

Royton Road Runners - 2017 Road Race Championship

Group Results For Race 4, Littleborough 5K Race Series (best race time of 3 shown), 5th April, 3rd May & 7th June 2017

5 Kilometre Age Grading Tables Used

| Premiership | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Rob James | 0:16:45 | 25 | 30 | Male | 0.9975 | 0:16:42 | 77.25 |
| Chris Lowe | 0:17:25 | 24 | 45 | Male | 0.9099 | 0:15:51 | 81.39 |
| Paul Bannister | 0:17:44 | 23 | 31 | Male | 0.9952 | 0:17:39 | 73.09 |
| Rob Batty | 0:17:52 | 22 | 43 | Male | 0.9240 | 0:16:31 | 78.10 |
| Jarrold Gritt | 0:18:01 | 21 | 25 | Male | 1.0000 | 0:18:01 | 71.60 |
| Shane Reading | 0:18:03 | 20 | 43 | Male | 0.9240 | 0:16:41 | 77.32 |
| Robert Fairbanks | 0:18:13 | 19 | 38 | Male | 0.9592 | 0:17:28 | 73.85 |
| Michael Fleming | 0:18:46 | 18 | 36 | Male | 0.9729 | 0:18:15 | 70.68 |
| Paul Ashton | 0:18:53 | 17 | 33 | Male | 0.9885 | 0:18:40 | 69.11 |
| Richard Cummins | 0:19:00 | 16 | 51 | Male | 0.8676 | 0:16:29 | 78.26 |
| Bernie Goodwin | 0:19:16 | 15 | 49 | Male | 0.8817 | 0:16:59 | 75.96 |
| Ian Dale | 0:19:17 | 14 | 53 | Male | 0.8536 | 0:16:28 | 78.34 |
| Dave Emanuel | 0:19:27 | 13 | 53 | Male | 0.8536 | 0:16:36 | 77.71 |
| Jennifer Bloor | 0:19:33 | 12 | 28 | Female | 1.0000 | 0:19:33 | 75.70 |
| Neil Brock | 0:19:49 | 11 | 52 | Male | 0.8606 | 0:17:03 | 75.66 |
| Michael Pickering | 0:19:58 | 10 | 25 | Male | 1.0000 | 0:19:58 | 64.61 |
| David Ellis | 0:20:06 | 9 | 40 | Male | 0.9451 | 0:19:00 | 67.89 |

| Championship | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|---------------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Michael Wildbore | 0:19:11 | 25 | 40 | Male | 0.9451 | 0:18:08 | 71.14 |
| Sophie Wood | 0:19:31 | 24 | 21 | Female | 1.0000 | 0:19:31 | 75.83 |
| Elliot Stone | 0:20:21 | 23 | 44 | Male | 0.9169 | 0:18:40 | 69.11 |
| Dave Freer | 0:21:11 | 22 | 47 | Male | 0.8958 | 0:18:59 | 67.95 |
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| Group 1 | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Carl O'Callaghan | 0:19:53 | 25 | 45 | Male | 0.9099 | 0:18:06 | 71.27 |
| Rob Marsden | 0:20:27 | 24 | 34 | Male | 0.9840 | 0:20:07 | 64.13 |
| Bryan Lawton | 0:20:30 | 23 | 51 | Male | 0.8676 | 0:17:47 | 72.54 |
| Matthew Kilburn | 0:20:43 | 22 | 48 | Male | 0.8888 | 0:18:25 | 70.05 |
| Paul Wolstenhulme | 0:20:45 | 21 | 39 | Male | 0.9521 | 0:19:45 | 65.32 |
| Rob Kellett | 0:20:57 | 20 | 50 | Male | 0.8747 | 0:18:19 | 70.43 |
| Lee Higginbottom | 0:21:12 | 19 | 38 | Male | 0.9592 | 0:20:20 | 63.44 |
| Jason Keast | 0:21:50 | 18 | 49 | Male | 0.8817 | 0:19:15 | 67.01 |
| Paul Anderson | 0:23:58 | 17 | 46 | Male | 0.9028 | 0:21:38 | 59.63 |
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Guide To % Performance Figures :- 100% = World Record Level, 90 to 99.99% = World Class * Denotes 2nd claim RRR member
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Royton Road Runners - 2017 Road Race Championship

Group Results For Race 4, Littleborough 5K Race Series (best race time of 3 shown), 5th April, 3rd May & 7th June 2017 - continued

5 Kilometre Age Grading Tables Used

| Group 2 | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|---------------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Barry Greaves | 0:21:09 | 25 | 61 | Male | 0.7972 | 0:16:52 | 76.48 |
| David Crewe | 0:21:18 | 24 | 32 | Male | 0.9922 | 0:21:08 | 61.04 |
| Ronnie Quinn | 0:21:29 | 23 | 64 | Male | 0.7761 | 0:16:40 | 77.40 |
| Janet Jobey | 0:21:49 | 22 | 44 | Female | 0.9402 | 0:20:31 | 72.14 |
| Adrian Marshall | 0:21:53 | 21 | 35 | Male | 0.9788 | 0:21:25 | 60.23 |
| Valerie Kilburn | 0:22:05 | 20 | 49 | Female | 0.8937 | 0:19:44 | 75.00 |
| Rochelle Evans | 0:22:27 | 19 | 42 | Female | 0.9551 | 0:21:27 | 69.00 |
| Natalie Fitzpatrick | 0:22:44 | 18 | 37 | Female | 0.9830 | 0:22:21 | 66.22 |
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| Group 3 | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Mark Heaney | 0:20:55 | 25 | 58 | Male | 0.8184 | 0:17:07 | 75.37 |
| Steve Shaw | 0:22:18 | 24 | 59 | Male | 0.8113 | 0:18:06 | 71.27 |
| Paul Leech | 0:22:40 | 23 | 52 | Male | 0.8606 | 0:19:30 | 66.15 |
| Andy Chadwick | 0:22:41 | 22 | 28 | Male | 0.9999 | 0:22:41 | 56.87 |
| Garry Bower | 0:22:51 | 21 | 46 | Male | 0.9028 | 0:20:38 | 62.52 |
| Martin Jones | 0:22:56 | 20 | 30 | Male | 0.9975 | 0:22:53 | 56.37 |
| Paul Cooke | 0:23:08 | 19 | 51 | Male | 0.8676 | 0:20:04 | 64.29 |
| Chris Nicholson | 0:23:16 | 18 | 38 | Male | 0.9592 | 0:22:19 | 57.80 |
| Selina McLean | 0:23:57 | 17 | 42 | Female | 0.9551 | 0:22:52 | 64.72 |
| Simon Bruce Lake | 0:24:02 | 16 | 59 | Male | 0.8113 | 0:19:30 | 66.15 |
| Helen Radcliffe | 0:24:09 | 15 | 42 | Female | 0.9551 | 0:23:04 | 64.16 |
| Dave Watt | 0:28:23 | 14 | 38 | Male | 0.9592 | 0:27:14 | 47.37 |
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| Group 4 | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Adam Stirling | 0:22:18 | 25 | 31 | Male | 0.9952 | 0:22:12 | 58.11 |
| Vikki Smith | 0:22:24 | 24 | 45 | Female | 0.9319 | 0:20:52 | 70.93 |
| Kevin Heenan * | 0:23:12 | 23 | 51 | Male | 0.8676 | 0:20:08 | 64.07 |
| Ray Williams | 0:23:28 | 22 | 51 | Male | 0.8676 | 0:20:22 | 63.34 |
| Robert Nixon | 0:23:36 | 21 | 61 | Male | 0.7972 | 0:18:49 | 68.56 |
| Gary Smith | 0:23:46 | 20 | 56 | Male | 0.8324 | 0:19:47 | 65.21 |
| Diane Allingan | 0:24:56 | 19 | 58 | Female | 0.7956 | 0:19:50 | 74.62 |
| Gary Marshall | 0:25:16 | 18 | 33 | Male | 0.9885 | 0:24:59 | 51.63 |
| Susan Heaney | 0:25:32 | 17 | 56 | Female | 0.8174 | 0:20:52 | 70.93 |
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Group Results For Race 4, Littleborough 5K Race Series (best race time of 3 shown), 5th April, 3rd May & 7th June 2017 - continued

5 Kilometre Age Grading Tables Used

| Group 5 | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Lisa Cummins | 0:26:18 | 25 | 47 | Female | 0.9139 | 0:24:02 | 61.58 |
| Jillian Hickson | 0:26:20 | 24 | 41 | Female | 0.9617 | 0:25:19 | 58.46 |
| Stephen Jones | 0:28:02 | 23 | 62 | Male | 0.7902 | 0:22:09 | 58.24 |
| Martina Naismith | 0:28:20 | 22 | 43 | Female | 0.9479 | 0:26:51 | 55.12 |
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| Group 6 | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Gail Shaw | 0:26:37 | 25 | 52 | Female | 0.8610 | 0:22:55 | 64.58 |
| Jillian Heywood | 0:27:14 | 24 | 46 | Female | 0.9232 | 0:25:09 | 58.85 |
| Stephen Davies | 0:27:43 | 23 | 43 | Male | 0.9240 | 0:25:37 | 50.36 |
| Neil Bradley | 0:28:43 | 22 | 52 | Male | 0.8606 | 0:24:43 | 52.19 |
| Jenny O'Callaghan | 0:29:03 | 21 | 38 | Female | 0.9785 | 0:28:26 | 52.05 |
| Amanda Richardson | 0:29:22 | 20 | 49 | Female | 0.8937 | 0:26:15 | 56.38 |
| Judith Bradley | 0:29:22 | 19 | 48 | Female | 0.9040 | 0:26:33 | 55.74 |
| Brian Swindells | 0:29:29 | 18 | 67 | Male | 0.7550 | 0:22:16 | 57.93 |
| Bernadette Ball | 0:29:33 | 17 | 62 | Female | 0.7520 | 0:22:13 | 66.62 |
| Mary Freer | 0:33:35 | 16 | 40 | Female | 0.9678 | 0:32:30 | 45.54 |
| June Allingan | 0:33:38 | 15 | 73 | Female | 0.6321 | 0:21:16 | 69.59 |
| Angela Rogowskyj | 0:35:12 | 14 | 51 | Female | 0.8719 | 0:30:41 | 48.23 |
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| Male Vet 40's | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Rob Batty | 0:17:52 | 25 | 43 | Male | 0.9240 | 0:16:31 | 78.10 |
| Shane Reading | 0:18:03 | 24 | 43 | Male | 0.9240 | 0:16:41 | 77.32 |
| Michael Wildbore | 0:19:11 | 23 | 40 | Male | 0.9451 | 0:18:08 | 71.14 |
| David Ellis | 0:20:06 | 22 | 40 | Male | 0.9451 | 0:19:00 | 67.89 |
| Elliot Stone | 0:20:21 | 21 | 44 | Male | 0.9169 | 0:18:40 | 69.11 |
| Stephen Davies | 0:27:43 | 20 | 43 | Male | 0.9240 | 0:25:37 | 50.36 |
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80 to 89.99% = National Class, 70 to 79.99% = Regional Class & 60 to 69.99% = Local Class

Royton Road Runners - 2017 Road Race Championship

Group Results For Race 4, Littleborough 5K Race Series (best race time of 3 shown), 5th April, 3rd May & 7th June 2017 - continued

5 Kilometre Age Grading Tables Used

| Male Vet 45's | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Chris Lowe | 0:17:25 | 25 | 45 | Male | 0.9099 | 0:15:51 | 81.39 |
| Bernie Goodwin | 0:19:16 | 24 | 49 | Male | 0.8817 | 0:16:59 | 75.96 |
| Carl O'Callaghan | 0:19:53 | 23 | 45 | Male | 0.9099 | 0:18:06 | 71.27 |
| Matthew Kilburn | 0:20:43 | 22 | 48 | Male | 0.8888 | 0:18:25 | 70.05 |
| Dave Freer | 0:21:11 | 21 | 47 | Male | 0.8958 | 0:18:59 | 67.95 |
| Jason Keast | 0:21:50 | 20 | 49 | Male | 0.8817 | 0:19:15 | 67.01 |
| Garry Bower | 0:22:51 | 19 | 46 | Male | 0.9028 | 0:20:38 | 62.52 |
| Paul Anderson | 0:23:58 | 18 | 46 | Male | 0.9028 | 0:21:38 | 59.63 |
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| Male Vet 50's | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Richard Cummins | 0:19:00 | 25 | 51 | Male | 0.8676 | 0:16:29 | 78.26 |
| Ian Dale | 0:19:17 | 24 | 53 | Male | 0.8536 | 0:16:28 | 78.34 |
| Dave Emanuel | 0:19:27 | 23 | 53 | Male | 0.8536 | 0:16:36 | 77.71 |
| Neil Brock | 0:19:49 | 22 | 52 | Male | 0.8606 | 0:17:03 | 75.66 |
| Bryan Lawton | 0:20:30 | 21 | 51 | Male | 0.8676 | 0:17:47 | 72.54 |
| Mark Heaney | 0:20:55 | 20 | 58 | Male | 0.8184 | 0:17:07 | 75.37 |
| Rob Kellett | 0:20:57 | 19 | 50 | Male | 0.8747 | 0:18:19 | 70.43 |
| Steve Shaw | 0:22:18 | 18 | 59 | Male | 0.8113 | 0:18:06 | 71.27 |
| Paul Leech | 0:22:40 | 17 | 52 | Male | 0.8606 | 0:19:30 | 66.15 |
| Paul Cooke | 0:23:08 | 16 | 51 | Male | 0.8676 | 0:20:04 | 64.29 |
| Kevin Heenan * | 0:23:12 | 15 | 51 | Male | 0.8676 | 0:20:08 | 64.07 |
| Ray Williams | 0:23:28 | 14 | 51 | Male | 0.8676 | 0:20:22 | 63.34 |
| Gary Smith | 0:23:46 | 13 | 56 | Male | 0.8324 | 0:19:47 | 65.21 |
| Simon Bruce Lake | 0:24:02 | 12 | 59 | Male | 0.8113 | 0:19:30 | 66.15 |
| Neil Bradley | 0:28:43 | 11 | 52 | Male | 0.8606 | 0:24:43 | 52.19 |

| Male Vet 60's | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-----------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Barry Greaves | 0:21:09 | 25 | 61 | Male | 0.7972 | 0:16:52 | 76.48 |
| Ronnie Quinn | 0:21:29 | 24 | 64 | Male | 0.7761 | 0:16:40 | 77.40 |
| Robert Nixon | 0:23:36 | 23 | 61 | Male | 0.7972 | 0:18:49 | 68.56 |
| Stephen Jones | 0:28:02 | 22 | 62 | Male | 0.7902 | 0:22:09 | 58.24 |
| Brian Swindells | 0:29:29 | 21 | 67 | Male | 0.7550 | 0:22:16 | 57.93 |
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80 to 89.99% = National Class, 70 to 79.99% = Regional Class & 60 to 69.99% = Local Class

Royton Road Runners - 2017 Road Race Championship

Group Results For Race 4, Littleborough 5K Race Series (best race time of 3 shown), 5th April, 3rd May & 7th June 2017 - continued

5 Kilometre Age Grading Tables Used

| Female Vet 35's | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|---------------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Janet Jobey | 0:21:49 | 25 | 44 | Female | 0.9402 | 0:20:31 | 72.14 |
| Rochelle Evans | 0:22:27 | 24 | 42 | Female | 0.9551 | 0:21:27 | 69.00 |
| Natalie Fitzpatrick | 0:22:44 | 23 | 37 | Female | 0.9830 | 0:22:21 | 66.22 |
| Selina McLean | 0:23:57 | 22 | 42 | Female | 0.9551 | 0:22:52 | 64.72 |
| Helen Radcliffe | 0:24:09 | 21 | 42 | Female | 0.9551 | 0:23:04 | 64.16 |
| Jillian Hickson | 0:26:20 | 20 | 41 | Female | 0.9617 | 0:25:19 | 58.46 |
| Martina Naismith | 0:28:20 | 19 | 43 | Female | 0.9479 | 0:26:51 | 55.12 |
| Jenny O'Callaghan | 0:29:03 | 18 | 38 | Female | 0.9785 | 0:28:26 | 52.05 |
| Mary Freer | 0:33:35 | 17 | 40 | Female | 0.9678 | 0:32:30 | 45.54 |
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| Female Vet 45's | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Valerie Kilburn | 0:22:05 | 25 | 49 | Female | 0.8937 | 0:19:44 | 75.00 |
| Vikki Smith | 0:22:24 | 24 | 45 | Female | 0.9319 | 0:20:52 | 70.93 |
| Lisa Cummins | 0:26:18 | 23 | 47 | Female | 0.9139 | 0:24:02 | 61.58 |
| Gail Shaw | 0:26:37 | 22 | 52 | Female | 0.8610 | 0:22:55 | 64.58 |
| Jillian Heywood | 0:27:14 | 21 | 46 | Female | 0.9232 | 0:25:09 | 58.85 |
| Amanda Richardson | 0:29:22 | 20 | 49 | Female | 0.8937 | 0:26:15 | 56.38 |
| Judith Bradley | 0:29:22 | 19 | 48 | Female | 0.9040 | 0:26:33 | 55.74 |
| Angela Rogowskyj | 0:35:12 | 18 | 51 | Female | 0.8719 | 0:30:41 | 48.23 |
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| Female Vet 55's | Race Time | Points | Age On Day Of Race | Gender | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-----------------|-----------|--------|--------------------|--------|----------------------|---------------------------|---------------|
| Diane Allingan | 0:24:56 | 25 | 58 | Female | 0.7956 | 0:19:50 | 74.62 |
| Susan Heaney | 0:25:32 | 24 | 56 | Female | 0.8174 | 0:20:52 | 70.93 |
| Bernadette Ball | 0:29:33 | 23 | 62 | Female | 0.7520 | 0:22:13 | 66.62 |
| June Allingan | 0:33:38 | 22 | 73 | Female | 0.6321 | 0:21:16 | 69.59 |
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80 to 89.99% = National Class, 70 to 79.99% = Regional Class & 60 to 69.99% = Local Class

* Denotes 2nd claim RRR member

