

# 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: 02 January 2019

Name	Date	Event	Distance	Time	Performance %	Improvement
Brian Evans	15/07/2017	Park Run	5 km	00:17:53	85.09%	
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	19/04/2017	Alvaston 5k	5 km	00:17:50	80.84%	
Joanne Moss	27/04/2018	Mid Cheshire 5k	5 km	00:19:52	80.54%	0.35%
Emma Weston	25/11/2018	Wilmslow Festival	10 km	00:41:17	80.18%	2.48%
Phil Dawson	18/08/2013	Birchwood	10 km	00:42:04	80.07%	
Anthony Allan	21/04/2018	Park Run	5 km	00:17:08	78.89%	2.88%
Bryan Carr	08/06/2014	Potters Arf	H. Mar	01:26:28	78.10%	
Chris Moss	08/04/2017	Park Run	5 km	00:18:30	77.93%	
Debbie Hill	29/12/2012	Park Run	5 km	00:22:55	76.00%	
Julian Barry	19/04/2014	Park Run	5 km	00:21:45	75.71%	
Mel Worthington	25/11/2018	Wilmslow Festival	10 km	00:43:53	74.67%	1.30%
Charmaine Wood	10/05/2015	Market Drayton	10 km	00:41:23	74.27%	
Emma Taylor	29/12/2018	Park Run	5 km	00:20:00	74.00%	
Lucy Rusbridge	04/11/2017	Park Run	5 km	00:21:38	73.96%	
Val Fussell	11/11/2017	Tatton Park 10k	10 km	00:55:11	73.45%	
Paul Steel	27/06/2017	Crewe 5k	5 km	00:20:10	73.14%	
Pete Newham	01/03/2014	Park Run	5 km	00:19:14	73.14%	
Susan Blake	23/06/2018	Park Run	5 km	00:23:59	72.83%	0.85%
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%	
Felicity Doyle	05/04/2015	Air Products	10 km	00:52:30	71.65%	
John Carbutt	16/09/2018	Sandbach 10k	10 km	00:38:17	71.44%	
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%	
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%	
Nick Budd	22/12/2018	Park Run	5 km	00:21:57	70.39%	0.80%
Stuart Rider	22/12/2018	Park Run	5 km	00:19:17	70.10%	0.77%
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%	
Jason Jones	17/11/2018	Park Run	5 km	00:20:35	69.55%	6.56%
Nick Wilkins	25/11/2018	Wilmslow Festival	10 km	00:44:25	69.38%	1.84%
Michelle Stevens	02/01/2016	Park Run	5 km	00:21:35	69.34%	
Mark Tilstone	10/03/2018	Park Run	5 km	00:22:30	69.26%	0.46%
Paula Kennerley	05/11/2016	Langley 7	7 Mile	00:54:12	69.14%	
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%	0.23%

# Best % Performance Since 2012

Last Updated: 02 January 2019

Name	Date	Event	Distance	Time	Performance %	Improvement
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%	
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%	
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%	
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%	
Ellie Dick	04/02/2017	Park Run	5 km	00:22:56	65.48%	
Martin Wood	12/08/2017	Park Run	5 km	00:24:11	64.99%	
Andy Roberts	10/04/2016	Manchester	Marathon	03:27:01	64.59%	
James Yates	29/12/2018	Park Run	5 km	00:21:25	64.44%	0.26%
Jack Sargeant	08/11/2014	Park Run	5 km	00:20:03	64.34%	
Helen Jeffery	13/01/2018	Park Run	5 km	00:23:21	64.31%	1.14%
Claire Cheetham	21/10/2017	Valencia Half	H. Mar	01:41:43	64.26%	
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%	
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%	
Lucinda Stone	02/12/2017	Park Run	5 km	00:24:08	63.19%	
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%	
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%	
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%	
Roy Cochran-Patel	29/12/2018	Park Run	5 km	00:22:32	61.24%	
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%	
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	60.82%	

# Best % Performance Since 2012

Last Updated: 02 January 2019

Name	Date	Event	Distance	Time	Performance %	Improvement
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 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	60.53%	
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%	2.68%
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%	
Janine Hulme	07/02/2016	Alsager 5	5 Mile	00:40:08	60.34%	
Martin Sands	22/12/2018	Park Run	5 km	00:24:06	60.30%	0.76%
Fran Owen	19/03/2017	Wilmslow Half	H. Mar	02:03:24	60.09%	
Suzie Roscoe	02/12/2017	Park Run	5 km	00:24:50	60.00%	
Matt Plummer	31/12/2014	Park Run	5 km	00:22:56	59.52%	
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%	
Sarah Higgins	19/05/2018	Park Run	5 km	00:26:41	58.90%	
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%	
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%	
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%	
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	56.61%	
Steve Tamplin	28/07/2013	Park Run	5 km	00:28:05	55.67%	
Sandy Hall	19/05/2018	Park Run	5 km	00:28:17	55.57%	
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	53.31%	
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%	
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%	
Georgina Budd	22/12/2018	Park Run	5 km	00:29:40	49.78%	
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%	

# Best % Performance Since 2012

*Last Updated: 02 January 2019*

Name	Date	Event	Distance	Time	Performance %	Improvement
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%	
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%	
Nigel Wright	01/01/2018	Park Run	5 km	00:32:48	43.65%	
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	Improvement	Results Recorded: 418
Brian Evans	17/05/2019	Christleton 5k	5 km	00:17:18	1038	0.8466	920	00:14:39	88.63%	3.54%
Carol Bird	17/02/2019	Village Bakery Half	H. Mar	01:31:56	5516	0.8058	4855	01:14:05	88.02%	
Brian Evans	26/06/2019	Sale Sizzler	5 km	00:17:38	1058	0.8466	920	00:14:56	86.96%	
Brian Evans	01/06/2019	Stretford Park Run	5 km	00:17:39	1059	0.8466	920	00:14:57	86.87%	
Carol Bird	24/03/2019	Wilmslow Half	H. Mar	01:33:46	5626	0.8058	4855	01:15:33	86.30%	
Elaine Statham	08/12/2019	Telford 10k	10 km	00:56:42	3402	0.6225	2924	00:35:18	85.95%	1.88%
Elaine Statham	24/11/2019	Wilmslow 10k	10 km	00:56:52	3412	0.6225	2924	00:35:24	85.70%	
Carol Bird	01/09/2019	Maidstone Half	H. Mar	01:34:30	5670	0.8058	4855	01:16:09	85.63%	
Carol Bird	16/06/2019	Stone St Michaels	10 km	00:43:45	2625	0.8115	2243	00:35:30	85.45%	
Carol Bird	21/04/2019	Air Products 10k	10 km	00:43:46	2626	0.8115	2243	00:35:31	85.42%	
Carol Bird	14/04/2019	Newcastle 10k	10 km	00:44:01	2641	0.8115	2243	00:35:43	84.93%	
Carol Bird	13/10/2019	Werrington 10k	10 km	00:44:15	2655	0.8115	2243	00:35:55	84.48%	
Elaine Statham	08/09/2019	Stratford on Avon 10k	10 km	00:57:58	3478	0.6225	2924	00:36:05	84.07%	
Carol Bird	29/04/2019	London Marathon	Marathon	03:21:15	12075	0.8026	10123	02:41:31	83.83%	
Carol Bird	02/11/2019	Park Run	5 km	00:21:27	1287	0.8257	1073	00:17:43	83.37%	
Carol Bird	06/10/2019	Congleton Half	H. Mar	01:37:28	5848	0.8058	4855	01:18:32	83.02%	
Carol Bird	19/04/2019	Hull Half Marathon	H. Mar	01:38:02	5882	0.8058	4855	01:19:00	82.54%	
Carol Bird	24/07/2019	Staffs Knott	5 Mile	00:36:13	2173	0.816	1779	00:29:33	81.87%	
Elaine Statham	15/12/2019	Stockport 10	10 Mile	01:37:51	5871	0.6168	4801	01:00:21	81.77%	
Bryan Lomas	11/12/2019	Alvaston 5k	5 km	00:18:03	1083	0.8801	885	00:15:53	81.72%	0.88%
Anthony Allan	29/08/2019	Mid Cheshire 5k	5 km	00:16:51	1011	0.9471	823	00:15:58	81.40%	2.51%
Carol Bird	14/07/2019	Cheadle 4	4 Mile	00:28:45	1725	0.8205	1404	00:23:35	81.39%	
Jack Schofield	29/08/2019	Mid Cheshire 5k	5 km	00:16:02	962	1	779	00:16:02	80.98%	
Joanne Moss	10/03/2019	Chester 10k	10 km	00:41:23	2483	0.906	2009	00:37:30	80.91%	0.37%
Bryan Lomas	13/11/2019	Alvaston 5k	5 km	00:18:17	1097	0.8801	885	00:16:05	80.67%	
Joanne Moss	03/02/2019	Alsager 5	5 Mile	00:33:06	1986	0.9082	1599	00:30:04	80.51%	
Elaine Statham	22/09/2019	Macclesfield Run Fest	5 km	00:28:17	1697	0.6509	1361	00:18:25	80.20%	
Carol Bird	04/08/2019	Trentham 10	10 km	00:46:40	2800	0.8115	2243	00:37:52	80.11%	
Bryan Lomas	11/09/2019	Alvaston 5k	5 km	00:18:25	1105	0.8801	885	00:16:13	80.09%	
Bryan Lomas	03/08/2019	Aviemore Park Run	5 km	00:18:26	1106	0.8801	885	00:16:13	80.02%	
Elaine Statham	21/12/2019	Park Run	5 km	00:28:21	1701	0.6509	1361	00:18:27	80.01%	
Emma Weston	24/11/2019	Wilmslow 10k	10 km	00:41:51	2511	0.906	2009	00:37:55	80.01%	
Emma Weston	29/08/2019	Mid Cheshire 5k	5 km	00:20:01	1201	0.9225	960	00:18:28	79.93%	
Anthony Allan	24/08/2019	Park Run	5 km	00:17:12	1032	0.9471	823	00:16:17	79.75%	
Anthony Allan	28/12/2019	Park Run	5 km	00:17:13	1033	0.9471	823	00:16:18	79.67%	
Bryan Lomas	23/03/2019	Park Run	5 km	00:18:24	1104	0.8868	878	00:16:19	79.53%	
Bryan Lomas	16/10/2019	Alvaston 5k	5 km	00:18:35	1115	0.8801	885	00:16:21	79.37%	
Emma Weston	03/02/2019	Alsager 5	5 Mile	00:33:16	1996	0.9182	1581	00:30:33	79.21%	
Carol Bird	15/05/2019	Stone 5	5 Mile	00:37:27	2247	0.816	1779	00:30:34	79.17%	
Anthony Allan	25/05/2019	Park Run	5 km	00:17:15	1035	0.9538	817	00:16:27	78.94%	
Chris Moss	28/12/2019	Park Run	5 km	00:18:33	1113	0.8868	878	00:16:27	78.89%	0.96%
Bryan Lomas	16/01/2019	Alvaston 5k	5 km	00:18:35	1115	0.8868	878	00:16:29	78.74%	
Chris Moss	29/08/2019	Mid Cheshire 5k	5 km	00:18:39	1119	0.8868	878	00:16:32	78.46%	
Bryan Lomas	10/04/2019	Chester Spring 5	5 Mile	00:30:28	1828	0.8931	1432	00:27:13	78.34%	
Elizabeth Lingford	03/11/2019	Flying Fox	10 Mile	01:16:16	4576	0.8268	3581	01:03:03	78.26%	
Anthony Allan	12/10/2019	Park Run	5 km	00:17:32	1052	0.9471	823	00:16:36	78.23%	
Anthony Allan	21/12/2019	Park Run	5 km	00:17:33	1053	0.9471	823	00:16:37	78.16%	
Joanne Moss	24/11/2019	Wilmslow 10k	10 km	00:43:21	2601	0.8955	2032	00:38:49	78.12%	
Emma Weston	10/03/2019	Chester 10k	10 km	00:42:24	2544	0.9162	1986	00:38:51	78.07%	
Bryan Lomas	20/02/2019	Alvaston 5k	5 km	00:18:48	1128	0.8868	878	00:16:40	77.84%	
Chris Moss	15/06/2019	Park Run	5 km	00:18:48	1128	0.8868	878	00:16:40	77.84%	
Elaine Statham	03/11/2019	Abergele 5	5 Mile	00:49:16	2956	0.6314	2300	00:31:06	77.81%	
Emma Weston	24/03/2019	Wilmslow Half	H. Mar	01:32:03	5523	0.9105	4297	01:23:49	77.80%	
Chris Moss	08/09/2019	Sandback 10k	10 km	00:38:20	2300	0.8968	1787	00:34:23	77.70%	
Emma Taylor	07/07/2019	Alderley By-Pass 10k	10 km	00:39:06	2346	1	1820	00:39:06	77.58%	3.58%
Emma Weston	16/06/2019	Stone St Michaels	10 km	00:42:42	2562	0.9162	1986	00:39:07	77.52%	
Bryan Lomas	09/03/2019	Park Run	5 km	00:18:57	1137	0.8868	878	00:16:48	77.22%	
Chris Moss	21/12/2019	Park Run	5 km	00:18:58	1138	0.8868	878	00:16:49	77.15%	
Anthony Allan	13/04/2019	Park Run	5 km	00:17:39	1059	0.9538	817	00:16:50	77.15%	
Joanne Moss	13/04/2019	Park Run	5 km	00:20:58	1258	0.9131	970	00:19:09	77.11%	
Emma Weston	17/05/2019	Christleton 5k	5 km	00:20:47	1247	0.9225	960	00:19:10	76.98%	
Jack Schofield	24/11/2019	Florence Marathon	Marathon	02:39:44	9584	1	7377	02:39:44	76.97%	
Joanne Moss	07/05/2019	Round the Runway	5 Mile	00:34:40	2080	0.9082	1599	00:31:29	76.88%	
Mark Tilstone	31/08/2019	Park Run	5 km	00:20:37	1237	0.8198	950	00:16:54	76.80%	7.54%
Emma Weston	13/10/2019	Manchester Half	H. Mar	01:34:24	5664	0.9003	4345	01:24:59	76.71%	
Emma Weston	09/06/2019	Derby Half Marathon	H. Mar	01:33:29	5609	0.9105	4297	01:25:07	76.61%	
Mark Tilstone	28/07/2019	Holyhead Breakwater	5 Mile	00:33:56	2036	0.8208	1558	00:27:51	76.52%	
Mei Worthington	24/11/2019	Wilmslow 10k	10 km	00:43:16	2596	0.9162	1986	00:39:38	76.50%	1.83%
Joanne Moss	29/08/2019	Mid Cheshire 5k	5 km	00:21:08	1268	0.9131	970	00:19:18	76.50%	
Anthony Allan	21/04/2019	Air Products 10k	10 km	00:35:59	2159	0.9708	1651	00:34:56	76.47%	
Emma Taylor	03/02/2019	Alsager 5	5 Mile	00:31:40	1900	1	1452	00:31:40	76.42%	
Carol Bird	22/06/2019	Meerbrook 15k	15 km	01:14:34	4474	0.8058	3419	01:00:05	76.42%	
Emma Taylor	16/06/2019	Stone St Michaels	10 km	00:39:51	2391	1	1820	00:39:51	76.12%	
Mark Tilstone	12/10/2019	Park Run	5 km	00:20:51	1251	0.8198	950	00:17:06	75.94%	
Mark Tilstone	08/06/2019	Park Run	5 km	00:20:53	1253	0.8198	950	00:17:07	75.82%	
Mark Tilstone	19/10/2019	Park Run	5 km	00:20:53	1253	0.8198	950	00:17:07	75.82%	
Bryan Lomas	16/03/2019	Park Run	5 km	00:19:19	1159	0.8868	878	00:17:08	75.75%	
Bryan Lomas	13/07/2019	Buxton Carnival	4 Mile	00:25:06	1506	0.8899	1139	00:22:20	75.63%	
Joanne Moss	26/05/2019	English Masters	10 km	00:44:20	2660	0.906	2009	00:40:10	75.53%	
Mark Tilstone	24/03/2019	Wilmslow Half	H. Mar	01:33:49	5629	0.8261	4240	01:17:30	75.32%	
Emma Taylor	16/02/2019	Park Run	5 km	00:19:37	1177	1	886	00:19:37	75.28%	
Chris Moss	14/07/2019	Cheadle 4	4 Mile	00:25:14	1514	0.8899	1139	00:22:27	75.23%	
Emma Taylor	10/03/2019	Chester 10k	10 km	00:40:21	2421	1	1820	00:40:21	75.18%	
Chris Moss	23/06/2019	Colshaw Hall	10 km	00:39:45	2385	0.8968	1787	00:35:39	74.93%	

## Latest Results - Ranked

Name	Date of Race	Venue	Time	Time in secs	Age Factor	Standard	Age-Graded Time	Age-Graded Performance	
Joanne Moss	21/12/2019	Park Run	5 km	00:21:50	1310	0.9034	981	00:19:43	74.89%
Dan Gibbs	06/10/2019	Congleton Half	H. Mar	01:18:16	4696	0.9989	3507	01:18:11	74.68%
Emma Weston	29/04/2019	London Marathon	Marathon	03:18:59	11939	0.9122	8907	03:01:31	74.60%
Chris Moss	09/11/2019	Park Run	5 km	00:19:38	1178	0.8868	878	00:17:25	74.53%
Chris Moss	03/11/2019	Tatton Half	H. Mar	01:26:40	5200	0.9039	3875	01:18:20	74.52%
Mark Tilstone	04/05/2019	Park Run	5 km	00:21:16	1276	0.8198	950	00:17:26	74.45%
John Carbutt	10/03/2019	Chester 10k	10 km	00:37:07	2227	0.9708	1651	00:36:02	74.14%
Emma Taylor	14/04/2019	Newcastle 10k	10 km	00:40:55	2455	1	1820	00:40:55	74.13%
Mel Worthington	10/03/2019	Chester 10k	10 km	00:44:15	2655	0.9259	1966	00:40:58	74.05%
John Carbutt	03/02/2019	Alsager 5	5 Mile	00:29:52	1792	0.9654	1325	00:28:50	73.94%
Emma Taylor	09/06/2019	Derby Half Marathon	H. Mar	01:28:14	5294	0.9997	3913	01:28:12	73.91%
John Carbutt	07/07/2019	Alderley By-Pass 10k	10 km	00:37:16	2236	0.9708	1651	00:36:11	73.84%
Dan Gibbs	10/03/2019	Chester 10k	10 km	00:36:17	2177	0.9984	1606	00:36:14	73.77%
Mel Worthington	07/05/2019	Round the Runway	5 Mile	00:35:23	2123	0.9276	1565	00:32:49	73.72%
Lucy Rusbridge	16/10/2019	Alvaston 5k	5 km	00:22:14	1334	0.9034	981	00:20:05	73.54%
Mark Tilstone	21/12/2019	Park Run	5 km	00:21:32	1292	0.8198	950	00:17:39	73.53%
Lucy Rusbridge	16/01/2019	Alvaston 5k	5 km	00:22:02	1322	0.9131	970	00:20:07	73.37%
Lucy Rusbridge	20/02/2019	Alvaston 5k	5 km	00:22:18	1338	0.9034	981	00:20:09	73.32%
Jessica Knowles	24/11/2019	Wilmslow 10k	10 km	00:44:48	2688	0.9259	1966	00:41:29	73.14%
Paul Steel	18/05/2019	Park Run	5 km	00:20:30	1230	0.8667	899	00:17:46	73.09%
John Carbutt	24/11/2019	Wilmslow 10k	10 km	00:37:40	2260	0.9708	1651	00:36:34	73.05%
Joanne Moss	17/02/2019	Village Bakery Half	H. Mar	01:39:08	5948	0.9003	4345	01:29:15	73.05%
Emma Taylor	17/03/2019	Stafford Half	H. Mar	01:29:26	5366	0.9997	3913	01:29:24	72.92%
Chris Moss	06/10/2019	Anderton Boat Lift Half	H. Mar	01:28:40	5320	0.9039	3875	01:20:09	72.84%
Paul Steel	19/01/2019	Park Run	5 km	00:20:36	1236	0.8667	899	00:17:51	72.73%
Paul Steel	24/03/2019	Wilmslow Half	H. Mar	01:31:12	5472	0.8806	3978	01:20:19	72.70%
Dan Gibbs	24/03/2019	Wilmslow Half	H. Mar	01:20:26	4826	0.9998	3504	01:20:25	72.61%
Jack Schofield	09/11/2019	Park Run	5 km	00:17:54	1074	1	779	00:17:54	72.53%
Dan Gibbs	07/04/2019	Manchester Marathon	Marathon	02:49:33	10173	0.9998	7378	02:49:31	72.53%
Anthony Allan	22/09/2019	Macclesfield Half	H. Mar	01:23:01	4981	0.9725	3602	01:20:44	72.31%
Mark Tilstone	06/10/2019	Congleton Half	H. Mar	01:37:49	5869	0.8261	4240	01:20:48	72.24%
Emma Taylor	07/05/2019	Round the Runway	5 Mile	00:33:30	2010	1	1452	00:33:30	72.24%
Mark Tilstone	05/01/2019	Park Run	5 km	00:21:46	1306	0.8265	943	00:17:59	72.21%
Mel Worthington	13/10/2019	Manchester Half	H. Mar	01:39:16	5956	0.9105	4297	01:30:23	72.15%
Chris Moss	17/03/2019	Stafford Half	H. Mar	01:29:32	5372	0.9039	3875	01:20:56	72.13%
Chris Moss	09/06/2019	Derby Half Marathon	H. Mar	01:29:37	5377	0.9039	3875	01:21:00	72.07%
Stuart Rider	28/12/2019	Park Run	5 km	00:18:58	1138	0.9538	817	00:18:05	71.79%
Thomas Walker	14/12/2019	Park Run	5 km	00:18:06	1086	1	779	00:18:06	71.73%
Sarah Proudmore	24/11/2019	Wilmslow 10k	10 km	00:47:15	2835	0.8955	2032	00:42:19	71.68%
Bryan Lomas	22/06/2019	Meerbrook 15k	15 km	01:03:32	3812	0.9005	2726	00:57:13	71.51%
Emma Weston	22/06/2019	Meerbrook 15k	15 km	01:10:34	4234	0.9105	3026	01:04:15	71.47%
Paul Crean	03/02/2019	Alsager 5	5 Mile	00:37:26	2246	0.7991	1601	00:29:55	71.28%
Lucy Rusbridge	11/09/2019	Alvaston 5k	5 km	00:22:57	1377	0.9034	981	00:20:44	71.24%
John Carbutt	13/10/2019	Manchester Half	H. Mar	01:24:12	5052	0.9784	3580	01:22:23	70.86%
Michelle Stevens	07/12/2019	Park Run	5 km	00:21:32	1292	0.9678	915	00:20:50	70.82%
Michelle Stevens	07/07/2019	Alderley By-Pass 10k	10 km	00:44:26	2666	0.9652	1886	00:42:53	70.74%
Bill Boynton	23/11/2019	Park Run	5 km	00:27:00	1620	0.6806	1145	00:18:23	70.68%
Jason Jones	03/02/2019	Alsager 5	5 Mile	00:33:14	1994	0.9076	1409	00:30:10	70.66%
Michelle Stevens	13/07/2019	Park Run	5 km	00:21:36	1296	0.9678	915	00:20:54	70.60%
Mel Worthington	03/02/2019	Alsager 5	5 Mile	00:36:57	2217	0.9276	1565	00:34:16	70.59%
Paul Steel	08/09/2019	Sandback 10k	10 km	00:43:21	2601	0.8743	1833	00:37:54	70.47%
Mark Tilstone	20/01/2019	Four Villages	H. Mar	01:39:32	5972	0.8339	4201	01:23:00	70.34%
Lucy Rusbridge	19/05/2019	Manchester Run	10 km	00:48:13	2893	0.8955	2032	00:43:11	70.24%
Chris Moss	08/12/2019	Tatton Yule Yomp	10 km	00:42:26	2546	0.8968	1787	00:38:03	70.19%
Michelle Stevens	16/06/2019	Stone St Michaels	10 km	00:44:49	2689	0.9652	1886	00:43:15	70.14%
Paul Steel	23/06/2019	Colshaw Hall	10 km	00:43:34	2614	0.8743	1833	00:38:05	70.12%
Susan Blake	28/07/2019	Holyhead Breakwater	5 Mile	00:42:20	2540	0.816	1779	00:34:33	70.04%
Paul Crean	29/08/2019	Mid Cheshire 5k	5 km	00:23:12	1392	0.7997	974	00:18:33	69.97%
Jason Jones	08/06/2019	Park Run	5 km	00:20:39	1239	0.9002	865	00:18:35	69.81%
John Carbutt	17/02/2019	Village Bakery Half	H. Mar	01:25:28	5128	0.9784	3580	01:23:37	69.81%
Stuart Rider	09/03/2019	Park Run	5 km	00:19:23	1163	0.9605	811	00:18:37	69.73%
Jessica Knowles	20/01/2019	Four Villages	H. Mar	01:40:44	6044	0.9293	4210	01:33:37	69.66%
Michelle Stevens	21/09/2019	Park Run	5 km	00:21:55	1315	0.9678	915	00:21:13	69.58%
Paul Steel	20/01/2019	Four Villages	H. Mar	01:35:27	5727	0.8806	3978	01:24:03	69.46%
Michelle Stevens	30/11/2019	Park Run	5 km	00:21:58	1318	0.9678	915	00:21:16	69.42%
Jason Jones	21/04/2019	Air Products 10k	10 km	00:42:14	2534	0.9117	1758	00:38:30	69.38%
Lucy Rusbridge	03/08/2019	Aviemore Park Run	5 km	00:23:35	1415	0.9034	981	00:21:18	69.33%
Jason Jones	08/09/2019	Sandback 10k	10 km	00:42:16	2536	0.9117	1758	00:38:32	69.32%
Susan Blake	21/12/2019	Park Run	5 km	00:25:48	1548	0.8257	1073	00:21:18	69.32%
Emma Taylor	15/05/2019	Stone 5	5 Mile	00:34:58	2098	1	1452	00:34:58	69.21%
Bryan Lomas	15/05/2019	Stone 5	5 Mile	00:34:30	2070	0.8931	1432	00:30:49	69.18%
Sarah Proudmore	14/07/2019	Cheadle 4	4 Mile	00:30:53	1853	0.9005	1279	00:27:49	69.02%
Paul Crean	28/07/2019	Holyhead Breakwater	5 Mile	00:38:44	2324	0.7991	1601	00:30:57	68.89%
Amanda Jones	25/12/2019	Park Run	5 km	00:23:01	1381	0.9314	951	00:21:26	68.86%
Paul Crean	07/07/2019	Alderley By-Pass 10k	10 km	00:48:32	2912	0.7995	2005	00:38:48	68.85%
Michelle Stevens	13/10/2019	Werrington 10k	10 km	00:45:41	2741	0.9652	1886	00:44:06	68.81%
John Carbutt	09/06/2019	Potters 'Arf	H. Mar	01:27:05	5225	0.9784	3580	01:25:12	68.52%
Lucy Rusbridge	13/07/2019	Buxton Carnival	4 Mile	00:31:08	1868	0.9005	1279	00:28:02	68.47%
Susan Blake	01/01/2019	Park Run	5 km	00:25:54	1554	0.8354	1061	00:21:38	68.28%
Stuart Rider	23/06/2019	Colshaw Hall	10 km	00:40:33	2433	0.9708	1651	00:39:22	67.86%
Adam Powell	29/08/2019	Mid Cheshire 5k	5 km	00:19:36	1176	0.979	796	00:19:11	67.69%
Claire Cheetham	17/02/2019	Valencia Allerton	15 km	01:08:12	4092	0.9956	2767	01:07:54	67.62%
Michael Stanley	07/07/2019	Alderley By-Pass 10k	10 km	00:44:10	2650	0.8968	1787	00:39:37	67.43%
Paul Steel	04/08/2019	Bollington 10k	10 km	00:45:30	2730	0.8743	1833	00:39:47	67.14%

Improvement Results Recorded: 418

0.91%  
2.69%  
3.48%  
1.70%  
7.06%  
2.65%  
1.48%  
1.11%  
6.50%  
23.01%  
3.36%

## Latest Results - Ranked

Improvement Results Recorded: 418

Name	Date of Race	Venue	Time	Time in secs	Age Factor	Standard	Age-Graded Time	Age-Graded Performance	
Paul Crean	21/12/2019	Park Run	5 km	00:24:24	1464	0.793	982	00:19:21	67.08%
Mel Worthington	15/05/2019	Stone 5	5 Mile	00:38:56	2336	0.9276	1565	00:36:07	66.99%
Jessica Knowles	22/09/2019	Macclesfield Half	H. Mar	01:45:57	6357	0.9201	4252	01:37:29	66.89%
Nigel Poole	03/02/2019	Alsager 5	5 Mile	00:39:33	2373	0.8063	1586	00:31:53	66.84%
Martin Sands	24/11/2019	Wilmslow 10k	10 km	00:44:38	2678	0.8968	1787	00:40:02	66.73%
Susan Blake	24/03/2019	Wilmslow Half	H. Mar	01:59:47	7187	0.8163	4792	01:37:47	66.68%
Simon Higgins	14/12/2019	Park Run	5 km	00:21:48	1308	0.8935	872	00:19:29	66.67%
Paul Crean	13/10/2019	Manchester Half	H. Mar	01:50:11	6611	0.795	4406	01:27:36	66.65%
Amanda Jones	09/11/2019	Park Run	5 km	00:23:50	1430	0.9314	951	00:22:12	66.50%
Michelle Stevens	21/04/2019	Air Products 10k	10 km	00:47:20	2840	0.9652	1886	00:45:41	66.41%
Claire Cheetham	05/05/2019	Cruz Vera	5 km	00:22:22	1342	0.9959	890	00:22:16	66.32%
Dave Clark	24/11/2019	Wilmslow 10k	10 km	00:41:51	2511	0.964	1663	00:40:21	66.23%
Nick Wilkins	24/03/2019	Wilmslow Half	H. Mar	01:41:56	6116	0.865	4050	01:28:10	66.22%
Michael Stanley	23/06/2019	Colshaw Hall	10 km	00:45:05	2705	0.8968	1787	00:40:26	66.06%
Adam Powell	24/11/2019	Wilmslow 10k	10 km	00:40:50	2450	0.9908	1618	00:40:27	66.04%
Claire Cheetham	20/01/2019	Castellon Half	H. Mar	01:39:13	5953	0.9956	3929	01:38:47	66.00%
Paul Crean	07/05/2019	Round the Runway	5 Mile	00:40:26	2426	0.7991	1601	00:32:19	65.99%
Martin Sands	07/07/2019	Alderley By-Pass 10k	10 km	00:44:51	2691	0.9043	1773	00:40:33	65.89%
Debbie Hill	19/10/2019	Park Run	5 km	00:27:53	1673	0.8063	1099	00:22:29	65.69%
Jason Jones	05/01/2019	Park Run	5 km	00:21:49	1309	0.9069	859	00:19:47	65.62%
Joe Quartley	18/05/2019	Park Run	5 km	00:20:12	1212	0.9802	795	00:19:48	65.59%
Nigel Poole	29/08/2019	Mid Cheshire 5k	5 km	00:24:35	1475	0.8064	966	00:19:49	65.49%
Sarah Proudmore	08/09/2019	Stockport Hatters Half	H. Mar	01:51:54	6714	0.8898	4396	01:39:34	65.48%
Nick Wilkins	03/02/2019	Alsager 5	5 Mile	00:37:41	2261	0.8642	1480	00:32:34	65.46%
Martin Sands	28/12/2019	Park Run	5 km	00:22:24	1344	0.8868	878	00:19:52	65.33%
James Yates	13/04/2019	Park Run	5 km	00:21:09	1269	0.9404	828	00:19:53	65.25%
Martin Sands	05/10/2019	Park Run	5 km	00:22:18	1338	0.8935	872	00:19:56	65.17%
Ellie Dick	03/02/2019	Alsager 5	5 Mile	00:38:15	2295	0.9719	1494	00:37:11	65.10%
Michael Stanley	03/02/2019	Alsager 5	5 Mile	00:36:23	2183	0.9004	1420	00:32:46	65.05%
Thomas Walker	02/11/2019	Park Run	5 km	00:19:58	1198	1	779	00:19:58	65.03%
Martin Sands	21/09/2019	Park Run	5 km	00:22:22	1342	0.8935	872	00:19:59	64.98%
Thomas Walker	19/10/2019	Park Run	5 km	00:19:59	1199	1	779	00:19:59	64.97%
Jason Jones	15/12/2019	Stockport 10	10 Mile	01:13:54	4434	0.9166	2880	01:07:44	64.95%
James Yates	03/02/2019	Alsager 5	5 Mile	00:34:31	2071	0.951	1345	00:32:50	64.94%
Kelly Hurlstone	04/05/2019	Park Run	5 km	00:22:46	1366	0.9998	886	00:22:46	64.86%
Kelly Hurlstone	30/11/2019	Park Run	5 km	00:22:46	1366	0.9998	886	00:22:46	64.86%
Joe Quartley	24/08/2019	Park Run	5 km	00:20:29	1229	0.9802	795	00:20:05	64.69%
Thomas Walker	22/09/2019	Macclesfield Half	H. Mar	01:30:17	5417	1	3503	01:30:17	64.67%
Martin Sands	07/12/2019	Park Run	5 km	00:22:40	1360	0.8868	878	00:20:06	64.56%
Jack Sargeant	07/07/2019	Alderley By-Pass 10k	10 km	00:41:29	2489	1	1603	00:41:29	64.40%
Helen Jeffery	07/05/2019	Round the Runway	5 Mile	00:38:28	2308	0.9773	1486	00:37:36	64.38%
Suzie Roscoe	29/08/2019	Mid Cheshire 5k	5 km	00:23:23	1403	0.9831	901	00:22:59	64.22%
Debbie Hill	12/10/2019	Park Run	5 km	00:28:37	1717	0.8063	1099	00:23:04	64.01%
Adam Powell	14/07/2019	Cheadle 4	4 Mile	00:26:52	1612	0.9837	1031	00:26:26	63.96%
Michael Stanley	19/05/2019	Manchester Run	10 km	00:46:38	2798	0.8968	1787	00:41:49	63.87%
Kelly Hurlstone	29/08/2019	Mid Cheshire 5k	5 km	00:23:10	1390	0.9998	886	00:23:10	63.74%
Andrew Bell	03/11/2019	Tatton Half	H. Mar	01:49:51	6591	0.8339	4201	01:31:36	63.74%
James Yates	07/05/2019	Round the Runway	5 Mile	00:35:11	2111	0.951	1345	00:33:28	63.71%
Andrew Bell	06/10/2019	Anderton Boat Lift Half	H. Mar	01:49:59	6599	0.8339	4201	01:31:43	63.66%
Kelly Hurlstone	24/11/2019	Wilmslow 10k	10 km	00:47:45	2865	0.9998	1820	00:47:44	63.53%
Paul Crean	15/12/2019	Stockport 10	10 Mile	01:27:25	5245	0.7938	3326	01:09:23	63.41%
Josie Galbraith	24/11/2019	Wilmslow 10k	10 km	00:53:28	3208	0.8955	2032	00:47:53	63.34%
Nick Wilkins	13/10/2019	Manchester Half	H. Mar	01:46:37	6397	0.865	4050	01:32:13	63.31%
Paul Bevan	18/05/2019	Park Run	5 km	00:23:18	1398	0.8801	885	00:20:30	63.30%
Martin Sands	15/06/2019	Park Run	5 km	00:23:02	1382	0.8935	872	00:20:35	63.10%
Roy Cochran-Patel	05/01/2019	Park Run	5 km	00:21:53	1313	0.9404	828	00:20:35	63.06%
Charmaine Wood	08/12/2019	Tatton Yule Yomp	10 km	00:49:52	2992	0.9652	1886	00:48:08	63.03%
Michelle Stevens	24/07/2019	Staffs Knott	5 Mile	00:39:46	2386	0.966	1503	00:38:25	62.99%
Adam Powell	04/08/2019	Bollington 10k	10 km	00:42:49	2569	0.9908	1618	00:42:25	62.98%
Suzie Roscoe	24/11/2019	Wilmslow 10k	10 km	00:49:09	2949	0.9817	1854	00:48:15	62.87%
Jack Sargeant	04/08/2019	Bollington 10k	10 km	00:42:33	2553	1	1603	00:42:33	62.79%
Andrew Bell	17/11/2019	Conwy Half Marathon	H. Mar	01:51:36	6696	0.8339	4201	01:33:04	62.74%
Suzie Roscoe	23/02/2019	Park Run	5 km	00:23:58	1438	0.9831	901	00:23:34	62.66%
Kelly Hurlstone	23/06/2019	Colshaw Hall	10 km	00:48:30	2910	0.9998	1820	00:48:29	62.54%
Josie Galbraith	14/07/2019	Cheadle 4	4 Mile	00:34:05	2045	0.9005	1279	00:30:42	62.54%
James Yates	24/03/2019	Wilmslow Half	H. Mar	01:36:41	5801	0.9658	3627	01:33:23	62.52%
Martin Sands	29/09/2019	Great Scottish Half	H. Mar	01:42:26	6146	0.9117	3842	01:33:23	62.51%
Peter Ling	24/11/2019	Wilmslow 10k	10 km	00:48:57	2937	0.8743	1833	00:42:48	62.41%
Jessica Knowles	22/06/2019	Meerbrook 15k	15 km	01:19:59	4799	0.9201	2994	01:13:36	62.39%
Jack Sargeant	13/07/2019	Buxton Carnival	4 Mile	00:27:06	1626	1	1014	00:27:06	62.36%
Amanda Jones	02/11/2019	Park Run	5 km	00:25:25	1525	0.9314	951	00:23:40	62.36%
Martin Sands	13/10/2019	Manchester Half	H. Mar	01:42:48	6168	0.9117	3842	01:33:43	62.29%
Roy Cochran-Patel	19/01/2019	Park Run	5 km	00:22:11	1331	0.9404	828	00:20:52	62.21%
Suzie Roscoe	28/07/2019	Holyhead Breakwater	5 Mile	00:39:36	2376	0.9821	1478	00:38:53	62.21%
Suzie Roscoe	07/07/2019	Alderley By-Pass 10k	10 km	00:49:42	2982	0.9817	1854	00:48:47	62.17%
Ellie Dick	24/03/2019	Wilmslow Half	H. Mar	01:48:34	6514	0.9666	4047	01:44:56	62.13%
Josie Galbraith	23/06/2019	Colshaw Hall	10 km	00:54:32	3272	0.8955	2032	00:48:50	62.10%
Nigel Poole	04/08/2019	Bollington 10k	10 km	00:53:23	3203	0.807	1986	00:43:05	62.00%
Michelle Stevens	03/11/2019	Flying Fox	10 Mile	01:22:55	4975	0.9602	3084	01:19:37	61.99%
Suzie Roscoe	08/09/2019	Sandback 10k	10 km	00:49:51	2991	0.9817	1854	00:48:56	61.99%
Martin Sands	24/03/2019	Wilmslow Half	H. Mar	01:43:19	6199	0.9117	3842	01:34:12	61.98%
Michelle Stevens	15/05/2019	Stone 5	5 Mile	00:40:26	2426	0.966	1503	00:39:04	61.95%
Paul Crean	15/05/2019	Stone 5	5 Mile	00:43:09	2589	0.7991	1601	00:34:29	61.84%
Duncan Young	08/06/2019	Park Run	5 km	00:24:48	1488	0.8466	920	00:21:00	61.83%

6.42%

0.81%

7.06%

0.06%

0.07%

4.22%

2.12%

1.82%



## Latest Results - Ranked

Improvement Results Recorded: 418

Name	Date of Race	Venue	Time	Time in secs	Age Factor	Standard	Age-Graded Time	Age-Graded Performance	
Suzie Roscoe	18/05/2019	Park Run	5 km	00:24:18	1458	0.9831	901	00:23:53	61.80%
Duncan Young	15/06/2019	Park Run	5 km	00:24:49	1489	0.8466	920	00:21:01	61.79%
Liz Smart	20/01/2019	Four Villages	H. Mar	02:18:16	8296	0.7638	5122	01:45:36	61.74%
Suzie Roscoe	21/12/2019	Park Run	5 km	00:24:21	1461	0.9831	901	00:23:56	61.67%
Jody Brooks	08/06/2019	Park Run	5 km	00:23:59	1439	1	886	00:23:59	61.57%
Duncan Young	20/04/2019	Park Run	5 km	00:24:55	1495	0.8466	920	00:21:06	61.54%
Duncan Young	13/07/2019	Park Run	5 km	00:24:56	1496	0.8466	920	00:21:07	61.50%
Kelly Hurlstone	13/04/2019	Park Run	5 km	00:24:01	1441	0.9998	886	00:24:01	61.49%
Michael Stanley	24/11/2019	Wilmslow 10k	10 km	00:48:27	2907	0.8968	1787	00:43:27	61.47%
Martin Sands	16/03/2019	Park Run	5 km	00:23:39	1419	0.8935	872	00:21:08	61.45%
Duncan Young	05/01/2019	Park Run	5 km	00:24:47	1487	0.8533	913	00:21:09	61.40%
Josie Galbraith	03/02/2019	Alsager 5	5 Mile	00:43:32	2612	0.9082	1599	00:39:32	61.22%
Kelly Hurlstone	14/07/2019	Cheadle 4	4 Mile	00:31:23	1883	0.9998	1152	00:31:23	61.18%
Adam Powell	17/11/2019	Conwy Half Marathon	H. Mar	01:35:56	5756	0.995	3521	01:35:27	61.17%
Sarah Higgins	24/11/2019	Wilmslow 10k	10 km	00:53:37	3217	0.9259	1966	00:49:39	61.11%
Suzie Roscoe	22/06/2019	Park Run	5 km	00:24:36	1476	0.9831	901	00:24:11	61.04%
Jody Brooks	07/07/2019	Alderley By-Pass 10k	10 km	00:49:44	2984	1	1820	00:49:44	60.99%
Sarah Cartwright	24/11/2019	Wilmslow 10k	10 km	00:51:14	3074	0.9713	1874	00:49:46	60.96%
Andrew Bell	24/03/2019	Wilmslow Half	H. Mar	01:55:13	6913	0.8339	4201	01:36:05	60.77%
Suzie Roscoe	03/02/2019	Alsager 5	5 Mile	00:40:33	2433	0.9821	1478	00:39:49	60.75%
Mark Tilstone	01/01/2019	Park Run	5 km	00:25:55	1555	0.8265	943	00:21:25	60.64%
Nick Wilkins	22/09/2019	Macclesfield Half	H. Mar	01:51:38	6698	0.865	4050	01:36:34	60.47%
Paula Kennerley	08/12/2019	Tatton Yule Yomp	10 km	00:56:41	3401	0.885	2056	00:50:10	60.45%
Suzie Roscoe	13/07/2019	Buxton Carnival	4 Mile	00:32:19	1939	0.9826	1172	00:31:45	60.44%
Tony Smith	13/04/2019	Park Run	5 km	00:27:05	1625	0.793	982	00:21:29	60.43%
Suzie Roscoe	07/05/2019	Round the Runway	5 Mile	00:40:47	2447	0.9821	1478	00:40:03	60.40%
Suzie Roscoe	19/01/2019	Park Run	5 km	00:24:48	1488	0.9871	898	00:24:29	60.35%
Sarah Higgins	11/05/2019	Park Run	5 km	00:26:19	1579	0.9314	951	00:24:31	60.23%
Josie Galbraith	17/03/2019	Poynton Village	10 km	00:55:42	3342	0.906	2009	00:50:28	60.11%
Suzie Roscoe	12/01/2019	Park Run	5 km	00:24:55	1495	0.9871	898	00:24:36	60.07%
Laura Taylor	24/11/2019	Wilmslow 10k	10 km	00:50:39	3039	0.9989	1822	00:50:36	59.95%
Liz Smart	28/12/2019	Park Run	5 km	00:31:44	1904	0.7772	1140	00:24:40	59.87%
Liz Smart	12/10/2019	Park Run	5 km	00:31:45	1905	0.7772	1140	00:24:41	59.84%
Ian Prime	01/01/2019	Park Run	5 km	00:25:29	1529	0.8533	913	00:21:45	59.71%
Ellie Dick	07/05/2019	Round the Runway	5 Mile	00:41:42	2502	0.9719	1494	00:40:32	59.71%
Peter Blackledge	14/09/2019	Park Run	5 km	00:23:42	1422	0.9203	846	00:21:49	59.49%
Kelly Hurlstone	03/11/2019	Tatton Half	H. Mar	01:49:43	6583	0.9989	3916	01:49:36	59.49%
Jody Brooks	23/06/2019	Colshaw Hall	10 km	00:51:08	3068	1	1820	00:51:08	59.32%
Ian Stanway	22/09/2019	Macclesfield Run Fest	5 km	00:22:01	1321	0.977	781	00:21:57	59.12%
Suzie Roscoe	15/12/2019	Stockport 10	10 Mile	01:25:28	5128	0.9776	3029	01:23:33	59.07%
Georgina Budd	23/11/2019	Park Run	5 km	00:25:03	1503	1	886	00:25:03	58.95%
Peter Blackledge	23/03/2019	Park Run	5 km	00:23:58	1438	0.9203	846	00:22:03	58.83%
Chris Thomas	04/05/2019	Park Run	5 km	00:28:06	1686	0.7863	991	00:22:06	58.78%
Sarah Higgins	03/02/2019	Alsager 5	5 Mile	00:44:24	2664	0.9276	1565	00:41:11	58.75%
Suzie Roscoe	17/11/2019	Conwy Half Marathon	H. Mar	01:53:38	6818	0.9776	4002	01:51:05	58.70%
James Yates	04/08/2019	Bollington 10k	10 km	00:47:58	2878	0.9491	1689	00:45:32	58.69%
Suzie Roscoe	04/08/2019	Bollington 10k	10 km	00:52:41	3161	0.9817	1854	00:51:43	58.65%
Kelly Hurlstone	04/08/2019	Bollington 10k	10 km	00:51:45	3105	0.9998	1820	00:51:44	58.62%
Sarah Higgins	07/05/2019	Round the Runway	5 Mile	00:44:31	2671	0.9276	1565	00:41:18	58.59%
Jenni Armitt	24/11/2019	Wilmslow 10k	10 km	00:53:40	3220	0.9652	1886	00:51:48	58.57%
Martin Wood	03/02/2019	Alsager 5	5 Mile	00:44:46	2686	0.8135	1572	00:36:25	58.53%
James Yates	19/05/2019	Chester Half	H. Mar	01:44:06	6246	0.9584	3655	01:39:46	58.52%
Roy Cochran-Patel	24/03/2019	Wilmslow Half	H. Mar	01:43:19	6199	0.9658	3627	01:39:47	58.51%
Duncan Young	21/12/2019	Park Run	5 km	00:26:15	1575	0.8466	920	00:22:13	58.41%
Rob Parkin	08/09/2019	Salford 10k	10 km	00:50:41	3041	0.9043	1773	00:45:50	58.30%
Martin Wood	21/12/2019	Park Run	5 km	00:27:37	1657	0.8064	966	00:22:16	58.30%
Sarah Higgins	23/06/2019	Colshaw Hall	10 km	00:56:15	3375	0.9259	1966	00:52:05	58.25%
Martin Wood	24/03/2019	Wilmslow Half	H. Mar	02:02:54	7374	0.8183	4281	01:40:34	58.06%
Gemma Brinkhurst	24/11/2019	Wilmslow 10k	10 km	00:52:30	3150	0.9955	1828	00:52:16	58.03%
Georgina Budd	21/12/2019	Park Run	5 km	00:25:28	1528	1	886	00:25:28	57.98%
David Taylor	14/07/2019	Cheadle 4	4 Mile	00:38:54	2334	0.7495	1353	00:29:09	57.97%
Kelly Hurlstone	09/06/2019	Potters 'Arf	H. Mar	01:52:54	6774	0.9989	3916	01:52:47	57.81%
Kelly Hurlstone	17/03/2019	Poynton Village	10 km	00:52:29	3149	1	1820	00:52:29	57.80%
Jody Brooks	24/11/2019	Wilmslow 10k	10 km	00:52:32	3152	1	1820	00:52:32	57.74%
David Whittaker	08/09/2019	Stockport Hatters Half	H. Mar	01:51:58	6718	0.9039	3875	01:41:12	57.68%
Debbie Steel	08/09/2019	Sandback 10k	10 km	00:58:04	3484	0.906	2009	00:52:37	57.66%
Peter Blackledge	02/03/2019	Park Run	5 km	00:24:29	1469	0.9203	846	00:22:32	57.59%
Rob Parkin	24/11/2019	Wilmslow 10k	10 km	00:51:25	3085	0.9043	1773	00:46:30	57.47%
Laura Taylor	07/07/2019	Alderley By-Pass 10k	10 km	00:52:52	3172	0.9989	1822	00:52:49	57.44%
Andrew Bell	22/09/2019	Macclesfield Half	H. Mar	02:02:21	7341	0.8339	4201	01:42:02	57.23%
Ian Stanway	24/11/2019	Wilmslow 10k	10 km	00:46:44	2804	1	1603	00:46:44	57.17%
Rob Parkin	07/07/2019	Alderley By-Pass 10k	10 km	00:51:21	3081	0.9117	1758	00:46:49	57.06%
Sandy Hall	13/04/2019	Park Run	5 km	00:27:50	1670	0.9314	951	00:25:55	56.95%
Suzie Roscoe	15/05/2019	Stone 5	5 Mile	00:43:22	2602	0.9821	1478	00:42:35	56.80%
Sandy Hall	07/05/2019	Round the Runway	5 Mile	00:45:57	2757	0.9276	1565	00:42:37	56.76%
Gemma Brinkhurst	17/08/2019	Run the Lights	10 km	00:53:45	3225	0.9955	1828	00:53:30	56.68%
David Whittaker	17/11/2019	Conwy Half Marathon	H. Mar	01:53:57	6837	0.9039	3875	01:43:00	56.68%
Louise Poole	07/05/2019	Round the Runway	5 Mile	00:42:44	2564	1	1452	00:42:44	56.63%
Suzie Roscoe	28/09/2019	Akron Half	H. Mar	01:58:00	7080	0.9776	4002	01:55:21	56.53%
Jody Brooks	24/03/2019	Wilmslow Half	H. Mar	01:55:32	6932	1	3912	01:55:32	56.43%
Duncan Young	07/07/2019	Alderley By-Pass 10k	10 km	00:55:41	3341	0.8519	1882	00:47:26	56.33%
Gemma Brinkhurst	13/07/2019	Buxton Carnival	4 Mile	00:34:14	2054	0.9958	1157	00:34:05	56.33%
Rob Parkin	03/02/2019	Mad Dog 10k	10 km	00:52:03	3123	0.9117	1758	00:47:27	56.29%
Tony Smith	14/12/2019	Park Run	5 km	00:29:24	1764	0.7863	991	00:23:07	56.18%

Improvement

Results Recorded: 418

5.14%

2.21%

5.29%

3.54%

9.17%

1.26%

4.47%

1.38%

## Latest Results - Ranked

Improvement Results Recorded: 418

Name	Date of Race	Venue	Time	Time in secs	Age Factor	Standard	Age-Graded Time	Age-Graded Performance	
Georgina Budd	20/07/2019	Park Run	5 km	00:26:18	1578	1	886	00:26:18	56.15%
Georgina Budd	31/08/2019	Park Run	5 km	00:26:19	1579	1	886	00:26:19	56.11%
Roy Cochran-Patel	06/10/2019	Congleton Half	H. Mar	01:48:34	6514	0.9584	3655	01:44:03	56.11%
Kelly Hurlstone	06/10/2019	Congleton Half	H. Mar	01:56:22	6982	0.9989	3916	01:56:14	56.09%
Georgina Budd	02/11/2019	Park Run	5 km	00:26:21	1581	1	886	00:26:21	56.04%
Peter Blackledge	23/02/2019	Park Run	5 km	00:25:12	1512	0.9203	846	00:23:11	55.95%
Georgina Budd	19/10/2019	Park Run	5 km	00:26:24	1584	1	886	00:26:24	55.93%
Stephen Canning	05/10/2019	Park Run	5 km	00:24:00	1440	0.9672	805	00:23:13	55.90%
Sandy Hall	17/03/2019	Poynton Village	10 km	00:58:38	3518	0.9259	1966	00:54:17	55.88%
Rob Parkin	17/03/2019	Poynton Village	10 km	00:52:28	3148	0.9117	1758	00:47:50	55.84%
Stephen Canning	27/07/2019	Park Run	5 km	00:24:02	1442	0.9672	805	00:23:15	55.83%
Peter Blackledge	04/05/2019	Park Run	5 km	00:25:16	1516	0.9203	846	00:23:15	55.80%
Rob Parkin	13/07/2019	Buxton Carnival	4 Mile	00:33:31	2011	0.9038	1122	00:30:18	55.79%
Jody Brooks	19/05/2019	Chester Half	H. Mar	01:57:01	7021	1	3912	01:57:01	55.72%
Georgina Budd	07/09/2019	Park Run	5 km	00:26:32	1592	1	886	00:26:32	55.65%
Rob Parkin	13/01/2019	Brass Monkey	H. Mar	01:54:22	6862	0.9195	3810	01:45:10	55.52%
Rob Parkin	07/05/2019	Round the Runway	5 Mile	00:42:21	2541	0.9076	1409	00:38:26	55.45%
Louise Poole	28/12/2019	Park Run	5 km	00:26:39	1599	1	886	00:26:39	55.41%
Adam Powell	22/09/2019	Macclesfield Half	H. Mar	01:46:01	6361	0.995	3521	01:45:29	55.35%
Sandy Hall	03/02/2019	Alsager 5	5 Mile	00:46:45	2805	0.9364	1551	00:43:47	55.29%
Georgina Budd	23/03/2019	Park Run	5 km	00:26:48	1608	1	886	00:26:48	55.10%
Peter Blackledge	08/06/2019	Park Run	5 km	00:25:36	1536	0.9203	846	00:23:34	55.08%
Kelly Hurlstone	15/05/2019	Stone 5	5 Mile	00:43:59	2639	0.9998	1452	00:43:58	55.02%
Robert Soames	07/05/2019	Round the Runway	5 Mile	00:41:41	2501	0.9293	1376	00:38:44	55.02%
Gemma Brinkhurst	07/07/2019	S-O-T Festival	10 km	00:55:30	3330	0.9955	1828	00:55:15	54.89%
Nick Budd	03/02/2019	Alsager 5	5 Mile	00:46:15	2775	0.8425	1518	00:38:58	54.70%
Laura Taylor	23/06/2019	Colshaw Hall	10 km	00:55:33	3333	0.9989	1822	00:55:29	54.67%
Rich Benson	04/01/2019	Round the Block	5 km	00:30:45	1845	0.7729	1008	00:23:46	54.63%
Georgina Budd	29/09/2019	Robin Hood Half	H. Mar	01:59:42	7182	1	3912	01:59:42	54.47%
Jackie Ann Moss	01/12/2019	Oulton Park 10k	10 km	00:57:34	3454	0.9713	1874	00:55:55	54.26%
Louise Poole	07/12/2019	Park Run	5 km	00:27:17	1637	1	886	00:27:17	54.12%
Rob Parkin	15/12/2019	Stockport 10	10 Mile	01:29:30	5370	0.9089	2905	01:21:21	54.10%
Martin Wood	28/04/2019	London Marathon	Marathon	04:37:45	16665	0.8183	9015	03:47:17	54.10%
Rob Parkin	04/08/2019	Bollington 10k	10 km	00:54:39	3279	0.9043	1773	00:49:25	54.07%
Paul Birdsall	01/01/2019	Park Run	5 km	00:26:28	1588	0.9136	853	00:24:11	53.72%
Nick Budd	01/01/2019	Park Run	5 km	00:28:48	1728	0.8399	927	00:24:11	53.65%
Gemma Brinkhurst	10/03/2019	Tatton 10k	10 km	00:56:53	3413	0.9955	1828	00:56:38	53.56%
Andrew Eaton	22/09/2019	Macclesfield Half	H. Mar	01:49:20	6560	0.9973	3512	01:49:02	53.54%
Ian Prime	13/04/2019	Park Run	5 km	00:28:27	1707	0.8533	913	00:24:17	53.49%
Rob Parkin	22/09/2019	Macclesfield Half	H. Mar	01:59:48	7188	0.9117	3842	01:49:13	53.45%
Nicky Glover	08/09/2019	Sandback 10k	10 km	00:58:40	3520	0.9713	1874	00:56:59	53.24%
Stephen Canning	14/04/2019	Tatton 10k	10 km	00:51:17	3077	0.9822	1632	00:50:22	53.04%
Jody Brooks	03/11/2019	Tatton Half	H. Mar	02:03:00	7380	1	3912	02:03:00	53.01%
Rob Parkin	26/05/2019	Buxton Half	H. Mar	01:59:50	7190	0.9195	3810	01:50:11	52.99%
Gemma Brinkhurst	09/06/2019	Potters 'Arf	H. Mar	02:04:11	7451	0.9931	3939	02:03:20	52.87%
Rob Parkin	15/05/2019	Stone 5	5 Mile	00:44:36	2676	0.9076	1409	00:40:29	52.65%
Georgina Budd	02/03/2019	Park Run	5 km	00:28:06	1686	1	886	00:28:06	52.55%
Andrew Eaton	28/04/2019	London Marathon	Marathon	03:54:42	14082	0.9989	7385	03:54:27	52.44%
Stephen Canning	20/07/2019	Park Run	5 km	00:25:37	1537	0.9672	805	00:24:47	52.37%
Georgina Budd	03/02/2019	Alsager 5	5 Mile	00:46:14	2774	1	1452	00:46:14	52.34%
Daniel Forse	05/01/2019	Park Run	5 km	00:25:07	1507	0.9882	788	00:24:49	52.29%
Stephen Canning	13/07/2019	Park Run	5 km	00:25:41	1541	0.9672	805	00:24:50	52.24%
Vicci Kirkpatrick	22/09/2019	Macclesfield Half	H. Mar	02:14:29	8069	0.9293	4210	02:04:59	52.17%
Jody Brooks	07/04/2019	Manchester Marathon	Marathon	04:20:10	15610	1	8125	04:20:10	52.05%
Gemma Brinkhurst	22/09/2019	Macclesfield Half	H. Mar	02:06:24	7584	0.9931	3939	02:05:32	51.94%
Stephen Canning	17/03/2019	Stafford Half	H. Mar	01:54:05	6845	0.9882	3545	01:52:44	51.79%
Stephen Canning	22/06/2019	Park Run	5 km	00:26:00	1560	0.9672	805	00:25:09	51.60%
Sarah Poole	28/04/2019	London Marathon	Marathon	04:24:14	15854	0.9974	8146	04:23:33	51.38%
Adam Powell	05/10/2019	Alton 5	5 Mile	00:42:23	2543	0.9875	1295	00:41:51	50.92%
Georgina Budd	19/01/2019	Park Run	5 km	00:29:14	1754	1	886	00:29:14	50.51%
Stephen Canning	22/09/2019	Macclesfield Half	H. Mar	01:57:21	7041	0.9882	3545	01:55:58	50.35%
Matt Plummer	17/03/2019	Stafford Half	H. Mar	02:03:37	7417	0.9428	3716	01:56:33	50.10%
Stephen Canning	13/10/2019	Manchester Half	H. Mar	01:59:28	7168	0.9882	3545	01:58:03	49.46%
Jackie Ann Moss	21/12/2019	Park Run	5 km	00:30:41	1841	0.9734	910	00:29:52	49.43%
Georgina Budd	05/01/2019	Park Run	5 km	00:29:57	1797	1	886	00:29:57	49.30%
William Roberts	04/05/2019	Park Run	5 km	00:26:29	1589	1	779	00:26:29	49.02%
Stephen Canning	11/05/2019	Park Run	5 km	00:27:23	1643	0.9672	805	00:26:29	49.00%
Cathy Dean	21/12/2019	Park Run	5 km	00:30:42	1842	0.9831	901	00:30:11	48.91%
Nigel Poole	21/12/2019	Park Run	5 km	00:33:24	2004	0.7997	974	00:26:43	48.60%
Roy Cochran-Patel	28/04/2019	London Marathon	Marathon	04:24:14	15854	0.9658	7638	04:15:12	48.18%
Georgina Budd	23/02/2019	Park Run	5 km	00:30:53	1853	1	886	00:30:53	47.81%
Rachel Flentje	08/12/2019	Tatton Yule Yomp	10 km	01:04:44	3884	0.986	1846	01:03:50	47.53%
Mark Wilkinson	24/11/2019	Wilmslow 10k	10 km	00:59:03	3543	0.9769	1641	00:57:41	46.32%
Andrew Billingsley	21/12/2019	Park Run	5 km	00:33:43	2023	0.8332	935	00:28:06	46.22%
Matt Plummer	04/05/2019	Park Run	5 km	00:30:46	1846	0.9203	846	00:28:19	45.83%
Daniel Forse	16/03/2019	Park Run	5 km	00:29:07	1747	0.9882	788	00:28:46	45.11%
Adam Powell	07/04/2019	Manchester Marathon	Marathon	04:36:35	16595	0.995	7414	04:35:12	44.68%
Kelly Hurlstone	08/12/2019	Tatton Yule Yomp	10 km	01:08:22	4102	0.9998	1820	01:08:21	44.37%
Daniel Forse	19/05/2019	Chester Half	H. Mar	02:14:58	8098	0.9989	3507	02:14:49	43.31%
Ellie Dick	21/12/2019	Park Run	5 km	00:36:33	2193	0.9734	910	00:35:35	41.50%
Derek Lucas	05/01/2019	Park Run	5 km	00:49:17	2957	0.704	1107	00:34:42	37.44%
Gemma Brinkhurst	05/10/2019	Park Run	5 km	00:51:55	3115	0.9959	890	00:51:42	28.57%

4.11%