

Royton Road Runners - 2017 Road Race Championship

Group Results For Race 5, Ian Casey Memorial Cowm 5K Race, 11th May 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	0:16:42	25	30	Male	0.9975	0:16:39	77.48
Chris Lowe	0:17:49	24	45	Male	0.9099	0:16:13	79.55
Shane Reading	0:17:51	23	43	Male	0.9240	0:16:30	78.18
Robert Fairbanks	0:18:03	22	38	Male	0.9592	0:17:19	74.49
Jarrold Gritt	0:18:25	21	25	Male	1.0000	0:18:25	70.05
Rob Batty	0:18:30	20	43	Male	0.9240	0:17:06	75.44
Michael Fleming	0:18:34	19	36	Male	0.9729	0:18:04	71.40
Shaun Armstrong	0:18:42	18	34	Male	0.9840	0:18:24	70.11
Alan Bodell	0:19:07	17	54	Male	0.8465	0:16:11	79.71
Ian Dale	0:19:16	16	53	Male	0.8536	0:16:27	78.42
Jennifer Bloor	0:19:20	15	28	Female	1.0000	0:19:20	76.55
Bernie Goodwin	0:19:26	14	49	Male	0.8817	0:17:08	75.29
Dave Emanuel	0:19:29	13	53	Male	0.8536	0:16:38	77.56
Neil Brock	0:19:46	12	52	Male	0.8606	0:17:01	75.81

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Michael Wildbore	0:19:31	25	40	Male	0.9451	0:18:27	69.92
Sophie Wood	0:19:53	24	21	Female	1.0000	0:19:53	74.43
Elliot Stone	0:20:09	23	44	Male	0.9169	0:18:29	69.79
David McBride	0:20:26	22	42	Male	0.9310	0:19:01	67.84
Eamonn Nolan	0:20:44	21	54	Male	0.8465	0:17:33	73.50

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Carl O'Callaghan	0:19:49	25	45	Male	0.9099	0:18:02	71.53
Bryan Lawton	0:20:28	24	51	Male	0.8676	0:17:45	72.68
Matthew Kilburn	0:20:33	23	48	Male	0.8888	0:18:16	70.62
Rob Marsden	0:20:53	22	35	Male	0.9788	0:20:26	63.13
John Williamson	0:21:09	21	44	Male	0.9169	0:19:24	66.49
Rob Kellett	0:21:12	20	50	Male	0.8747	0:18:33	69.54
Mark Rigby	0:21:15	19	32	Male	0.9922	0:21:05	61.19
Paul Wolstenhulme	0:21:28	18	39	Male	0.9521	0:20:26	63.13
Jason Keast	0:21:40	17	49	Male	0.8817	0:19:06	67.54
Lee Higginbottom	0:22:14	16	39	Male	0.9521	0:21:10	60.94

Guide To % Performance Figures :-

100% = World Record Level, 90 to 99.99% = World Class
 80 to 89.99% = National Class, 70 to 79.99% = Regional Class & 60 to 69.99% = Local Class

* Denotes 2nd claim RRR member

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Group Results For Race 5, Ian Casey Memorial Cowm 5K Race, 11th May 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
David Crewe	0:21:22	25	32	Male	0.9922	0:21:12	60.85
Janet Jobey	0:21:28	24	44	Female	0.9402	0:20:11	73.33
Adrian Marshall	0:21:45	23	36	Male	0.9729	0:21:10	60.94
Bernie Cassidy	0:22:13	22	58	Male	0.8184	0:18:11	70.94
Valerie Kilburn	0:22:18	21	49	Female	0.8937	0:19:56	74.25

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Mark Heaney	0:21:13	25	58	Male	0.8184	0:17:22	74.28
Stewart Jones	0:21:50	24	42	Male	0.9310	0:20:20	63.44
Andy Chadwick	0:22:23	23	28	Male	0.9999	0:22:23	57.63
Garry Bower	0:22:58	22	46	Male	0.9028	0:20:44	62.22
Paul Cooke	0:23:07	21	51	Male	0.8676	0:20:03	64.34
Chris Nicholson	0:23:44	20	38	Male	0.9592	0:22:46	56.66
Martin Jones	0:24:06	19	30	Male	0.9975	0:24:02	53.68
Helen Radcliffe	0:24:40	18	42	Female	0.9551	0:23:34	62.80
Dave Watt	0:29:01	17	38	Male	0.9592	0:27:50	46.35

Group 4	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Vikki Smith	0:22:42	25	45	Female	0.9319	0:21:09	69.98
Gary Smith	0:23:24	24	56	Male	0.8324	0:19:29	66.21
Robert Nixon	0:23:39	23	61	Male	0.7972	0:18:51	68.44
Clare Darraugh	0:24:23	22	42	Female	0.9551	0:23:17	63.56
Phil Austin	0:24:30	21	38	Male	0.9592	0:23:30	54.89
Dave Phillips	0:24:43	20	73	Male	0.7031	0:17:23	74.21
Susan Heaney	0:24:52	19	56	Female	0.8174	0:20:20	72.79
Chloe Clegg	0:26:52	18	27	Female	1.0000	0:26:52	55.09
Lisa Howarth	0:26:52	17	29	Female	1.0000	0:26:52	55.09

Guide To % Performance Figures :- 100% = World Record Level, 90 to 99.99% = World Class * Denotes 2nd claim RRR member
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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
Rachael Kilburn	0:24:45	25	29	Female	1.0000	0:24:45	59.80
Teresa Hollins *	0:25:47	24	63	Female	0.7411	0:19:06	77.49
Jillian Hickson	0:25:51	23	41	Female	0.9617	0:24:52	59.52
Stephen Jones	0:26:44	22	63	Male	0.7832	0:20:56	61.62
Martina Naismith	0:27:32	21	43	Female	0.9479	0:26:06	56.70

Group 6	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jillian Heywood	0:27:04	25	46	Female	0.9232	0:24:59	59.24
Sally Wood	0:27:32	24	42	Female	0.9551	0:26:18	56.27
Jenny O'Callaghan	0:28:59	23	38	Female	0.9785	0:28:22	52.17
Bernadette Ball	0:29:37	22	63	Female	0.7411	0:21:57	67.43
Niparun Nessa	0:30:19	21	31	Female	0.9989	0:30:17	48.87
Amanda Richardson	0:30:54	20	49	Female	0.8937	0:27:37	53.59
Sheila Phillips	0:34:36	19	69	Female	0.6757	0:23:23	63.29
Angela Rogowskyj	0:36:44	18	51	Female	0.8719	0:32:02	46.20

Male Vet 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Shane Reading	0:17:51	25	43	Male	0.9240	0:16:30	78.18
Rob Batty	0:18:30	24	43	Male	0.9240	0:17:06	75.44
Michael Wildbore	0:19:31	23	40	Male	0.9451	0:18:27	69.92
Elliot Stone	0:20:09	22	44	Male	0.9169	0:18:29	69.79
David McBride	0:20:26	21	42	Male	0.9310	0:19:01	67.84
John Williamson	0:21:09	20	44	Male	0.9169	0:19:24	66.49
Stewart Jones	0:21:50	19	42	Male	0.9310	0:20:20	63.44

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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	0:17:49	25	45	Male	0.9099	0:16:13	79.55
Bernie Goodwin	0:19:26	24	49	Male	0.8817	0:17:08	75.29
Carl O'Callaghan	0:19:49	23	45	Male	0.9099	0:18:02	71.53
Matthew Kilburn	0:20:33	22	48	Male	0.8888	0:18:16	70.62
Jason Keast	0:21:40	21	49	Male	0.8817	0:19:06	67.54
Garry Bower	0:22:58	20	46	Male	0.9028	0:20:44	62.22

Male Vet 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Alan Bodell	0:19:07	25	54	Male	0.8465	0:16:11	79.71
Ian Dale	0:19:16	24	53	Male	0.8536	0:16:27	78.42
Dave Emanuel	0:19:29	23	53	Male	0.8536	0:16:38	77.56
Neil Brock	0:19:46	22	52	Male	0.8606	0:17:01	75.81
Bryan Lawton	0:20:28	21	51	Male	0.8676	0:17:45	72.68
Eamonn Nolan	0:20:44	20	54	Male	0.8465	0:17:33	73.50
Rob Kellett	0:21:12	19	50	Male	0.8747	0:18:33	69.54
Mark Heaney	0:21:13	18	58	Male	0.8184	0:17:22	74.28
Bernie Cassidy	0:22:13	17	58	Male	0.8184	0:18:11	70.94
Paul Cooke	0:23:07	16	51	Male	0.8676	0:20:03	64.34
Gary Smith	0:23:24	15	56	Male	0.8324	0:19:29	66.21

Male Vet 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Robert Nixon	0:23:39	25	61	Male	0.7972	0:18:51	68.44
Dave Phillips	0:24:43	24	73	Male	0.7031	0:17:23	74.21
Stephen Jones	0:26:44	23	63	Male	0.7832	0:20:56	61.62

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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	0:21:28	25	44	Female	0.9402	0:20:11	73.33
Clare Darraugh	0:24:23	24	42	Female	0.9551	0:23:17	63.56
Helen Radcliffe	0:24:40	23	42	Female	0.9551	0:23:34	62.80
Jillian Hickson	0:25:51	22	41	Female	0.9617	0:24:52	59.52
Martina Naismith	0:27:32	21	43	Female	0.9479	0:26:06	56.70
Sally Wood	0:27:32	20	42	Female	0.9551	0:26:18	56.27
Jenny O'Callaghan	0:28:59	19	38	Female	0.9785	0:28:22	52.17

Female Vet 45's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Valerie Kilburn	0:22:18	25	49	Female	0.8937	0:19:56	74.25
Vikki Smith	0:22:42	24	45	Female	0.9319	0:21:09	69.98
Jillian Heywood	0:27:04	23	46	Female	0.9232	0:24:59	59.24
Amanda Richardson	0:30:54	22	49	Female	0.8937	0:27:37	53.59
Angela Rogowskyj	0:36:44	21	51	Female	0.8719	0:32:02	46.20

Female Vet 55's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Susan Heaney	0:24:52	25	56	Female	0.8174	0:20:20	72.79
Teresa Hollins *	0:25:47	24	63	Female	0.7411	0:19:06	77.49
Bernadette Ball	0:29:37	23	63	Female	0.7411	0:21:57	67.43
Sheila Phillips	0:34:36	22	69	Female	0.6757	0:23:23	63.29

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