

# 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: 01 January 2021

Name	Date	Event	Distance	Time	Performance %	Improvement
Carol Bird	11/10/2020	Tatton 10k	10 km	00:41:21	91.58%	3.56%
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	28/08/2020	Mid Cheshire 5k	5 km	00:18:05	82.21%	0.49%
Jack Schofield	01/03/2020	Cambridge Half Marathon	H. Mar	01:11:38	81.50%	0.53%
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%	
Emma Weston	25/11/2018	Wilmslow Festival	10 km	00:41:17	80.18%	
Phil Dawson	18/08/2013	Birchwood	10 km	00:42:04	80.07%	
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%	
Mel Worthington	24/11/2019	Wilmslow 10k	10 km	00:43:16	76.50%	
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%	
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%	0.35%
Val Fussell	11/11/2017	Tatton Park 10k	10 km	00:55:11	73.45%	
Jessica Knowles	24/11/2019	Wilmslow 10k	10 km	00:44:48	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%	
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%	
Stuart Rider	28/12/2019	Park Run	5 km	00:18:58	71.79%	
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 Stevens	01/01/2020	Park Run	5 km	00:21:31	70.88%	0.05%
Jason Jones	08/02/2020	Park Run	5 km	00:20:33	70.72%	0.06%
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%	
Dave Clark	22/03/2015	Wilmslow Half	H. Mar	01:25:37	70.02%	

# Best % Performance Since 2012

Last Updated: 01 January 2021

Name	Date	Event	Distance	Time	Performance %	Improvement
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%	
Claire Cheetham	16/02/2020	Valencia 15k	15 km	01:07:48	68.19%	0.57%
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%	
Adam Powell	29/08/2019	Mid Cheshire 5k	5 km	00:19:36	67.69%	
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%	
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%	
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%	
James Yates	13/04/2019	Park Run	5 km	00:21:09	65.25%	
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%	
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%	
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%	
Suzie Roscoe	29/08/2019	Mid Cheshire 5k	5 km	00:23:23	64.22%	
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%	
Josie Galbraith	24/11/2019	Wilmslow 10k	10 km	00:53:28	63.34%	
Lucinda Stone	02/12/2017	Park Run	5 km	00:24:08	63.19%	

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Last Updated: 01 January 2021

Name	Date	Event	Distance	Time	Performance %	Improvement
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%	
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%	
Jody Brooks	08/06/2019	Park Run	5 km	00:23:59	61.57%	
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%	
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%	
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 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%	
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%	
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%	
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%	
Ian Stanway	22/09/2019	Macclesfield Run Fest	5 km	00:22:01	59.12%	
Georgina Budd	23/11/2019	Park Run	5 km	00:25:03	58.95%	
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%	
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%	
David Whittaker	08/09/2019	Stockport Hatters Half	H. Mar	01:51:58	57.68%	
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%	

# Best % Performance Since 2012

Last Updated: 01 January 2021

Name	Date	Event	Distance	Time	Performance %	Improvement
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%	
<b>Stephen Canning</b>	07/03/2020	Park Run	5 km	00:23:43	56.99%	1.09%
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%	
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%	
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%	
Rachel Flentje	08/12/2019	Tatton Yule Yomp	10 km	01:04:44	47.53%	
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%	
<b>Nigel Wright</b>	01/01/2020	Park Run	5 km	00:31:46	45.75%	2.10%
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%	
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	11/10/2020	Tatton 10k	10 km	00:41:21	2481	0.801	2272	00:33:07	91.58%
Carol Bird	19/01/2020	Four Villages	H. Mar	01:33:03	5583	0.7953	4919	01:14:00	88.11%
Carol Bird	02/02/2020	Alsager 5	5 Mile	00:34:39	2079	0.8057	1802	00:27:55	86.68%
Carol Bird	12/01/2020	Kidsgrove 10k	10 km	00:44:19	2659	0.801	2272	00:35:30	85.45%
Carol Bird	25/01/2020	Park Run	5 km	00:21:16	1276	0.816	1086	00:17:21	85.11%
Carol Bird	22/02/2020	Park Run	5 km	00:21:23	1283	0.816	1086	00:17:27	84.65%
Brian Evans	01/01/2020	Park Run	5 km	00:18:40	1120	0.8399	927	00:15:41	82.77%
Bryan Lomas	28/08/2020	Mid Cheshire 5k	5 km	00:18:05	1085	0.8734	892	00:15:48	82.21%
Elaine Statham	19/01/2020	Four Villages	H. Mar	02:08:42	7722	0.6168	6342	01:19:23	82.13%
Jack Schofield	01/03/2020	Cambridge Half Marathon	H. Mar	01:11:38	4298	1	3503	01:11:38	81.50%
Emma Weston	28/08/2020	Mid Cheshire 5k	5 km	00:20:12	1212	0.9131	970	00:18:27	80.03%
Bryan Lomas	15/01/2020	Alvaston 5k	5 km	00:18:29	1109	0.8801	885	00:16:16	79.80%
Emma Weston	08/03/2020	Wrexham 20	20 Mile	02:25:26	8726	0.9038	6718	02:11:27	76.99%
Emma Weston	02/02/2020	Alsager 5	5 Mile	00:34:37	2077	0.9082	1599	00:31:26	76.99%
Joanne Moss	02/02/2020	Alsager 5	5 Mile	00:35:05	2105	0.898	1617	00:31:30	76.82%
Joanne Moss	11/10/2020	Tatton 10k	10 km	00:44:12	2652	0.8955	2032	00:39:35	76.62%
Chris Moss	11/10/2020	Tatton 10k	10 km	00:40:13	2413	0.8893	1803	00:35:46	74.72%
Mel Worthington	02/02/2020	Alsager 5	5 Mile	00:35:19	2119	0.9182	1581	00:32:26	74.61%
Mark Tilstone	25/01/2020	Park Run	5 km	00:21:14	1274	0.8198	950	00:17:24	74.57%
Mark Tilstone	01/02/2020	Park Run	5 km	00:21:22	1282	0.8198	950	00:17:31	74.10%
Paul Steel	02/02/2020	Alsager 5	5 Mile	00:33:34	2014	0.8642	1480	00:29:00	73.49%
Susan Blake	01/02/2020	Park Run	5 km	00:24:38	1478	0.8257	1073	00:20:20	72.60%
Chris Moss	01/01/2020	Park Run	5 km	00:20:15	1215	0.8868	878	00:17:57	72.26%
Susan Blake	25/01/2020	Park Run	5 km	00:24:46	1486	0.8257	1073	00:20:27	72.21%
Mel Worthington	08/03/2020	Wrexham 20	20 Mile	02:33:23	9203	0.9142	6642	02:20:13	72.18%
Jessica Knowles	19/01/2020	Four Villages	H. Mar	01:38:52	5932	0.9201	4252	01:30:58	71.68%
Lucy Rusbridge	15/01/2020	Alvaston 5k	5 km	00:22:51	1371	0.9034	981	00:20:39	71.55%
Thomas Walker	02/02/2020	Alsager 5	5 Mile	00:29:53	1793	1	1279	00:29:53	71.33%
Michelle Stevens	01/01/2020	Park Run	5 km	00:21:31	1291	0.9678	915	00:20:49	70.88%
Jason Jones	08/02/2020	Park Run	5 km	00:20:33	1233	0.8935	872	00:18:22	70.72%
Michelle Stevens	02/02/2020	Alsager 5	5 Mile	00:35:57	2157	0.966	1503	00:34:44	69.68%
Susan Blake	01/01/2020	Park Run	5 km	00:25:48	1548	0.8257	1073	00:21:18	69.32%
Jason Jones	07/03/2020	Park Run	5 km	00:20:59	1259	0.8935	872	00:18:45	69.26%
Charmaine Wood	01/01/2020	Park Run	5 km	00:22:11	1331	0.9678	915	00:21:28	68.75%
Paul Steel	26/01/2020	Heaton Park	H. Mar	01:37:22	5842	0.8728	4014	01:24:59	68.71%
Claire Cheetham	16/02/2020	Valencia 15k	15 km	01:07:48	4068	0.9931	2774	01:07:20	68.19%
Paul Crean	02/02/2020	Alsager 5	5 Mile	00:39:43	2383	0.7918	1615	00:31:27	67.77%
Nick Budd	02/02/2020	Alsager 5	5 Mile	00:37:40	2260	0.8352	1531	00:31:28	67.74%
Jason Jones	01/01/2020	Park Run	5 km	00:21:33	1293	0.9002	865	00:19:24	66.90%
John Carbutt	08/03/2020	Knighton 20	20 Mile	02:22:49	8569	0.9725	5637	02:18:53	65.78%
Claire Cheetham	26/01/2020	Castellon De Plana	H. Mar	01:40:04	6004	0.9931	3939	01:39:23	65.61%
Mark Tilstone	01/01/2020	Park Run	5 km	00:24:22	1462	0.8198	950	00:19:59	64.98%
Kelly Hurlstone	18/10/2020	Cheshire 10k	10 km	00:46:51	2811	0.9989	1822	00:46:48	64.82%
Nick Wilkins	19/01/2020	Four Villages	H. Mar	01:44:47	6287	0.865	4050	01:30:38	64.42%
Nick Budd	25/01/2020	Park Run	5 km	00:24:12	1452	0.8332	935	00:20:10	64.39%
James Yates	04/01/2020	Park Run	5 km	00:21:37	1297	0.9337	834	00:20:11	64.30%
Adam Powell	18/10/2020	Cheshire 10k	10 km	00:42:17	2537	0.9869	1624	00:41:44	64.01%
Nick Wilkins	04/01/2020	Park Run	5 km	00:23:56	1436	0.8533	913	00:20:25	63.58%
Michelle Stevens	23/02/2020	Leicestershire Half	H. Mar	01:46:48	6408	0.9602	4074	01:42:33	63.58%
James Yates	02/02/2020	Alsager 5	5 Mile	00:35:50	2150	0.9438	1355	00:33:49	63.02%
Sarah Proudmore	08/03/2020	Irwell Valley	20 Mile	03:03:35	11015	0.8822	6884	02:41:57	62.49%
Nigel Poole	02/02/2020	Alsager 5	5 Mile	00:42:49	2569	0.7991	1601	00:34:13	62.32%
Kelly Hurlstone	02/02/2020	Alsager 5	5 Mile	00:38:56	2336	0.9998	1452	00:38:56	62.16%
Helen Jeffery	01/01/2020	Park Run	5 km	00:24:26	1466	0.9734	910	00:23:47	62.07%
Suzie Roscoe	02/02/2020	Alsager 5	5 Mile	00:39:54	2394	0.9773	1486	00:39:00	62.07%
Michael Stanley	02/02/2020	Alsager 5	5 Mile	00:38:50	2330	0.8931	1432	00:34:41	61.46%
Paul Crean	08/03/2020	Wrexham 20	20 Mile	03:07:49	11269	0.795	6897	02:29:19	61.20%
Kelly Hurlstone	20/09/2020	Cheshire Half Marathon	H. Mar	01:46:54	6414	0.9975	3922	01:46:38	61.15%
Josie Galbraith	02/02/2020	Alsager 5	5 Mile	00:44:19	2659	0.898	1617	00:39:48	60.81%
Suzie Roscoe	12/01/2020	Kidsgrove 10k	10 km	00:50:49	3049	0.9817	1854	00:49:53	60.81%
Duncan Young	01/01/2020	Park Run	5 km	00:25:28	1528	0.8466	920	00:21:34	60.21%
Liz Smart	01/01/2020	Park Run	5 km	00:31:37	1897	0.7772	1140	00:24:34	60.09%
Josie Galbraith	12/01/2020	Kidsgrove 10k	10 km	00:56:43	3403	0.8955	2032	00:50:47	59.71%
Duncan Young	02/02/2020	Alsager 5	5 Mile	00:42:07	2527	0.8497	1505	00:35:47	59.56%
Jody Brooks	01/02/2020	Park Run	5 km	00:24:48	1488	1	886	00:24:48	59.54%
Liz Smart	19/01/2020	Four Villages	H. Mar	02:25:42	8742	0.7533	5193	01:49:45	59.40%
Georgina Budd	04/01/2020	Park Run	5 km	00:25:15	1515	1	886	00:25:15	58.48%
Louise Poole	01/01/2020	Park Run	5 km	00:25:19	1519	1	886	00:25:19	58.33%
Jack Sargeant	07/03/2020	Park Run	5 km	00:22:27	1347	1	779	00:22:27	57.83%
Martin Sands	08/03/2020	Knighton 20	20 Mile	02:54:59	10499	0.9039	6065	02:38:10	57.77%
Ian Stanway	02/02/2020	Alsager 5	5 Mile	00:37:08	2228	0.9986	1281	00:37:05	57.50%
Stephen Canning	07/03/2020	Park Run	5 km	00:23:43	1423	0.9605	811	00:22:47	56.99%
Sandy Hall	02/02/2020	Alsager 5	5 Mile	00:45:50	2750	0.9276	1565	00:42:31	56.91%
James Yates	08/03/2020	Knighton 20	20 Mile	02:49:58	10198	0.9584	5721	02:42:54	56.10%
Jackie Ann Moss	02/02/2020	Alsager 5	5 Mile	00:44:56	2696	0.9719	1494	00:43:40	55.42%
Louise Poole	25/01/2020	Park Run	5 km	00:27:03	1623	1	886	00:27:03	54.59%
Beth Cliff	08/03/2020	Knighton 20	20 Mile	03:07:58	11278	1	6073	03:07:58	53.84%
David Whittaker	08/03/2020	Irwell Valley	20 Mile	03:08:15	11295	0.9039	6065	02:50:10	53.70%
Stephen Canning	12/01/2020	Kidsgrove 10k	10 km	00:50:59	3059	0.9822	1632	00:50:05	53.35%
Gemma Brinkhurst	08/03/2020	Knighton 20	20 Mile	03:20:11	12011	0.9928	6117	03:18:45	50.92%
Stephen Canning	15/03/2020	Stafford Half	H. Mar	01:57:00	7020	0.9837	3561	01:55:06	50.73%
Matt Plummer	15/03/2020	Stafford Half	H. Mar	02:04:15	7455	0.935	3747	01:56:10	50.26%
Peter Blackledge	25/01/2020	Park Run	5 km	00:29:56	1796	0.9136	853	00:27:21	47.49%

Improvement Results Recorded : 86

## Latest Results - Ranked

Name	Date of Race	Venue	Time	Time in secs	Age Factor	Standard	Age-Graded Time	Age-Graded Performance	
Nigel Wright	01/01/2020	Park Run	5 km	00:31:46	1906	0.8935	872	00:28:23	45.75%
Cathy Dean	02/02/2020	Alsager 5	5 Mile	00:54:26	3266	0.9821	1478	00:53:28	45.25%
Liz Smart	25/01/2020	Park Run	5 km	00:54:26	3266	0.7772	1140	00:42:18	34.91%

Improvement

Results Recorded: 86