

Congleton Harriers Age-Graded Performance

Most sports have a way of providing a "handicap" to athletes of differing abilities. This is so that an average athlete can compete against a more well trained athlete and still have a chance of defeating them. The "handicap" is used to better the score of the weaker athlete. Age grading is a way of putting all race participants on a level playing field, regardless of age or gender. Age-graded scores let you compare your race times to those of different runners, as well as to the standard for your age and gender

For runners, an athlete's performance typically improves during youth and declines during ageing. Age Grading then is a type of "handicap" used in Track & Field to provide the athlete with a percentage value of the world record for their age and sex. Since the world record also degrades with age, the percentage can be used over a number of years to compare an athlete's performance. The percentage can also be used for comparing men and women equally. Typical percentages are as follows:-

100% = Approximate World-Record Level

90+% = World Class

80+% = National Class

70+% = Regional Class

60+% = Local Class

EXAMPLE

Let's say a man of age 43 runs the 200 metres sprint in 26.72 seconds. His Age Graded time would be 24.83 seconds. This means that in his prime (typically 19 to 29 years old) he would have run a time of 24.83 seconds.

This is arrived at by taking his actual time and multiplying by 0.9291 as recorded in the standard age grade tables. His Age Graded performance would be 79.5%. This means that his actual time is 79.5% of the world standard for his age. This is arrived at by taking the world standard for his age of 21.23 (as obtained from the standard age grade tables) and dividing by his actual time.

Another example is a woman of age 71 who runs the 200 Metres in 37.48 seconds. Her Age Graded time would be 26.53 seconds. This means that in her prime (typically 19 to 29 year old) she would have run a time of 26.53 seconds. This is arrived at by taking her actual time and multiplying by 0.7078. Her Age Graded performance would therefore be 81.6%. This means that her actual time is 81.6% of the world standard for her age.

This is arrived at by taking the world standard for her age of 30.57 and dividing by her actual time.

In the above two examples, if the man and woman had run in a head-to-head competition, the man would have won the race by nearly 11 seconds. This of course would not be a fair race because men are typically faster than women to start with, let alone their age difference that would make the man even that much faster. Using their age graded time, the man would still have easily won the race because even in their prime, men are faster than women. However, the woman is actually in better shape for her age than the man for this event. This can be seen by their percentages. The woman had 81.6% and the man had 79.5%. This means that the woman ran a better time for her age than the man did for his age.

WHO MAINTAINS AGE-GRADED TABLES ?

The tables were researched and compiled by the WMA (formerly WAVA), the world governing body for Masters Track & Field, Long Distance Running and Racewalking. Age Grade tables exist for ages 8 through 100 for all major events. Please note that the WMA updated their tables in 2015 to reflect improving athlete performances across most distances and we are now using the new data. [Some organisations are still using the old tables which may over-represent performance slightly.](#)

WHAT IS THE CONGLETON HARRIERS AGE-GRADED COMPETITION?

In 2012 Congleton Harriers established a new competition based on members' performances in road races as measured by the WMA Age-Graded tables. The annual (Jan-Dec) competition is open to all Club members and results from all road races run over an accurately-measured course are automatically included. In addition to road, we have also included the Congleton Park Run results since this event is extremely popular with Club members and the course has been accurately measured.

The summary table which follows indicates members' best age-graded % since 2012 - "**Best % Performances**". (*up to the date of consolidation - see the heading*).

The Latest Results table shows results added to the database since the summary table was updated. Members posting an improvement since the consolidation are highlighted.

Members can use this data to track their performance over time and there are prizes for the top three Harriers at the end of each year. Personal performance reports are available - just ask.

Any questions? rich.benson@btinternet.com

Best % Performance Since 2012

Last Updated: 30 December 2017

| Name | Date | Event | Distance | Time | Performance % | Improvement |
|--------------------|------------|--------------------|----------|----------|---------------|-------------|
| Brian Evans | 15/07/2017 | Park Run | 5 km | 00:17:53 | 85.09% | 1.77% |
| Mikko Kuronen | 12/11/2016 | Cheshire 10k | 10 km | 00:37:41 | 84.70% | |
| Bill Boynton | 09/07/2015 | Sale Sizzler | 5 km | 00:21:32 | 84.0% | |
| Bryan Lomas | 19/04/2017 | Alvaston 5k | 5 km | 00:17:50 | 80.84% | 1.34% |
| Joanne Moss | 19/04/2017 | Alvaston 5k | 5 km | 00:19:46 | 80.19% | 1.59% |
| Phil Dawson | 18/08/2013 | Birchwood | 10 km | 00:42:04 | 80.1% | |
| Bryan Carr | 08/06/2014 | Potters Arf | H. Mar | 01:26:28 | 78.1% | |
| Chris Moss | 08/04/2017 | Park Run | 5 km | 00:18:30 | 77.93% | 0.75% |
| Emma Weston | 16/04/2017 | South Cheshire 10k | 10 km | 00:41:46 | 77.69% | 2.53% |
| Anthony Allen | 24/12/2016 | Park Run | 5 km | 00:17:39 | 76.02% | |
| Debbie Hill | 29/12/2012 | Park Run | 5 km | 00:22:55 | 76.0% | |
| Julian Barry | 19/04/2014 | Park Run | 5 km | 00:21:45 | 75.7% | |
| Charmaine Wood | 10/05/2015 | Market Drayton | 10 km | 00:41:23 | 74.3% | |
| Lucy Rusbridge | 04/11/2017 | Park Run | 5 km | 00:21:38 | 73.96% | 7.08% |
| Val Fussell | 11/11/2017 | Tatton Park 10k | 10 km | 00:55:11 | 73.45% | 0.55% |
| Mel Worthington | 05/02/2017 | Alsager 5 | 5 Mile | 00:34:55 | 73.37% | 0.20% |
| Paul Steel | 27/06/2017 | Crewe 5k | 5 km | 00:20:10 | 73.14% | 1.29% |
| Pete Newham | 01/03/2014 | Park Run | 5 km | 00:19:14 | 73.1% | |
| Steve Bacon | 04/04/2012 | Chester Spring | 5 Mile | 00:31:59 | 72.7% | |
| Chris Thomas | 11/05/2014 | Market Drayton | 10 km | 00:45:31 | 72.7% | |
| Paul Sellers | 31/12/2014 | Park Run | 5 km | 00:21:10 | 72.6% | |
| Ian Prime | 16/01/2016 | Southsea Parkrun | 5 km | 00:20:29 | 72.58% | |
| Paul Crean | 09/04/2016 | Park Run | 5 km | 00:21:51 | 72.46% | |
| Susan Blake | 02/12/2017 | Park Run | 5 km | 00:24:16 | 71.98% | |
| David Taylor | 27/07/2014 | Tenby 10k | 10 km | 00:48:08 | 71.9% | |
| Nigel Poole | 30/04/2016 | Park Run | 5 km | 00:21:54 | 71.77% | |
| Rich Benson | 08/04/2012 | Air Products | 10 km | 00:46:32 | 71.7% | |
| Felicity Doyle | 05/04/2015 | Air Products | 10 km | 00:52:30 | 71.7% | |
| Tom Brown | 06/10/2013 | Congleton Half | H. Mar | 01:25:59 | 71.2% | |
| Sandre Jackson | 03/04/2016 | Wilmslow Half | H. Mar | 01:53:48 | 71.10% | |
| Harry Stubbs | 25/06/2017 | Colshaw Hall | 10 km | 00:51:08 | 70.70% | 0.37% |
| Graeme Burns | 12/11/2016 | Cheshire 10k | 10 km | 00:42:16 | 70.47% | |
| Dave Clark | 22/03/2015 | Wilmslow Half | H. Mar | 01:25:37 | 70.0% | |
| Terry Dykes | 04/12/2016 | Wilmslow 10k | 10 km | 00:50:36 | 69.96% | |
| Nick Budd | 30/04/2016 | Park Run | 5 km | 00:21:42 | 69.59% | |
| Michelle Mathews | 02/01/2016 | Park Run | 5 km | 00:21:35 | 69.34% | |
| Stuart Rider | 11/06/2016 | Park Run | 5 km | 00:19:14 | 69.32% | |
| Paula Kennerley | 05/11/2016 | Langley 7 | 7 Mile | 00:54:12 | 69.14% | |
| Mark Tilstone | 02/12/2017 | Park Run | 5 km | 00:22:39 | 68.80% | |
| Simon Higgins | 30/01/2016 | Park Run | 5 km | 00:20:41 | 68.17% | |
| Tony Smith | 13/05/2017 | Park Run | 5 km | 00:23:40 | 68.03% | 0.66% |
| Craig Hewitt | 10/05/2015 | Market Drayton | 10 km | 00:40:02 | 67.9% | |
| Nick Wilkins | 02/07/2017 | Alderley Edge BP | 10 km | 00:45:14 | 67.54% | |
| Ann Lomas | 25/03/2012 | Stafford | H. Mar | 01:43:06 | 67.4% | |
| Michael Stanley | 12/08/2017 | Park Run | 5 km | 00:21:25 | 67.32% | 2.09% |
| Sarah Poole | 05/02/2017 | Alsager 5 | 5 Mile | 00:35:59 | 67.25% | 3.37% |
| Arron Abdi Tehrani | 02/07/2016 | Park Run | 5 km | 00:19:29 | 67.24% | |
| Chris Smith | 13/05/2012 | Chester | H. Mar | 01:30:28 | 67.1% | |

Best % Performance Since 2012

Last Updated: 30 December 2017

| Name | Date | Event | Distance | Time | Performance % | Improvement |
|----------------------|------------|---------------------|----------|----------|---------------|-------------|
| Karen Sutton | 23/09/2017 | Park Run | 5 km | 00:23:50 | 67.13% | |
| Alice Nimmo | 11/11/2017 | Tatton Park 10k | 10 km | 00:45:20 | 66.91% | 3.54% |
| Derek Lucas | 31/12/2014 | Park Run | 5 km | 00:26:25 | 66.8% | |
| Judith Newham | 08/04/2012 | Air Products | 10 km | 00:47:50 | 66.4% | |
| Maria Jensen | 16/10/2016 | Manchester | H. Mar | 01:41:00 | 66.39% | |
| Steve Dunn | 31/12/2014 | Park Run | 5 km | 00:22:28 | 66.2% | |
| Alex McCormick | 06/05/2012 | Uttoxeter | H. Mar | 01:40:22 | 66.1% | |
| Jessica Banks | 24/12/2016 | Park Run | 5 km | 00:22:21 | 66.07% | |
| Malcolm Jackson | 26/05/2013 | Manchester 10k | 10 km | 00:51:23 | 66.0% | |
| Liz Smart | 27/07/2014 | Great Warford | 10 Mile | 01:33:20 | 66.0% | |
| Suzanne Roebuck | 31/12/2014 | Park Run | 5 km | 00:24:19 | 65.9% | |
| Pete Doyle | 25/03/2012 | Stafford | H. Mar | 01:44:33 | 65.7% | |
| Vicci Kirkpatrick | 19/03/2017 | Wilmslow Half | H. Mar | 01:45:04 | 65.61% | 2.25% |
| Harold Pinkney | 31/12/2014 | Park Run | 5 km | 00:25:06 | 65.6% | |
| Christopher Smith | 28/04/2013 | Manchester Marathon | Marathon | 03:13:32 | 65.6% | |
| Ellie Dick | 04/02/2017 | Park Run | 5 km | 00:22:56 | 65.48% | 0.12% |
| Martin Wood | 12/08/2017 | Park Run | 5 km | 00:24:11 | 64.99% | 1.25% |
| Andy Roberts | 10/04/2016 | Manchester | Marathon | 03:27:01 | 64.59% | |
| Jack Sargeant | 08/11/2014 | Park Run | 5 km | 00:20:03 | 64.3% | |
| Claire Cheetham | 21/10/2017 | Valencia Half | H. Mar | 01:41:43 | 64.26% | 3.85% |
| Carolyn Charlesworth | 07/02/2016 | Alsager 5 | 5 Mile | 00:39:34 | 64.24% | |
| Andrew Eaton | 15/02/2014 | Park Run | 5 km | 00:20:05 | 64.2% | |
| James Yates | 31/12/2016 | Park Run | 5 km | 00:21:13 | 64.18% | |
| Paul Bevan | 31/12/2014 | Park Run | 5 km | 00:22:16 | 64.1% | |
| Sara Stead | 23/03/2014 | Wilmslow Half | H. Mar | 01:45:33 | 64.1% | |
| Andrew Bell | 14/06/2015 | Potters Arf | H. Mar | 01:48:22 | 64.0% | |
| Michelle Stevens | 05/11/2017 | Billericay 10k | 10 km | 00:48:35 | 63.91% | |
| Robert Parkin | 12/03/2016 | Park Run | 5 km | 00:22:06 | 63.80% | |
| Lucinda Stone | 02/12/2017 | Park Run | 5 km | 00:24:08 | 63.19% | |
| Helen Jeffery | 03/12/2017 | Stockport 10 | 10 Mile | 01:19:55 | 63.17% | 3.88% |
| Jason Jones | 03/12/2017 | Stockport 10 | 10 Mile | 01:14:57 | 63.00% | |
| Matt Belford | 05/04/2015 | Air Products | 10 km | 00:44:07 | 63.0% | |
| Debbie Steel | 17/01/2016 | Four Villages | H. Mar | 01:51:40 | 62.84% | |
| Ella Lyman | 31/12/2014 | Park Run | 5 km | 00:25:47 | 62.8% | |
| Jamie Moss | 27/03/2016 | Air Products 10k | 10 km | 00:44:13 | 62.57% | |
| John Burn | 10/12/2016 | Park Run | 5 km | 00:22:16 | 62.43% | |
| Luan Machin | 16/05/2012 | Clayton | 10 km | 00:49:26 | 62.0% | |
| Heather Jackson | 02/02/2014 | Alsager 5 | 5 Mile | 00:39:26 | 61.8% | |
| Andrew Billingsley | 31/12/2014 | Park Run | 5 km | 00:24:19 | 61.6% | |
| Nicole Richards | 17/01/2016 | Four Villages | H. Mar | 01:46:20 | 61.32% | |
| Dave Fussell | 11/11/2017 | Tatton Park 10k | 10 km | 00:55:07 | 61.20% | 4.37% |
| Strachan McCormick | 12/03/2013 | Bath Half | H. Mar | 01:37:55 | 61.2% | |
| Nicole Humphreys | 06/11/2016 | Flying Fox | 10 Mile | 01:20:46 | 61.10% | |
| Jason Chappell | 14/06/2015 | Potters Arf | H. Mar | 01:40:37 | 60.8% | |
| Adrian Machin | 16/05/2012 | Clayton | 10 km | 00:46:13 | 60.6% | |
| Stephen Burns | 31/12/2014 | Park Run | 5 km | 00:21:54 | 60.6% | |
| Laura Stubbs | 03/07/2016 | Southport Half | H. Mar | 01:47:41 | 60.55% | |
| David Campbell | 08/04/2012 | Air Products | 10 km | 00:51:08 | 60.5% | |

Best % Performance Since 2012

Last Updated: 30 December 2017

| Name | Date | Event | Distance | Time | Performance % | Improvement |
|-------------------|------------|-------------------|----------|----------|---------------|-------------|
| Dave Geary | 31/12/2014 | Park Run | 5 km | 00:23:06 | 60.5% | |
| Chris Hewitson | 06/04/2014 | Manchester | Marathon | 03:28:39 | 60.4% | |
| Louise Poole | 25/06/2017 | Colshaw Hall | 10 km | 00:50:13 | 60.40% | 1.26% |
| Emma Hall | 06/08/2016 | Park Run | 5 km | 00:24:52 | 60.39% | |
| Ali McNinch | 02/02/2014 | Alsager 5 | 5 Mile | 00:42:37 | 60.4% | |
| Ellie Linsell | 20/11/2016 | Tatton Park | H. Mar | 01:49:55 | 60.38% | |
| Janine Hulme | 07/02/2016 | Alsager 5 | 5 Mile | 00:40:08 | 60.34% | |
| Fran Owen | 19/03/2017 | Wilmslow Half | H. Mar | 02:03:24 | 60.09% | |
| Suzie Kelly | 02/12/2017 | Park Run | 5 km | 00:24:50 | 60.00% | |
| Martin Sands | 02/07/2017 | Alderley Edge BP | 10 km | 00:48:49 | 59.54% | |
| Matt Plummer | 31/12/2014 | Park Run | 5 km | 00:22:56 | 59.5% | |
| Jamilla Gaskill | 04/12/2016 | Wilmslow 10k | 10 km | 00:52:13 | 59.46% | |
| Steve Webb | 25/09/2016 | Macclesfield Half | H. Mar | 01:42:48 | 58.80% | |
| Lynne Roberts | 12/05/2013 | Chester Half | H. Mar | 01:59:05 | 58.8% | |
| Mathew Belford | 23/03/2014 | Wilmslow Half | H. Mar | 01:43:26 | 58.0% | |
| Jackie Ann Moss | 26/11/2017 | Wilmslow 10k | 10 km | 00:53:19 | 57.96% | 0.28% |
| Beth Cliff | 04/11/2017 | Park Run | 5 km | 00:25:34 | 57.76% | 4.19% |
| Paul Birdsall | 19/07/2015 | Trentham 10k | 10 km | 00:50:10 | 57.5% | |
| Tim Harden | 26/06/2016 | Colshaw Hall | 10 km | 00:50:11 | 57.46% | |
| Timothy Claughton | 21/04/2013 | London Marathon | Marathon | 03:44:50 | 57.4% | |
| Jenni Armitt | 02/12/2017 | Park Run | 5 km | 00:26:19 | 57.31% | |
| Robert Soames | 14/05/2016 | Park Run | 5 km | 00:24:09 | 57.14% | |
| Ian Ihuthia | 20/05/2017 | Park Run | 5 km | 00:22:54 | 56.70% | |
| Victoria Crockett | 09/06/2013 | Potter Arf | H. Mar | 01:58:18 | 56.6% | |
| Steve Tamplin | 28/07/2013 | Park Run | 5 km | 00:28:05 | 55.7% | |
| William Roberts | 21/10/2017 | Park Run | 5 km | 00:23:38 | 54.94% | |
| Martin Rous | 05/11/2016 | Langley 7 | 7 Mile | 01:02:33 | 54.53% | |
| Caroline Chandler | 01/02/2015 | Alsager 5 | 5 Mile | 00:47:31 | 53.3% | |
| Helen Doyle | 01/02/2015 | Alsager 5 | 5 Mile | 00:46:44 | 51.8% | |
| Sarah Lyon | 10/03/2013 | Wrap & Run 10k | 10 km | 00:58:40 | 51.7% | |
| Sarah Richards | 03/04/2016 | Wilmslow Half | H. Mar | 02:16:30 | 50.93% | |
| James Wood | 05/02/2012 | Alsager | 5 Mile | 00:28:30 | 50.0% | |
| Tim Smith | 05/02/2012 | Alsager | 5 Mile | 00:45:14 | 50.0% | |
| Nicholas Playford | 13/05/2012 | Chester | H. Mar | 01:59:38 | 50.0% | |
| Cathy Dean | 07/01/2017 | Park Run | 5 km | 00:29:46 | 49.94% | 1.29% |
| Emily Heptonstall | 22/05/2016 | Manchester 10k | 10 km | 01:04:35 | 47.02% | |
| SallyAnn Tatton | 01/02/2015 | Alsager 5 | 5 Mile | 00:53:57 | 46.3% | |
| Hannah Singh | 11/03/2013 | Wrap & Run 10k | 10 km | 01:08:08 | 44.5% | |
| Laura Daniels | 03/02/2013 | Alsager 5 | 5 Mile | 00:48:14 | 44.3% | |
| Nancy Cubbon | 04/02/2017 | Park Run | 5 km | 00:37:08 | 41.79% | |
| Tailend Charlie | 01/10/1966 | Hastings 10k | 1 km | 00:10:06 | 10.0% | |

Latest Results - Ranked

| Name | Date of Race | Venue | Distance | Time | Time in secs | Age Factor | Standard | Age-Graded Time | Age-Graded Performance |
|-----------------|--------------|---------------------|----------|----------|--------------|------------|----------|-----------------|------------------------|
| Brian Evans | 15/07/2017 | Park Run | 5 km | 00:17:53 | 1073 | 0.8533 | 913 | 00:15:16 | 85.09% |
| Brian Evans | 29/07/2017 | Park Run | 5 km | 00:17:59 | 1079 | 0.8533 | 913 | 00:15:21 | 84.62% |
| Brian Evans | 01/07/2017 | Park Run | 5 km | 00:17:54 | 1074 | 0.86 | 906 | 00:15:24 | 84.36% |
| Brian Evans | 19/03/2017 | Wilmslow Half | H. Mar | 01:20:35 | 4835 | 0.8728 | 4014 | 01:10:20 | 83.02% |
| Mikko Kuronen | 12/02/2017 | Barcelona Half | H. Mar | 01:23:53 | 5033 | 0.8417 | 4162 | 01:10:36 | 82.69% |
| Mikko Kuronen | 05/02/2017 | Alsager 5 | 5 Mile | 00:31:15 | 1875 | 0.8352 | 1531 | 00:26:06 | 81.65% |
| Mikko Kuronen | 22/01/2017 | Kidsgrove 10k | 10 km | 00:39:21 | 2361 | 0.8369 | 1915 | 00:32:56 | 81.11% |
| Bryan Lomas | 19/04/2017 | Alvaston 5k | 5 km | 00:17:50 | 1070 | 0.9002 | 865 | 00:16:03 | 80.84% |
| Bryan Lomas | 15/02/2017 | Alvaston 5k | 5 km | 00:17:54 | 1074 | 0.9002 | 865 | 00:16:07 | 80.54% |
| Joanne Moss | 19/04/2017 | Alvaston 5k | 5 km | 00:19:46 | 1186 | 0.9314 | 951 | 00:18:25 | 80.19% |
| Mikko Kuronen | 05/03/2017 | Ashbourne 10 | 10 Mile | 01:05:37 | 3937 | 0.8399 | 3143 | 00:55:07 | 79.83% |
| Bryan Lomas | 11/01/2017 | Alvaston 5k | 5 km | 00:18:08 | 1088 | 0.9002 | 865 | 00:16:19 | 79.50% |
| Brian Evans | 08/10/2017 | Chester Marathon | Marathon | 02:58:54 | 10734 | 0.865 | 8528 | 02:34:45 | 79.45% |
| Bryan Lomas | 05/02/2017 | Alsager 5 | 5 Mile | 00:29:43 | 1783 | 0.9076 | 1409 | 00:26:58 | 79.02% |
| Joanne Moss | 15/04/2017 | Park Run | 5 km | 00:20:05 | 1205 | 0.9314 | 951 | 00:18:42 | 78.92% |
| Brian Evans | 24/09/2017 | Macclesfield | H. Mar | 01:25:44 | 5144 | 0.865 | 4050 | 01:14:10 | 78.73% |
| Joanne Moss | 08/04/2017 | Park Run | 5 km | 00:20:08 | 1208 | 0.9314 | 951 | 00:18:45 | 78.73% |
| Joanne Moss | 04/03/2017 | Park Run | 5 km | 00:20:17 | 1217 | 0.9314 | 951 | 00:18:54 | 78.14% |
| Joanne Moss | 29/08/2017 | South Cheshire 5k | 5 km | 00:20:17 | 1217 | 0.9314 | 951 | 00:18:54 | 78.14% |
| Joanne Moss | 05/02/2017 | Alsager 5 | 5 Mile | 00:33:25 | 2005 | 0.9276 | 1565 | 00:31:00 | 78.05% |
| Chris Moss | 08/04/2017 | Park Run | 5 km | 00:18:30 | 1110 | 0.9002 | 865 | 00:16:39 | 77.93% |
| Emma Weston | 16/04/2017 | South Cheshire 10k | 10 km | 00:41:46 | 2506 | 0.9349 | 1947 | 00:39:03 | 77.69% |
| Joanne Moss | 22/01/2017 | Kidsgrove 10k | 10 km | 00:42:11 | 2531 | 0.9259 | 1966 | 00:39:03 | 77.68% |
| Bryan Lomas | 08/07/2017 | Buxton Carnival | 4 Mile | 00:24:15 | 1455 | 0.9038 | 1122 | 00:21:55 | 77.11% |
| Emma Weston | 11/11/2017 | Tatton Park 10k | 10 km | 00:42:30 | 2550 | 0.9259 | 1966 | 00:39:21 | 77.10% |
| Joanne Moss | 15/01/2017 | Four Villages | H. Mar | 01:32:00 | 5520 | 0.9201 | 4252 | 01:24:39 | 77.03% |
| Chris Moss | 21/01/2017 | Park Run | 5 km | 00:18:44 | 1124 | 0.9002 | 865 | 00:16:52 | 76.96% |
| Emma Weston | 05/11/2017 | Abergele 5 | 5 Mile | 00:33:55 | 2035 | 0.9276 | 1565 | 00:31:28 | 76.90% |
| Bryan Lomas | 10/05/2017 | Clayton 10k | 10 km | 00:38:18 | 2298 | 0.9117 | 1758 | 00:34:55 | 76.50% |
| Chris Moss | 16/04/2017 | South Cheshire 10k | 10 km | 00:38:21 | 2301 | 0.9117 | 1758 | 00:34:58 | 76.40% |
| Chris Moss | 21/10/2017 | Park Run | 5 km | 00:18:53 | 1133 | 0.9002 | 865 | 00:17:00 | 76.35% |
| Joanne Moss | 05/11/2017 | Abergele 5 | 5 Mile | 00:34:31 | 2071 | 0.9182 | 1581 | 00:31:42 | 76.34% |
| Joanne Moss | 08/07/2017 | Buxton Carnival | 4 Mile | 00:27:05 | 1625 | 0.9294 | 1240 | 00:25:10 | 76.31% |
| Joanne Moss | 21/10/2017 | Park Run | 5 km | 00:20:47 | 1247 | 0.9314 | 951 | 00:19:21 | 76.26% |
| Joanne Moss | 22/07/2017 | Park Run | 5 km | 00:20:50 | 1250 | 0.9314 | 951 | 00:19:24 | 76.08% |
| Chris Moss | 10/09/2017 | Sandback 10k | 10 km | 00:38:31 | 2311 | 0.9117 | 1758 | 00:35:07 | 76.07% |
| Joanne Moss | 10/05/2017 | Clayton 10k | 10 km | 00:43:06 | 2586 | 0.9259 | 1966 | 00:39:54 | 76.02% |
| Phil Dawson | 25/06/2017 | Colshaw Hall | 10 km | 00:45:17 | 2717 | 0.7771 | 2063 | 00:35:11 | 75.93% |
| Emma Weston | 05/02/2017 | Alsager 5 | 5 Mile | 00:34:04 | 2044 | 0.9364 | 1551 | 00:31:54 | 75.88% |
| Anthony Allen | 15/07/2017 | Park Run | 5 km | 00:17:49 | 1069 | 0.9605 | 811 | 00:17:07 | 75.87% |
| Anthony Allen | 29/07/2017 | Park Run | 5 km | 00:17:49 | 1069 | 0.9605 | 811 | 00:17:07 | 75.87% |
| Emma Weston | 19/03/2017 | Wilmslow Half | H. Mar | 01:32:37 | 5557 | 0.9293 | 4210 | 01:26:04 | 75.76% |
| Joanne Moss | 19/03/2017 | Wilmslow Half | H. Mar | 01:33:35 | 5615 | 0.9201 | 4252 | 01:26:06 | 75.73% |
| Joanne Moss | 17/09/2017 | St Thomas 7 | 7 Mile | 00:49:09 | 2949 | 0.9259 | 2225 | 00:45:30 | 75.45% |
| Emma Weston | 01/04/2017 | Park Run | 5 km | 00:20:50 | 1250 | 0.9398 | 943 | 00:19:35 | 75.44% |
| Bryan Lomas | 15/01/2017 | Four Villages | H. Mar | 01:24:33 | 5073 | 0.9195 | 3810 | 01:17:45 | 75.10% |
| Phil Dawson | 19/03/2017 | Wilmslow Half | H. Mar | 01:39:02 | 5942 | 0.7872 | 4450 | 01:17:58 | 74.89% |
| Emma Weston | 22/01/2017 | Kidsgrove 10k | 10 km | 00:43:24 | 2604 | 0.9349 | 1947 | 00:40:34 | 74.77% |
| Emma Weston | 09/04/2017 | Newcastle 10k | 10 km | 00:43:34 | 2614 | 0.9349 | 1947 | 00:40:44 | 74.48% |
| Anthony Allen | 14/10/2017 | Park Run | 5 km | 00:18:11 | 1091 | 0.9605 | 811 | 00:17:28 | 74.34% |
| Chris Moss | 10/05/2017 | Clayton 10k | 10 km | 00:39:25 | 2365 | 0.9117 | 1758 | 00:35:56 | 74.33% |
| Emma Weston | 15/01/2017 | Four Villages | H. Mar | 01:34:42 | 5682 | 0.9293 | 4210 | 01:28:00 | 74.09% |
| Emma Weston | 24/06/2017 | Rhyl Half Marathon | H. Mar | 01:34:47 | 5687 | 0.9293 | 4210 | 01:28:05 | 74.03% |
| Lucy Rusbridge | 04/11/2017 | Park Run | 5 km | 00:21:38 | 1298 | 0.9225 | 960 | 00:19:57 | 73.96% |
| Emma Weston | 11/06/2017 | Potters 'Arf | H. Mar | 01:35:30 | 5730 | 0.9293 | 4210 | 01:28:45 | 73.47% |
| Val Fussell | 11/11/2017 | Tatton Park 10k | 10 km | 00:55:11 | 3311 | 0.7485 | 2432 | 00:41:18 | 73.45% |
| Mel Worthington | 05/02/2017 | Alsager 5 | 5 Mile | 00:34:55 | 2095 | 0.9447 | 1537 | 00:32:59 | 73.37% |
| Anthony Allen | 27/08/2017 | Bollington 10k | 10 km | 00:37:23 | 2243 | 0.9769 | 1641 | 00:36:31 | 73.16% |
| Paul Steel | 27/06/2017 | Crewe 5k | 5 km | 00:20:10 | 1210 | 0.8801 | 885 | 00:17:45 | 73.14% |
| Bryan Lomas | 14/05/2017 | Stone 5 | 5 Mile | 00:32:09 | 1929 | 0.9076 | 1409 | 00:29:11 | 73.04% |
| Bryan Lomas | 24/09/2017 | Robin Hood | H. Mar | 01:27:44 | 5264 | 0.9117 | 3842 | 01:19:59 | 72.99% |
| Joanne Moss | 14/05/2017 | Stone 5 | 5 Mile | 00:35:45 | 2145 | 0.9276 | 1565 | 00:33:10 | 72.96% |
| Emma Weston | 02/07/2017 | Ashbourne Half | H. Mar | 01:36:30 | 5790 | 0.9293 | 4210 | 01:29:41 | 72.71% |
| Emma Weston | 24/09/2017 | Macclesfield | H. Mar | 01:37:31 | 5851 | 0.9201 | 4252 | 01:29:44 | 72.67% |
| Joanne Moss | 08/10/2017 | Chester Marathon | Marathon | 03:22:19 | 12139 | 0.9223 | 8809 | 03:06:36 | 72.57% |
| Paul Steel | 05/02/2017 | Alsager 5 | 5 Mile | 00:33:21 | 2001 | 0.8859 | 1444 | 00:29:33 | 72.16% |
| Chris Moss | 19/03/2017 | Stafford Half | H. Mar | 01:28:03 | 5283 | 0.9195 | 3810 | 01:20:58 | 72.12% |
| Lucy Rusbridge | 14/10/2017 | Park Run | 5 km | 00:22:13 | 1333 | 0.9225 | 960 | 00:20:30 | 72.02% |
| Susan Blake | 02/12/2017 | Park Run | 5 km | 00:24:16 | 1456 | 0.8451 | 1048 | 00:20:30 | 71.98% |
| Mel Worthington | 25/06/2017 | Colshaw Hall | 10 km | 00:44:55 | 2695 | 0.9433 | 1929 | 00:42:22 | 71.58% |
| Susan Blake | 23/12/2017 | Park Run | 5 km | 00:24:26 | 1466 | 0.8451 | 1048 | 00:20:39 | 71.49% |
| Mel Worthington | 11/02/2017 | Park Run | 5 km | 00:21:48 | 1308 | 0.9476 | 935 | 00:20:39 | 71.48% |
| Mel Worthington | 29/08/2017 | South Cheshire 5k | 5 km | 00:22:02 | 1322 | 0.9398 | 943 | 00:20:42 | 71.33% |
| Mel Worthington | 15/01/2017 | Four Villages | H. Mar | 01:37:31 | 5851 | 0.9378 | 4171 | 01:31:27 | 71.29% |
| Lucy Rusbridge | 01/04/2017 | Park Run | 5 km | 00:22:27 | 1347 | 0.9225 | 960 | 00:20:43 | 71.27% |
| Debbie Hill | 21/10/2017 | Park Run | 5 km | 00:25:08 | 1508 | 0.8257 | 1073 | 00:20:45 | 71.15% |
| Emma Weston | 01/01/2017 | Park Run | 5 km | 00:22:06 | 1326 | 0.9398 | 943 | 00:20:46 | 71.12% |
| Paul Crean | 05/02/2017 | Alsager 5 | 5 Mile | 00:36:51 | 2211 | 0.8135 | 1572 | 00:29:59 | 71.10% |
| Paul Steel | 29/08/2017 | South Cheshire 5k | 5 km | 00:20:47 | 1247 | 0.8801 | 885 | 00:18:17 | 70.97% |
| Bryan Lomas | 01/01/2017 | New Year Hangover | 5 Mile | 00:33:06 | 1986 | 0.9076 | 1409 | 00:30:02 | 70.95% |
| Joanne Moss | 02/07/2017 | Ashbourne Half | H. Mar | 01:39:59 | 5999 | 0.9201 | 4252 | 01:32:00 | 70.88% |
| Charmaine Wood | 09/07/2017 | Tatton Park | 10 km | 00:43:37 | 2617 | 0.9817 | 1854 | 00:42:49 | 70.84% |
| Harry Stubbs | 25/06/2017 | Colshaw Hall | 10 km | 00:51:08 | 3068 | 0.7391 | 2169 | 00:37:48 | 70.70% |
| Lucy Rusbridge | 03/06/2017 | Park Run | 5 km | 00:22:40 | 1360 | 0.9225 | 960 | 00:20:55 | 70.59% |
| Paul Crean | 22/01/2017 | Kidsgrove 10k | 10 km | 00:46:40 | 2800 | 0.8145 | 1968 | 00:38:01 | 70.29% |
| Mel Worthington | 10/05/2017 | Clayton 10k | 10 km | 00:45:45 | 2745 | 0.9433 | 1929 | 00:43:09 | 70.27% |
| Paul Steel | 09/04/2017 | Newcastle 10k | 10 km | 00:42:48 | 2568 | 0.8893 | 1803 | 00:38:04 | 70.21% |
| Emma Weston | 06/08/2017 | Gloucester Marathon | Marathon | 03:27:07 | 12427 | 0.9318 | 8720 | 03:12:59 | 70.17% |
| Anthony Allen | 24/09/2017 | Macclesfield | H. Mar | 01:25:04 | 5104 | 0.9837 | 3561 | 01:23:41 | 69.77% |
| Paul Crean | 25/06/2017 | Colshaw Hall | 10 km | 00:47:05 | 2825 | 0.8145 | 1968 | 00:38:21 | 69.66% |
| Paul Steel | 25/06/2017 | Colshaw Hall | 10 km | 00:43:18 | 2598 | 0.8893 | 1803 | 00:38:30 | 69.40% |
| Charmaine Wood | 25/06/2017 | Colshaw Hall | 10 km | 00:44:37 | 2677 | 0.9817 | 1854 | 00:43:48 | 69.26% |

Improvement

Results Recorded: 240

Latest Results - Ranked

| Name | Date of Race | Venue | Distance | Time | Time in secs | Age Factor | Standard | Age-Graded Time | Age-Graded Performance |
|----------------------|--------------|----------------------|----------|----------|--------------|------------|----------|-----------------|------------------------|
| Lucy Rusbridge | 08/07/2017 | Buxton Carnival | 4 Mile | 00:30:11 | 1811 | 0.9202 | 1252 | 00:27:46 | 69.13% |
| Mark Tilstone | 02/12/2017 | Park Run | 5 km | 00:22:39 | 1359 | 0.8332 | 935 | 00:18:52 | 68.80% |
| Ian Prime | 25/04/2017 | Aztec Fast 5k | 5 km | 00:21:58 | 1318 | 0.8667 | 899 | 00:19:02 | 68.21% |
| Tony Smith | 13/05/2017 | Park Run | 5 km | 00:23:40 | 1420 | 0.8064 | 966 | 00:19:05 | 68.03% |
| Ian Prime | 02/07/2017 | Alderley Edge BP | 10 km | 00:45:06 | 2706 | 0.8743 | 1833 | 00:39:26 | 67.74% |
| Nick Wilkins | 02/07/2017 | Alderley Edge BP | 10 km | 00:45:14 | 2714 | 0.8743 | 1833 | 00:39:33 | 67.54% |
| Tony Smith | 15/04/2017 | Park Run | 5 km | 00:23:54 | 1434 | 0.8064 | 966 | 00:19:16 | 67.36% |
| Michael Stanley | 12/08/2017 | Park Run | 5 km | 00:21:25 | 1285 | 0.9002 | 865 | 00:19:17 | 67.32% |
| Sarah Poole | 05/02/2017 | Alsager 5 | 5 Mile | 00:35:59 | 2159 | 1 | 1452 | 00:35:59 | 67.25% |
| Tony Smith | 08/04/2017 | Park Run | 5 km | 00:23:57 | 1437 | 0.8064 | 966 | 00:19:19 | 67.22% |
| Karen Sutton | 23/09/2017 | Park Run | 5 km | 00:23:50 | 1430 | 0.9225 | 960 | 00:21:59 | 67.13% |
| Michael Stanley | 15/07/2017 | Park Run | 5 km | 00:21:29 | 1289 | 0.9002 | 865 | 00:19:20 | 67.11% |
| Alice Nimmo | 11/11/2017 | Tatton Park 10k | 10 km | 00:45:20 | 2720 | 1 | 1820 | 00:45:20 | 66.91% |
| Nigel Poole | 05/02/2017 | Alsager 5 | 5 Mile | 00:38:49 | 2329 | 0.8208 | 1558 | 00:31:52 | 66.90% |
| Ian Prime | 16/04/2017 | South Cheshire 10k | 10 km | 00:45:41 | 2741 | 0.8743 | 1833 | 00:39:56 | 66.87% |
| Karen Sutton | 16/09/2017 | Park Run | 5 km | 00:23:57 | 1437 | 0.9225 | 960 | 00:22:06 | 66.81% |
| Alice Nimmo | 05/02/2017 | Alsager 5 | 5 Mile | 00:36:15 | 2175 | 1 | 1452 | 00:36:15 | 66.76% |
| Nick Budd | 25/06/2017 | Colshaw Hall | 10 km | 00:46:34 | 2794 | 0.8594 | 1865 | 00:40:01 | 66.75% |
| Charmaine Wood | 08/10/2017 | Cheshire Half | H. Mar | 01:40:42 | 6042 | 0.9724 | 4023 | 01:37:55 | 66.58% |
| Nick Budd | 15/01/2017 | York Brass Monkey | H. Mar | 01:41:27 | 6087 | 0.865 | 4050 | 01:27:45 | 66.54% |
| Paul Crean | 15/01/2017 | Four Villages | H. Mar | 01:47:16 | 6436 | 0.8183 | 4281 | 01:27:47 | 66.52% |
| Paul Steel | 24/09/2017 | Macclesfield | H. Mar | 01:37:59 | 5879 | 0.8961 | 3909 | 01:27:48 | 66.49% |
| Paul Steel | 12/03/2017 | Knighton 20 | 20 Mile | 02:33:30 | 9210 | 0.8961 | 6117.653 | 02:17:33 | 66.42% |
| Michael Stanley | 03/06/2017 | Park Run | 5 km | 00:21:44 | 1304 | 0.9002 | 865 | 00:19:34 | 66.33% |
| Tony Smith | 22/01/2017 | Kidsgrove 10k | 10 km | 00:49:58 | 2998 | 0.807 | 1986 | 00:40:19 | 66.24% |
| Ian Prime | 07/12/2017 | Ramsey Bakery | 5 Mile | 00:37:15 | 2235 | 0.8642 | 1480 | 00:32:11 | 66.22% |
| Sarah Poole | 14/01/2017 | Park Run | 5 km | 00:22:18 | 1338 | 1 | 886 | 00:22:18 | 66.22% |
| Michael Stanley | 25/06/2017 | Colshaw Hall | 10 km | 00:44:18 | 2658 | 0.9117 | 1758 | 00:40:23 | 66.14% |
| Michael Stanley | 08/04/2017 | Park Run | 5 km | 00:21:52 | 1312 | 0.9002 | 865 | 00:19:41 | 65.93% |
| Sarah Poole | 22/01/2017 | Kidsgrove 10k | 10 km | 00:46:14 | 2774 | 1 | 1820 | 00:46:14 | 65.61% |
| Vicci Kirkpatrick | 19/03/2017 | Wilmslow Half | H. Mar | 01:45:04 | 6304 | 0.9458 | 4136 | 01:39:22 | 65.61% |
| Ellie Dick | 04/02/2017 | Park Run | 5 km | 00:22:56 | 1376 | 0.9831 | 901 | 00:22:33 | 65.48% |
| Paul Steel | 19/03/2017 | Wilmslow Half | H. Mar | 01:39:38 | 5978 | 0.8961 | 3909 | 01:29:17 | 65.39% |
| Stuart Rider | 05/02/2017 | Alsager 5 | 5 Mile | 00:33:12 | 1992 | 0.983 | 1301 | 00:32:38 | 65.31% |
| Michael Stanley | 26/11/2017 | Wilmslow 10k | 10 km | 00:44:55 | 2695 | 0.9117 | 1758 | 00:40:57 | 65.23% |
| Lucy Rusbridge | 15/01/2017 | Four Villages | H. Mar | 01:48:43 | 6523 | 0.9201 | 4252 | 01:40:02 | 65.18% |
| Martin Wood | 12/08/2017 | Park Run | 5 km | 00:24:11 | 1451 | 0.8265 | 943 | 00:19:59 | 64.99% |
| Suzanne Roebuck | 15/01/2017 | Four Villages | H. Mar | 01:51:31 | 6691 | 0.9003 | 4345 | 01:40:24 | 64.94% |
| Chris Thomas | 21/10/2017 | Park Run | 5 km | 00:25:28 | 1528 | 0.793 | 982 | 00:20:12 | 64.27% |
| Claire Cheetham | 21/10/2017 | Valencia Half | H. Mar | 01:41:43 | 6103 | 0.9975 | 3922 | 01:41:28 | 64.26% |
| Maria Jensen | 19/03/2017 | Wilmslow Half | H. Mar | 01:44:50 | 6290 | 0.9724 | 4023 | 01:41:56 | 63.96% |
| Michelle Stevens | 05/11/2017 | Billericy 10k | 10 km | 00:48:35 | 2915 | 0.9768 | 1863 | 00:47:27 | 63.91% |
| James Yates | 11/11/2017 | Tatton Park 10k | 10 km | 00:43:45 | 2625 | 0.964 | 1663 | 00:42:10 | 63.35% |
| Ian Prime | 10/05/2017 | Clayton 10k | 10 km | 00:48:14 | 2894 | 0.8743 | 1833 | 00:42:10 | 63.34% |
| Lucinda Stone | 02/12/2017 | Park Run | 5 km | 00:24:08 | 1448 | 0.9678 | 915 | 00:23:21 | 63.19% |
| Helen Jeffery | 03/12/2017 | Stockport 10 | 10 Mile | 01:19:55 | 4795 | 0.9776 | 3029 | 01:18:08 | 63.17% |
| Michael Stanley | 05/02/2017 | Alsager 5 | 5 Mile | 00:36:57 | 2217 | 0.9148 | 1398 | 00:33:48 | 63.06% |
| Jason Jones | 03/12/2017 | Stockport 10 | 10 Mile | 01:14:57 | 4497 | 0.9319 | 2833 | 01:09:51 | 63.00% |
| James Yates | 15/07/2017 | Park Run | 5 km | 00:21:48 | 1308 | 0.9471 | 823 | 00:20:39 | 62.92% |
| Nick Wilkins | 29/10/2017 | Bradford Half | H. Mar | 01:45:40 | 6340 | 0.8806 | 3978 | 01:33:03 | 62.74% |
| Nick Wilkins | 08/10/2017 | Oxford Half Marathon | H. Mar | 01:45:41 | 6341 | 0.8806 | 3978 | 01:33:04 | 62.73% |
| Paul Steel | 02/04/2017 | Manchester Marathon | Marathon | 03:39:11 | 13151 | 0.8961 | 8232 | 03:16:25 | 62.60% |
| Paul Crean | 12/03/2017 | Knighton 20 | 20 Mile | 02:58:49 | 10729 | 0.8183 | 6700 | 02:26:20 | 62.45% |
| Nick Wilkins | 25/06/2017 | Colshaw Hall | 10 km | 00:49:00 | 2940 | 0.8743 | 1833 | 00:42:50 | 62.35% |
| Ian Prime | 22/01/2017 | Kidsgrove 10k | 10 km | 00:49:02 | 2942 | 0.8743 | 1833 | 00:42:52 | 62.30% |
| Nigel Poole | 01/01/2017 | Park Run | 5 km | 00:25:26 | 1526 | 0.8198 | 950 | 00:20:51 | 62.25% |
| Andrew Bell | 19/03/2017 | Wilmslow Half | H. Mar | 01:50:43 | 6643 | 0.8495 | 4124 | 01:34:03 | 62.08% |
| Steve Dunn | 01/04/2017 | Park Run | 5 km | 00:24:22 | 1462 | 0.86 | 906 | 00:20:57 | 61.97% |
| John Burn | 04/02/2017 | Park Run | 5 km | 00:22:28 | 1348 | 0.9337 | 834 | 00:20:59 | 61.87% |
| Claire Cheetham | 02/04/2017 | Madrid Half | H. Mar | 01:45:40 | 6340 | 0.9975 | 3922 | 01:45:24 | 61.86% |
| Lucinda Stone | 05/08/2017 | Park Run | 5 km | 00:24:53 | 1493 | 0.9678 | 915 | 00:24:05 | 61.29% |
| Andrew Bell | 15/01/2017 | Four Villages | H. Mar | 01:51:16 | 6676 | 0.8572 | 4087 | 01:35:23 | 61.22% |
| Dave Fussell | 11/11/2017 | Tatton Park 10k | 10 km | 00:55:07 | 3307 | 0.7921 | 2024 | 00:43:39 | 61.20% |
| Nick Wilkins | 02/04/2017 | Manchester Marathon | Marathon | 03:50:11 | 13811 | 0.8806 | 8377 | 03:22:42 | 60.65% |
| Louise Poole | 25/06/2017 | Colshaw Hall | 10 km | 00:50:13 | 3013 | 1 | 1820 | 00:50:13 | 60.40% |
| Robert Parkin | 12/03/2017 | Knighton 20 | 20 Mile | 02:42:23 | 9743 | 0.935 | 5863.377 | 02:31:50 | 60.18% |
| John Burn | 14/01/2017 | Park Run | 5 km | 00:23:06 | 1386 | 0.9337 | 834 | 00:21:34 | 60.17% |
| Steve Dunn | 05/08/2017 | Park Run | 5 km | 00:25:07 | 1507 | 0.86 | 906 | 00:21:36 | 60.12% |
| Fran Owen | 19/03/2017 | Wilmslow Half | H. Mar | 02:03:24 | 7404 | 0.8793 | 4449 | 01:48:30 | 60.09% |
| James Yates | 25/06/2017 | Colshaw Hall | 10 km | 00:46:10 | 2770 | 0.964 | 1663 | 00:44:30 | 60.04% |
| Martin Wood | 19/03/2017 | Wilmslow Half | H. Mar | 01:56:41 | 7001 | 0.8339 | 4201 | 01:37:18 | 60.01% |
| Suzie Kelly | 02/12/2017 | Park Run | 5 km | 00:24:50 | 1490 | 0.9906 | 894 | 00:24:36 | 60.00% |
| Carolyn Charlesworth | 07/01/2017 | Park Run | 5 km | 00:25:59 | 1559 | 0.9476 | 935 | 00:24:37 | 59.97% |
| Suzie Kelly | 26/11/2017 | Wilmslow 10k | 10 km | 00:51:09 | 3069 | 0.9898 | 1839 | 00:50:38 | 59.92% |
| Lucinda Stone | 13/08/2017 | Burton 10k | 10 km | 00:52:37 | 3157 | 0.9652 | 1886 | 00:50:47 | 59.74% |
| Martin Wood | 03/06/2017 | Park Run | 5 km | 00:26:19 | 1579 | 0.8265 | 943 | 00:21:45 | 59.72% |
| Ian Prime | 01/01/2017 | Park Run | 5 km | 00:25:06 | 1506 | 0.8667 | 899 | 00:21:45 | 59.69% |
| Suzie Kelly | 12/08/2017 | Park Run | 5 km | 00:24:59 | 1499 | 0.9906 | 894 | 00:24:45 | 59.64% |
| Vicci Kirkpatrick | 02/04/2017 | Manchester Marathon | Marathon | 03:59:18 | 14358 | 0.9489 | 8563 | 03:47:04 | 59.64% |
| Ian Prime | 24/09/2017 | Berlin Marathon | Marathon | 03:54:23 | 14063 | 0.8806 | 8377 | 03:26:24 | 59.57% |
| Martin Sands | 02/07/2017 | Alderley Edge BP | 10 km | 00:48:49 | 2929 | 0.9192 | 1744 | 00:44:52 | 59.54% |
| Helen Jeffery | 08/10/2017 | Cheshire Half | H. Mar | 01:52:09 | 6729 | 0.9776 | 4002 | 01:49:38 | 59.47% |
| Helen Jeffery | 29/07/2017 | Park Run | 5 km | 00:25:17 | 1517 | 0.9871 | 898 | 00:24:57 | 59.20% |
| Louise Poole | 15/04/2017 | Park Run | 5 km | 00:24:57 | 1497 | 1 | 886 | 00:24:57 | 59.19% |
| Dave Fussell | 25/06/2017 | Colshaw Hall | 10 km | 00:57:03 | 3423 | 0.7921 | 2024 | 00:45:11 | 59.13% |
| Rich Benson | 23/10/2017 | BVW | 4 Mile | 00:37:09 | 2229 | 0.7781 | 1303 | 00:28:54 | 58.46% |
| Lucinda Stone | 27/08/2017 | Ellesmere 10k | 10 km | 00:53:52 | 3232 | 0.9652 | 1886 | 00:52:00 | 58.35% |
| Michael Stanley | 19/03/2017 | Wilmslow Half | H. Mar | 01:48:51 | 6531 | 0.9195 | 3810 | 01:40:05 | 58.34% |
| Martin Sands | 22/07/2017 | Park Run | 5 km | 00:24:40 | 1480 | 0.9069 | 859 | 00:22:22 | 58.04% |
| Jackie Ann Moss | 26/11/2017 | Wilmslow 10k | 10 km | 00:53:19 | 3199 | 0.9817 | 1854 | 00:52:20 | 57.96% |
| Claire Cheetham | 19/11/2017 | Valencia Marathon | Marathon | 03:54:18 | 14058 | 0.9989 | 8134 | 03:54:03 | 57.86% |
| Martin Sands | 15/07/2017 | Park Run | 5 km | 00:24:46 | 1486 | 0.9069 | 859 | 00:22:28 | 57.81% |

Improvement

Results Recorded: 240

Latest Results - Ranked

| Name | Date of Race | Venue | Distance | Time | Time in secs | Age Factor | Standard | Age-Graded Time | Age-Graded Performance |
|--------------------|--------------|--------------------|----------|----------|--------------|------------|----------|-----------------|------------------------|
| Beth Cliff | 04/11/2017 | Park Run | 5 km | 00:25:34 | 1534 | 1 | 886 | 00:25:34 | 57.76% |
| Robert Parkin | 01/01/2017 | Park Run | 5 km | 00:24:40 | 1480 | 0.9136 | 853 | 00:22:32 | 57.64% |
| Beth Cliff | 02/12/2017 | Park Run | 5 km | 00:25:41 | 1541 | 1 | 886 | 00:25:41 | 57.50% |
| Louise Poole | 01/01/2017 | Park Run | 5 km | 00:25:43 | 1543 | 1 | 886 | 00:25:43 | 57.42% |
| Jenni Armitt | 02/12/2017 | Park Run | 5 km | 00:26:19 | 1579 | 0.9785 | 905 | 00:25:45 | 57.31% |
| Rich Benson | 22/08/2017 | Hobble(short) | 5 Mile | 00:48:00 | 2880 | 0.7774 | 1645 | 00:37:19 | 57.12% |
| Jackie Ann Moss | 05/02/2017 | Alsager 5 | 5 Mile | 00:43:01 | 2581 | 0.9864 | 1472 | 00:42:26 | 57.03% |
| Jamilla Gaskill | 26/11/2017 | Wilmslow 10k | 10 km | 00:54:46 | 3286 | 0.9713 | 1874 | 00:53:12 | 57.03% |
| Suzie Kelly | 09/09/2017 | Park Run | 5 km | 00:26:09 | 1569 | 0.9906 | 894 | 00:25:54 | 56.98% |
| Beth Cliff | 23/09/2017 | Park Run | 5 km | 00:25:57 | 1557 | 1 | 886 | 00:25:57 | 56.90% |
| Jamilla Gaskill | 19/03/2017 | Wilmslow Half | H. Mar | 01:58:04 | 7084 | 0.9724 | 4023 | 01:54:48 | 56.79% |
| Sarah Poole | 25/06/2017 | Colshaw Hall | 10 km | 00:53:28 | 3208 | 0.9998 | 1820 | 00:53:27 | 56.73% |
| Ian Ihuthia | 20/05/2017 | Park Run | 5 km | 00:22:54 | 1374 | 1 | 779 | 00:22:54 | 56.70% |
| Andrew Eaton | 02/07/2017 | Alderley Edge BP | 10 km | 00:47:13 | 2833 | 0.9996 | 1604 | 00:47:12 | 56.62% |
| Steve Webb | 24/09/2017 | Hull Marathon | Marathon | 03:47:34 | 13654 | 0.9584 | 7697 | 03:38:06 | 56.37% |
| Martin Sands | 13/05/2017 | Park Run | 5 km | 00:25:24 | 1524 | 0.9069 | 859 | 00:23:02 | 56.36% |
| Robert Soames | 01/01/2017 | Park Run | 5 km | 00:24:42 | 1482 | 0.9337 | 834 | 00:23:04 | 56.28% |
| Beth Cliff | 16/09/2017 | Park Run | 5 km | 00:26:15 | 1575 | 1 | 886 | 00:26:15 | 56.25% |
| Beth Cliff | 09/09/2017 | Park Run | 5 km | 00:26:21 | 1581 | 1 | 886 | 00:26:21 | 56.04% |
| Jenni Armitt | 11/11/2017 | Tatton Park 10k | 10 km | 00:55:28 | 3328 | 0.9768 | 1863 | 00:54:11 | 55.98% |
| James Yates | 21/05/2017 | Chester Half | H. Mar | 01:47:15 | 6435 | 0.9725 | 3602 | 01:44:18 | 55.98% |
| Helen Jeffery | 09/07/2017 | Tatton Park | 10 km | 00:55:24 | 3324 | 0.986 | 1846 | 00:54:37 | 55.54% |
| Robert Parkin | 03/12/2017 | Stockport 10 | 10 Mile | 01:25:50 | 5150 | 0.9242 | 2857 | 01:19:20 | 55.48% |
| William Roberts | 21/10/2017 | Park Run | 5 km | 00:23:38 | 1418 | 1 | 779 | 00:23:38 | 54.94% |
| Robert Soames | 03/12/2017 | Stockport 10 | 10 Mile | 01:24:36 | 5076 | 0.9472 | 2787 | 01:20:08 | 54.91% |
| Beth Cliff | 13/05/2017 | Park Run | 5 km | 00:27:09 | 1629 | 1 | 886 | 00:27:09 | 54.39% |
| Beth Cliff | 29/08/2017 | South Cheshire 5k | 5 km | 00:27:18 | 1638 | 1 | 886 | 00:27:18 | 54.09% |
| Jackie Ann Moss | 02/07/2017 | Alderley Edge BP | 10 km | 00:57:08 | 3428 | 0.9817 | 1854 | 00:56:05 | 54.08% |
| Ian Prime | 19/02/2017 | Hampton Court | H. Mar | 02:03:13 | 7393 | 0.8806 | 3978 | 01:48:30 | 53.81% |
| Beth Cliff | 26/11/2017 | M.Chester Xmas Pud | 5 Mile | 00:45:08 | 2708 | 1 | 1452 | 00:45:08 | 53.62% |
| Stuart Rider | 23/04/2017 | London Marathon | Marathon | 03:52:18 | 13938 | 0.9882 | 7465 | 03:49:34 | 53.56% |
| Jackie Ann Moss | 01/01/2017 | Park Run | 5 km | 00:28:03 | 1683 | 0.9871 | 898 | 00:27:41 | 53.36% |
| Michael Stanley | 15/01/2017 | Four Villages | H. Mar | 01:58:21 | 7101 | 0.9273 | 3778 | 01:49:45 | 53.20% |
| Martin Sands | 19/03/2017 | Wilmslow Half | H. Mar | 01:58:26 | 7106 | 0.9273 | 3778 | 01:49:49 | 53.17% |
| Michelle Stevens | 05/02/2017 | Alsager 5 | 5 Mile | 00:46:26 | 2786 | 0.9821 | 1478 | 00:45:36 | 53.05% |
| Emma Weston | 11/02/2017 | Park Run | 5 km | 00:29:48 | 1788 | 0.9398 | 943 | 00:28:00 | 52.74% |
| Jamilla Gaskill | 24/09/2017 | Macclesfield | H. Mar | 02:09:08 | 7748 | 0.9724 | 4023 | 02:05:34 | 51.92% |
| Craig Hewitt | 18/06/2017 | Caldicot Half | H. Mar | 01:53:21 | 6801 | 0.995 | 3521 | 01:52:47 | 51.77% |
| William Roberts | 14/10/2017 | Park Run | 5 km | 00:25:21 | 1521 | 1 | 779 | 00:25:21 | 51.22% |
| Beth Cliff | 05/02/2017 | Alsager 5 | 5 Mile | 00:47:56 | 2876 | 1 | 1452 | 00:47:56 | 50.49% |
| Alice Nimmo | 02/04/2017 | Manchester | Marathon | 04:29:33 | 16173 | 1 | 8125 | 04:29:33 | 50.24% |
| Ian Ihuthia | 09/12/2017 | Park Run | 5 km | 00:25:57 | 1557 | 1 | 779 | 00:25:57 | 50.03% |
| Cathy Dean | 07/01/2017 | Park Run | 5 km | 00:29:46 | 1786 | 0.9935 | 892 | 00:29:34 | 49.94% |
| Cathy Dean | 05/02/2017 | Alsager 5 | 5 Mile | 00:49:09 | 2949 | 0.9931 | 1462 | 00:48:49 | 49.58% |
| Paul Birdsall | 05/02/2017 | Alsager 5 | 5 Mile | 00:46:26 | 2786 | 0.9365 | 1366 | 00:43:29 | 49.03% |
| Andrew Billingsley | 07/01/2017 | Park Run | 5 km | 00:31:30 | 1890 | 0.8533 | 913 | 00:26:53 | 48.31% |
| Jackie Ann Moss | 07/01/2017 | Park Run | 5 km | 00:31:14 | 1874 | 0.9871 | 898 | 00:30:50 | 47.92% |
| Cathy Dean | 26/11/2017 | Wilmslow 10k | 10 km | 01:05:04 | 3904 | 0.9898 | 1839 | 01:04:24 | 47.11% |
| Cathy Dean | 01/01/2017 | Park Run | 5 km | 00:31:56 | 1916 | 0.9935 | 892 | 00:31:44 | 46.56% |
| David Campbell | 25/06/2017 | Colshaw Hall | 10 km | 01:08:46 | 4126 | 0.8444 | 1898 | 00:58:04 | 46.00% |
| Andrew Eaton | 05/02/2017 | Alsager 5 | 5 Mile | 00:48:17 | 2897 | 0.9986 | 1281 | 00:48:13 | 44.22% |
| Andrew Eaton | 23/04/2017 | London Marathon | Marathon | 04:40:06 | 16806 | 1 | 7377 | 04:40:06 | 43.90% |
| Cathy Dean | 02/07/2017 | Alderley Edge BP | 10 km | 01:10:10 | 4210 | 0.9898 | 1839 | 01:09:27 | 43.68% |
| Paul Birdsall | 05/11/2017 | Billericy 10k | 10 km | 01:05:38 | 3938 | 0.9342 | 1716 | 01:01:19 | 43.58% |
| Nancy Cubbon | 04/02/2017 | Park Run | 5 km | 00:37:08 | 2228 | 0.952 | 931 | 00:35:21 | 41.79% |
| Matt Plummer | 19/03/2017 | Stafford Half | H. Mar | 02:29:29 | 8969 | 0.9584 | 3655 | 02:23:16 | 40.75% |

Improvement

Results Recorded: 240