf	H. Mar	01:26:28	78.10%	
Emma Taylor	07/07/2019	Alderley By-Pass 10k	10 km	00:39:06	77.58%	
Mark Tilstone	31/08/2019	Park Run	5 km	00:20:37	76.80%	
Debbie Hill	29/12/2012	Park Run	5 km	00:22:55	76.00%	
Tom Fellbaum	06/11/2021	Park Run	5 km	00:17:08	75.88%	
Julian Barry	19/04/2014	Park Run	5 km	00:21:45	75.71%	
Jessica Knowles	12/09/2021	Wilmslow Half	H. Mar	01:35:53	75.53%	2.39%
Dan Gibbs	06/10/2019	Congleton Half	H. Mar	01:18:16	74.68%	
Charmaine Wood	10/05/2015	Market Drayton	10 km	00:41:23	74.27%	
John Carbutt	10/03/2019	Chester 10k	10 km	00:37:07	74.14%	
Lucy Rusbridge	04/11/2017	Park Run	5 km	00:21:38	73.96%	
Paul Steel	02/02/2020	Alsager 5	5 Mile	00:33:34	73.49%	
Val Fussell	11/11/2017	Tatton Park 10k	10 km	00:55:11	73.45%	
Stuart Rider	06/11/2021	Park Run	5 km	00:18:49	73.34%	1.55%
Pete Newham	01/03/2014	Park Run	5 km	00:19:14	73.14%	
Thomas James Howarth	28/11/2021	Wilmslow Festive 10k	10 km	00:36:33	73.10%	
Susan Tilstone	23/06/2018	Park Run	5 km	00:23:59	72.83%	
Steve Bacon	04/04/2012	Chester Spring	5 Mile	00:31:59	72.75%	
Chris Thomas	11/05/2014	Market Drayton	10 km	00:45:31	72.72%	
Paul Sellers	31/12/2014	Park Run	5 km	00:21:10	72.60%	
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%	
David Taylor	27/07/2014	Tenby 10k	10 km	00:48:08	71.88%	
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	71.74%	
Thomas Walker	14/12/2019	Park Run	5 km	00:18:06	71.73%	
Sarah Proudmore	24/11/2019	Wilmslow 10k	10 km	00:47:15	71.68%	
Felicity Doyle	05/04/2015	Air Products	10 km	00:52:30	71.65%	
Tom Brown	06/10/2013	Congleton Half	H. Mar	01:25:59	71.18%	
Sandre Jackson	03/04/2016	Wilmslow Half	H. Mar	01:53:48	71.10%	
Michelle Birdsall	01/01/2020	Park Run	5 km	00:21:31	70.88%	
Jason Jones	08/02/2020	Park Run	5 km	00:20:33	70.72%	
Harry Stubbs	25/06/2017	Colshaw Hall	10 km	00:51:08	70.70%	
Graeme Burns	12/11/2016	Cheshire 10k	10 km	00:42:16	70.47%	

# Best % Performance Since 2012

Last Updated: 28 December 2021

Name	Date	Event	Distance	Time	Performance %	Improvement
Nick Budd	22/12/2018	Park Run	5 km	00:21:57	70.39%	
Dave Clark	22/03/2015	Wilmslow Half	H. Mar	01:25:37	70.02%	
Steve Webb	29/07/2012	Great Warford	10 Mile	01:14:40	70.00%	
Terry Dykes	04/12/2016	Wilmslow 10k	10 km	00:50:36	69.96%	
Nick Wilkins	25/11/2018	Wilmslow Festival	10 km	00:44:25	69.38%	
Paula Kennerley	05/11/2016	Langley 7	7 Mile	00:54:12	69.14%	
Amanda Jones	25/12/2019	Park Run	5 km	00:23:01	68.86%	
Lee Mackin	25/09/2021	Park Run	5 km	00:19:23	68.79%	
Sean Rowsell	13/11/2021	Alton Towers 10k	10 km	00:45:23	68.49%	
Adam Powell	22/08/2021	Alderley Edge ByPass	10 km	00:39:45	68.43%	0.74%
Hannah Harding	17/10/2021	Knutsford 10k	10 km	00:45:16	68.26%	
Claire Cheetham	16/02/2020	Valencia 15k	15 km	01:07:48	68.19%	
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%	
Craig Hewitt	10/05/2015	Market Drayton	10 km	00:40:02	67.86%	
Michael Stanley	24/03/2018	Park Run	5 km	00:21:31	67.54%	
Ann Lomas	25/03/2012	Stafford	H. Mar	01:43:06	67.36%	
Sarah Poole	05/02/2017	Alsager 5	5 Mile	00:35:59	67.25%	
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	67.13%	
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%	
Derek Lucas	31/12/2014	Park Run	5 km	00:26:25	66.75%	
Martin Sands	24/11/2019	Wilmslow 10k	10 km	00:44:38	66.73%	
Judith Newham	08/04/2012	Air Products	10 km	00:47:50	66.41%	
Maria Jensen	16/10/2016	Manchester	H. Mar	01:41:00	66.39%	
Gill Armstrong	25/09/2021	Park Run	5 km	00:25:12	66.27%	
Steve Dunn	31/12/2014	Park Run	5 km	00:22:28	66.17%	
Alex McCormick	06/05/2012	Uttoxeter	H. Mar	01:40:22	66.14%	
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	66.04%	
Liz Smart	27/07/2014	Great Warford	10 Mile	01:33:20	66.00%	
James Yates	11/09/2021	Park Run	5 km	00:21:23	65.94%	0.69%
Suzanne Roebuck	31/12/2014	Park Run	5 km	00:24:19	65.94%	
Pete Doyle	25/03/2012	Stafford	H. Mar	01:44:33	65.73%	
Vicci Kirkpatrick	19/03/2017	Wilmslow Half	H. Mar	01:45:04	65.61%	
Harold Pinkney	31/12/2014	Park Run	5 km	00:25:06	65.60%	
Christopher Smith	28/04/2013	Manchester Marathon	Marathon	03:13:32	65.60%	
Joe Quartley	18/05/2019	Park Run	5 km	00:20:12	65.59%	
Ellie Dick	04/02/2017	Park Run	5 km	00:22:56	65.48%	
Suzie Roscoe	28/11/2021	Wilmslow Festive 10k	10 km	00:47:52	65.25%	1.03%
Martin Wood	12/08/2017	Park Run	5 km	00:24:11	64.99%	
Kelly Hurlstone	04/05/2019	Park Run	5 km	00:22:46	64.86%	
Andy Roberts	10/04/2016	Manchester	Marathon	03:27:01	64.59%	
Greg Jackson	04/09/2021	Park Run	5 km	00:20:39	64.57%	
Jack Sargeant	07/07/2019	Alderley By-Pass 10k	10 km	00:41:29	64.40%	
Helen Jeffery	07/05/2019	Round the Runway	5 Mile	00:38:28	64.38%	
Janine Hulme	23/10/2021	Park Run	5 km	00:23:22	64.27%	3.92%

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Last Updated: 28 December 2021

Name	Date	Event	Distance	Time	Performance %	Improvement
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	64.23%	
David Heath	10/10/2021	Manchester Marathon	Marathon	03:11:41	64.21%	
Paul Bevan	31/12/2014	Park Run	5 km	00:22:16	64.15%	
Sara Stead	23/03/2014	Wilmslow Half	H. Mar	01:45:33	64.08%	
Andrew Bell	14/06/2015	Potters Arf	H. Mar	01:48:22	63.96%	
Rob Parkin	12/03/2016	Park Run	5 km	00:22:06	63.80%	
Bethany Cliff	06/11/2021	Park Run	5 km	00:23:11	63.70%	
Josie Galbraith	20/06/2021	Colshaw Hall 10k	10 km	00:54:31	63.62%	0.28%
Jody Brooks	20/06/2021	Colshaw Hall 10k	10 km	00:47:45	63.53%	1.95%
Lucinda Stone	02/12/2017	Park Run	5 km	00:24:08	63.19%	
Ian Stanway	01/08/2021	Sandbach 10k	10 km	00:42:23	63.15%	4.03%
Roy Cochran-Patel	05/01/2019	Park Run	5 km	00:21:53	63.06%	
Matt Belford	05/04/2015	Air Products	10 km	00:44:07	62.98%	
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	62.83%	
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%	
Peter Ling	24/11/2019	Wilmslow 10k	10 km	00:48:57	62.41%	
Duncan Young	03/11/2018	Park Run	5 km	00:24:29	62.15%	
Luan Machin	16/05/2012	Clayton	10 km	00:49:26	61.97%	
Thomas Conibere	11/12/2021	Tatton 10k	10 km	00:44:28	61.88%	
Heather Jackson	02/02/2014	Alsager 5	5 Mile	00:39:26	61.79%	
Andrew Billingsley	31/12/2014	Park Run	5 km	00:24:19	61.62%	
Nicole Richards	17/01/2016	Four Villages	H. Mar	01:46:20	61.32%	
Rachel Flentje	20/06/2021	Colshaw Hall 10k	10 km	00:50:43	61.22%	13.69%
Graham Cooper	22/08/2021	Alderley Edge ByPass	10 km	00:44:03	61.22%	
Dave Fussell	11/11/2017	Tatton Park 10k	10 km	00:55:07	61.20%	
Strachan McCormick	12/03/2013	Bath Half	H. Mar	01:37:55	61.19%	
Sarah Higgins	24/11/2019	Wilmslow 10k	10 km	00:53:37	61.11%	
Nicole Humphreys	06/11/2016	Flying Fox	10 Mile	01:20:46	61.10%	
Sarah Cartwright	24/11/2019	Wilmslow 10k	10 km	00:51:14	60.96%	
Georgina Budd	06/11/2021	Park Run	5 km	00:24:15	60.89%	1.94%
Andrea Whiteley	11/09/2021	Park Run	5 km	00:25:36	60.87%	
Jason Chappell	14/06/2015	Potters Arf	H. Mar	01:40:37	60.82%	
Adrian Machin	16/05/2012	Clayton	10 km	00:46:13	60.58%	
Stephen Burns	31/12/2014	Park Run	5 km	00:21:54	60.58%	
Laura Dodd	03/07/2016	Southport Half	H. Mar	01:47:41	60.55%	
David Campbell	08/04/2012	Air Products	10 km	00:51:08	60.53%	
Dave Geary	31/12/2014	Park Run	5 km	00:23:06	60.46%	
Beth Cliff	28/04/2018	Park Run	5 km	00:24:26	60.44%	
Chris Hewitson	06/04/2014	Manchester	Marathon	03:28:39	60.41%	
Louise Poole	25/06/2017	Colshaw Hall	10 km	00:50:13	60.40%	
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	60.38%	
Ellie Linsell	20/11/2016	Tatton Park	H. Mar	01:49:55	60.38%	
Fran Owen	19/03/2017	Wilmslow Half	H. Mar	02:03:24	60.09%	
Laura Taylor	24/11/2019	Wilmslow 10k	10 km	00:50:39	59.95%	

# Best % Performance Since 2012

Last Updated: 28 December 2021

Name	Date	Event	Distance	Time	Performance %	Improvement
Tracy Welch	03/10/2021	Congleton Half Marathon	H. Mar	01:55:20	59.77%	
Matt Plummer	31/12/2014	Park Run	5 km	00:22:56	59.52%	
Peter Blackledge	14/09/2019	Park Run	5 km	00:23:42	59.49%	
Jamilla Gaskell	04/12/2016	Wilmslow 10k	10 km	00:52:13	59.46%	
Camilla Wilmot	03/11/2018	Park Run	5 km	00:25:03	59.21%	
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	58.80%	
Jenni Armitt	24/11/2019	Wilmslow 10k	10 km	00:53:40	58.57%	
Gemma Brinkhurst	24/11/2019	Wilmslow 10k	10 km	00:52:30	58.03%	
Sudam Gamage	07/08/2021	Park Run	5 km	00:23:18	58.01%	
Mathew Belford	23/03/2014	Wilmslow Half	H. Mar	01:43:26	57.96%	
Jackie Ann Moss	26/11/2017	Wilmslow 10k	10 km	00:53:19	57.96%	
Jade Longmuir	07/07/2021	Tatton 10k	10 km	00:53:35	57.95%	
Danny Jackson	28/11/2021	Wilmslow Festive 10k	10 km	00:48:42	57.80%	
David Whittaker	08/09/2019	Stockport Hatters Half	H. Mar	01:51:58	57.68%	
Anna Howarth	28/11/2021	Wilmslow Festive 10k	10 km	00:52:38	57.63%	
Paul Birdsall	19/07/2015	Trentham 10k	10 km	00:50:10	57.48%	
Tim Harden	26/06/2016	Colshaw Hall	10 km	00:50:11	57.46%	
Owen Burdett	04/03/2018	Chester 10k	10 km	00:47:22	57.42%	
Timothy Claughton	21/04/2013	London Marathon	Marathon	03:44:50	57.41%	
Robert Soames	14/05/2016	Park Run	5 km	00:24:09	57.14%	
Stephen Canning	07/03/2020	Park Run	5 km	00:23:43	56.99%	
Sandy Hall	13/04/2019	Park Run	5 km	00:27:50	56.95%	
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	56.61%	
Steve Tamplin	28/07/2013	Park Run	5 km	00:28:05	55.67%	
William Roberts	21/10/2017	Park Run	5 km	00:23:38	54.94%	
Helen Harrison	22/08/2021	Alderley Edge ByPass	10 km	00:58:16	54.72%	
Alison Procter	03/10/2021	Congleton Half Marathon	H. Mar	02:20:53	54.58%	
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	53.31%	
Nicky Glover	08/09/2019	Sandback 10k	10 km	00:58:40	53.24%	
Daniel Forse	16/06/2018	Park Run	5 km	00:24:27	53.17%	
Helen Doyle	01/02/2015	Alsager 5	5 Mile	00:46:44	51.78%	
Sarah Lyon	10/03/2013	Wrap & Run 10k	10 km	00:58:40	51.70%	
Sarah Richards	03/04/2016	Wilmslow Half	H. Mar	02:16:30	50.93%	
Nicola Glover	03/10/2021	Congleton Half Marathon	H. Mar	02:14:20	50.92%	
James Wood	05/02/2012	Alsager	5 Mile	00:28:30	50.00%	
Tim Smith	05/02/2012	Alsager	5 Mile	00:45:14	50.00%	
Nicholas Playford	13/05/2012	Chester	H. Mar	01:59:38	50.00%	
Cathy Dean	07/01/2017	Park Run	5 km	00:29:46	49.94%	
Shaun Giltrap	21/04/2018	Park Run	5 km	00:30:37	47.47%	
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	46.34%	
Mark Wilkinson	24/11/2019	Wilmslow 10k	10 km	00:59:03	46.32%	
Nigel Wright	01/01/2020	Park Run	5 km	00:31:46	45.75%	
Tom Simper	17/06/2018	Colshaw 10k	10 km	01:01:15	45.61%	
Hannah Singh	11/03/2013	Wrap & Run 10k	10 km	01:08:08	44.52%	

# Best % Performance Since 2012

*Last Updated: 28 December 2021*

Name	Date	Event	Distance	Time	Performance %	Improvement
Laura Daniels	03/02/2013	Alsager 5	5 Mile	00:48:14	44.26%	
Sandra Poole	09/12/2018	Tatton Yule Yomp	10 km	01:24:20	43.75%	
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	Time	Time in secs	Age Factor	Standard	Age-Graded Time	Age-Graded Performance	
Carol Bird	06/02/2022	Alsager 5	5 Mile	00:34:57	2097	0.7852	1849	00:27:27	88.17%
Elaine Statham	06/02/2022	Alsager 5	5 Mile	00:47:21	2841	0.6109	2377	00:28:56	83.67%
Chris Moss	06/02/2022	Alsager 5	5 Mile	00:30:45	1845	0.8714	1468	00:26:48	79.57%
Melanie Worthington	16/01/2022	Four Villages	H. Mar	01:32:29	5549	0.8898	4396	01:22:18	79.22%
Tom Fellbaum	16/01/2022	Four Villages	H. Mar	01:17:19	4639	1	3503	01:17:19	75.51%
Debbie Hill	01/01/2022	Park Run	5 km	00:25:12	1512	0.7772	1140	00:19:35	75.40%
Jessica Knowles	16/01/2022	Four Villages	H. Mar	01:37:26	5846	0.9003	4345	01:27:43	74.32%
Emma Weston	06/02/2022	Alsager 5	5 Mile	00:37:58	2278	0.8877	1636	00:33:42	71.82%
Mark Tilstone	22/01/2022	Park Run	5 km	00:22:31	1351	0.8064	966	00:18:09	71.50%
Susan Tilstone	01/01/2022	Park Run	5 km	00:25:46	1546	0.8063	1099	00:20:47	71.09%
Susan Tilstone	22/01/2022	Park Run	5 km	00:25:49	1549	0.8063	1099	00:20:49	70.95%
Gill Armstrong	06/02/2022	Alsager 5	5 Mile	00:38:55	2335	0.8775	1655	00:34:09	70.88%
Susan Tilstone	05/02/2022	Park Run	5 km	00:25:51	1551	0.8063	1099	00:20:51	70.86%
Susan Tilstone	29/01/2022	Park Run	5 km	00:26:05	1565	0.8063	1099	00:21:02	70.22%
Susan Tilstone	15/01/2022	Park Run	5 km	00:26:11	1571	0.8063	1099	00:21:07	69.96%
Hannah Harding	06/02/2022	Alsager 5	5 Mile	00:35:27	2127	0.9821	1478	00:34:49	69.49%
Mark Tilstone	01/01/2022	Park Run	5 km	00:23:26	1406	0.8064	966	00:18:54	68.71%
Chris Moss	01/01/2022	Park Run	5 km	00:21:52	1312	0.8734	892	00:19:06	67.99%
Thomas Walker	16/01/2022	Four Villages	H. Mar	01:27:26	5246	1	3503	01:27:26	66.77%
Kelly Hurlstone	06/02/2022	Alsager 5	5 Mile	00:36:25	2185	0.9976	1455	00:36:20	66.59%
Emily Nott	06/02/2022	Alsager 5	5 Mile	00:37:28	2248	0.9821	1478	00:36:48	65.75%
Rich Benson	06/02/2022	Alsager 5	5 Mile	00:43:23	2603	0.7482	1709	00:32:28	65.66%
Stuart Rider	16/01/2022	Four Villages	H. Mar	01:32:05	5525	0.9658	3627	01:28:56	65.65%
Nigel Poole	06/02/2022	Alsager 5	5 Mile	00:41:24	2484	0.7846	1630	00:32:29	65.62%
Rich Benson	29/01/2022	Park Run	5 km	00:26:24	1584	0.7515	1037	00:19:50	65.47%
Adam Powell	06/02/2022	Alsager 5	5 Mile	00:33:32	2012	0.972	1316	00:32:36	65.41%
Suzie Roscoe	22/01/2022	Park Run	5 km	00:23:34	1414	0.9678	915	00:22:48	64.71%
Jason Jones	01/01/2022	Park Run	5 km	00:22:49	1369	0.8868	878	00:20:14	64.13%
Nigel Poole	01/01/2022	Park Run	5 km	00:25:51	1551	0.7863	991	00:20:20	63.89%
Rich Benson	01/01/2022	Park Run	5 km	00:27:06	1626	0.7515	1037	00:20:22	63.78%
Rich Benson	15/01/2022	Park Run	5 km	00:27:11	1631	0.7515	1037	00:20:26	63.58%
Rich Benson	08/01/2022	Park Run	5 km	00:27:14	1634	0.7515	1037	00:20:28	63.46%
Georgina Budd	06/02/2022	Alsager 5	5 Mile	00:38:31	2311	1	1452	00:38:31	62.83%
Michelle Birdsall	01/01/2022	Park Run	5 km	00:24:49	1489	0.9549	928	00:23:42	62.32%
Georgina Budd	05/02/2022	Park Run	5 km	00:23:47	1427	1	886	00:23:47	62.09%
Thomas Walker	01/01/2022	Park Run	5 km	00:20:58	1258	1	779	00:20:58	61.92%
Suzie Roscoe	16/01/2022	Four Villages	H. Mar	01:49:05	6545	0.9666	4047	01:45:26	61.83%
Bethany Cliff	01/01/2022	Park Run	5 km	00:23:53	1433	0.9998	886	00:23:53	61.83%
Mark Tilstone	15/01/2022	Park Run	5 km	00:26:12	1572	0.8064	966	00:21:08	61.45%
Nick Wilkins	16/01/2022	Four Villages	H. Mar	01:52:03	6723	0.8495	4124	01:35:11	61.34%
Janine Hulme	06/02/2022	Alsager 5	5 Mile	00:40:14	2414	0.9821	1478	00:39:31	61.23%
Kelly Hurlstone	16/01/2022	Four Villages	H. Mar	01:47:27	6447	0.9956	3929	01:46:59	60.94%
Josie Galbraith	06/02/2022	Alsager 5	5 Mile	00:45:45	2745	0.8775	1655	00:40:09	60.29%
Louise Poole	06/02/2022	Alsager 5	5 Mile	00:40:37	2437	0.999	1453	00:40:35	59.62%
Jackie Ann Moss	06/02/2022	Alsager 5	5 Mile	00:43:10	2590	0.9594	1513	00:41:25	58.42%
Duncan Young	06/02/2022	Alsager 5	5 Mile	00:44:37	2677	0.8352	1531	00:37:16	57.19%
Liz Smart	01/01/2022	Park Run	5 km	00:34:24	2064	0.7577	1169	00:26:04	56.64%
Suzie Roscoe	01/01/2022	Park Run	5 km	00:27:13	1633	0.9734	910	00:26:30	55.73%
Jackie Ann Moss	01/01/2022	Park Run	5 km	00:28:16	1696	0.9616	921	00:27:11	54.30%
Louise Poole	01/01/2022	Park Run	5 km	00:27:18	1638	0.999	887	00:27:16	54.15%
Robert Soames	01/01/2022	Park Run	5 km	00:29:08	1748	0.9002	865	00:26:14	49.49%
Andrea Whiteley	22/01/2022	Park Run	5 km	00:32:31	1951	0.9398	943	00:30:34	48.33%
Stephen Canning	01/01/2022	Park Run	5 km	00:28:25	1705	0.9538	817	00:27:06	47.92%

Improvement Results Recorded: 53

0.68%

4.61%

1.23%

1.73%

1.94%

0.46%