

Royton Road Runners - 2017 Road Race Championship

Group Results For Race 7, Aaron Ashforth Memorial Cowm 5K Race, 23rd 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	0:16:36	25	30	Male	0.9975	0:16:34	77.87
Chris Lowe	0:17:40	24	45	Male	0.9099	0:16:04	80.29
Shane Reading	0:17:50	23	43	Male	0.9240	0:16:29	78.26
Rob Batty	0:17:52	22	43	Male	0.9240	0:16:31	78.10
Jarrold Gritt	0:17:55	21	25	Male	1.0000	0:17:55	72.00
Paul Bannister	0:17:59	20	31	Male	0.9952	0:17:54	72.07
Michael Fleming	0:18:26	19	36	Male	0.9729	0:17:56	71.93
Jennifer Bloor	0:18:59	18	28	Female	1.0000	0:18:59	77.96
Bernie Goodwin	0:19:15	17	49	Male	0.8817	0:16:58	76.03

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Elliot Stone	0:19:04	25	45	Male	0.9099	0:17:21	74.35
Michael Wildbore	0:19:06	24	40	Male	0.9451	0:18:03	71.47
Sophie Wood	0:19:24	23	21	Female	1.0000	0:19:24	76.29
David McBride	0:19:49	22	42	Male	0.9310	0:18:27	69.92
Eamonn Nolan	0:19:58	21	54	Male	0.8465	0:16:54	76.33
Dave Freer	0:20:31	20	47	Male	0.8958	0:18:23	70.17

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
Matthew Kilburn	0:20:18	24	48	Male	0.8888	0:18:03	71.47
Rob Marsden	0:20:25	23	35	Male	0.9788	0:19:59	64.55
Paul Wolstenhulme	0:20:39	22	39	Male	0.9521	0:19:40	65.59
Rob Kellett	0:20:45	21	50	Male	0.8747	0:18:09	71.07
Mark Rigby	0:21:00	20	32	Male	0.9922	0:20:50	61.92
Jason Keast	0:21:12	19	49	Male	0.8817	0:18:42	68.98
Lee Higginbottom	0:22:42	18	39	Male	0.9521	0:21:37	59.68

Guide To % Performance Figures :-

100% = World Record Level, 90 to 99.99% = World Class
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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
Janet Jobey	0:20:54	25	44	Female	0.9402	0:19:39	75.32
Bernie Cassidy	0:21:16	24	58	Male	0.8184	0:17:24	74.14
Adrian Marshall	0:21:27	23	36	Male	0.9729	0:20:52	61.82
Ronnie Quinn	0:21:30	22	64	Male	0.7761	0:16:41	77.32
Valerie Kilburn	0:24:01	21	49	Female	0.8937	0:21:28	68.94

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Mark Heaney	0:20:57	25	58	Male	0.8184	0:17:09	75.22
Nicholas Mallon	0:22:01	24	40	Male	0.9451	0:20:48	62.02
Garry Bower	0:22:25	23	46	Male	0.9028	0:20:14	63.76
Chris Nicholson	0:22:58	22	38	Male	0.9592	0:22:02	58.55
Paul Cooke	0:23:11	21	51	Male	0.8676	0:20:07	64.13
Helen Radcliffe	0:23:48	20	42	Female	0.9551	0:22:44	65.10
Selina McLean	0:23:52	19	42	Female	0.9551	0:22:48	64.91
Simon Howard	0:24:28	18	46	Male	0.9028	0:22:05	58.42
Dave Watt	0:28:00	17	38	Male	0.9592	0:26:51	48.04

Group 4	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Ray Williams	0:22:45	25	51	Male	0.8676	0:19:44	65.37
Gary Smith	0:22:47	24	56	Male	0.8324	0:18:58	68.01
Robert Nixon	0:23:14	23	61	Male	0.7972	0:18:31	69.67
Dave Phillips	0:23:53	22	73	Male	0.7031	0:16:48	76.79
Phil Austin	0:24:59	21	38	Male	0.9592	0:23:58	53.82
Susan Heaney	0:25:39	20	56	Female	0.8174	0:20:58	70.59
Clare Darraugh	0:26:30	19	42	Female	0.9551	0:25:19	58.46

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Group Results For Race 7, Aaron Ashforth Memorial Cowm 5K Race, 23rd May 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
Rachael Kilburn	0:24:01	25	29	Female	1.0000	0:24:01	61.62
Jillian Hickson	0:25:09	24	42	Female	0.9551	0:24:01	61.62
Stephen Jones	0:27:18	23	63	Male	0.7832	0:21:23	60.33
Martina Naismith	0:27:39	22	43	Female	0.9479	0:26:13	56.45
Liz Phillips	0:29:14	21	39	Female	0.9734	0:28:27	52.02
George Meynell	0:31:32	20	72	Male	0.7134	0:22:30	57.33

Group 6	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Gail Shaw	0:26:50	25	52	Female	0.8610	0:23:06	64.07
Jillian Heywood	0:26:55	24	46	Female	0.9232	0:24:51	59.56
Neil Bradley	0:28:28	23	52	Male	0.8606	0:24:30	52.65
Judith Bradley	0:28:47	22	49	Female	0.8937	0:25:43	57.55
Jenny O'Callaghan	0:28:59	21	38	Female	0.9785	0:28:22	52.17
Carol Robinson	0:29:02	20	41	Female	0.9617	0:27:55	53.01
Bernadette Ball	0:29:14	19	63	Female	0.7411	0:21:40	68.31
Amanda Richardson	0:29:31	18	49	Female	0.8937	0:26:23	56.10
Niparun Nessa	0:29:51	17	31	Female	0.9989	0:29:49	49.64
Sharon Dracup	0:30:07	16	52	Female	0.8610	0:25:56	57.07
Mary Freer	0:31:32	15	41	Female	0.9617	0:30:20	48.79
Emma Bower	0:32:06	14	21	Female	1.0000	0:32:06	46.11
Sheila Phillips	0:34:37	13	69	Female	0.6757	0:23:23	63.29
Angela Rogowskyj	0:35:08	12	51	Female	0.8719	0:30:38	48.31

Male Vet 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Shane Reading	0:17:50	25	43	Male	0.9240	0:16:29	78.26
Rob Batty	0:17:52	24	43	Male	0.9240	0:16:31	78.10
Elliot Stone	0:19:04	23	45	Male	0.9099	0:17:21	74.35
Michael Wildbore	0:19:06	22	40	Male	0.9451	0:18:03	71.47
David McBride	0:19:49	21	42	Male	0.9310	0:18:27	69.92
Nicholas Mallon	0:22:01	20	40	Male	0.9451	0:20:48	62.02

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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	0:17:40	25	45	Male	0.9099	0:16:04	80.29
Bernie Goodwin	0:19:15	24	49	Male	0.8817	0:16:58	76.03
Carl O'Callaghan	0:19:49	23	45	Male	0.9099	0:18:02	71.53
Matthew Kilburn	0:20:18	22	48	Male	0.8888	0:18:03	71.47
Dave Freer	0:20:31	21	47	Male	0.8958	0:18:23	70.17
Jason Keast	0:21:12	20	49	Male	0.8817	0:18:42	68.98
Garry Bower	0:22:25	19	46	Male	0.9028	0:20:14	63.76
Simon Howard	0:24:28	18	46	Male	0.9028	0:22:05	58.42

Male Vet 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Eamonn Nolan	0:19:58	25	54	Male	0.8465	0:16:54	76.33
Rob Kellett	0:20:45	24	50	Male	0.8747	0:18:09	71.07
Mark Heaney	0:20:57	23	58	Male	0.8184	0:17:09	75.22
Bernie Cassidy	0:21:16	22	58	Male	0.8184	0:17:24	74.14
Ray Williams	0:22:45	21	51	Male	0.8676	0:19:44	65.37
Gary Smith	0:22:47	20	56	Male	0.8324	0:18:58	68.01
Paul Cooke	0:23:11	19	51	Male	0.8676	0:20:07	64.13
Neil Bradley	0:28:28	18	52	Male	0.8606	0:24:30	52.65

Male Vet 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Ronnie Quinn	0:21:30	25	64	Male	0.7761	0:16:41	77.32
Robert Nixon	0:23:14	24	61	Male	0.7972	0:18:31	69.67
Dave Phillips	0:23:53	23	73	Male	0.7031	0:16:48	76.79
Stephen Jones	0:27:18	22	63	Male	0.7832	0:21:23	60.33
George Meynell	0:31:32	21	72	Male	0.7134	0:22:30	57.33

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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	0:20:54	25	44	Female	0.9402	0:19:39	75.32
Helen Radcliffe	0:23:48	24	42	Female	0.9551	0:22:44	65.10
Selina McLean	0:23:52	23	42	Female	0.9551	0:22:48	64.91
Jillian Hickson	0:25:09	22	42	Female	0.9551	0:24:01	61.62
Clare Darraugh	0:26:30	21	42	Female	0.9551	0:25:19	58.46
Martina Naismith	0:27:39	20	43	Female	0.9479	0:26:13	56.45
Jenny O'Callaghan	0:28:59	19	38	Female	0.9785	0:28:22	52.17
Carol Robinson	0:29:02	18	41	Female	0.9617	0:27:55	53.01
Liz Phillips	0:29:14	17	39	Female	0.9734	0:28:27	52.02
Mary Freer	0:31:32	16	41	Female	0.9617	0:30:20	48.79

Female Vet 45's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Valerie Kilburn	0:24:01	25	49	Female	0.8937	0:21:28	68.94
Gail Shaw	0:26:50	24	52	Female	0.8610	0:23:06	64.07
Jillian Heywood	0:26:55	23	46	Female	0.9232	0:24:51	59.56
Judith Bradley	0:28:47	22	49	Female	0.8937	0:25:43	57.55
Amanda Richardson	0:29:31	21	49	Female	0.8937	0:26:23	56.10
Sharon Dracup	0:30:07	20	52	Female	0.8610	0:25:56	57.07
Angela Rogowskyj	0:35:08	19	51	Female	0.8719	0:30:38	48.31

Female Vet 55's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Susan Heaney	0:25:39	25	56	Female	0.8174	0:20:58	70.59
Bernadette Ball	0:29:14	24	63	Female	0.7411	0:21:40	68.31
Sheila Phillips	0:34:37	23	69	Female	0.6757	0:23:23	63.29

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5 Kilometre Age Grading Tables Used

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jennifer Bloor	0:18:59	50	28	Female	1.0000	0:18:59	77.96
Sophie Wood	0:19:24	49	21	Female	1.0000	0:19:24	76.29
Janet Jobey	0:20:54	48	44	Female	0.9402	0:19:39	75.32
Helen Radcliffe	0:23:48	47	42	Female	0.9551	0:22:44	65.10
Selina McLean	0:23:52	46	42	Female	0.9551	0:22:48	64.91
Rachael Kilburn	0:24:01	45	29	Female	1.0000	0:24:01	61.62
Valerie Kilburn	0:24:01	44	49	Female	0.8937	0:21:28	68.94
Jillian Hickson	0:25:09	43	42	Female	0.9551	0:24:01	61.62
Susan Heaney	0:25:39	42	56	Female	0.8174	0:20:58	70.59
Clare Darraugh	0:26:30	41	42	Female	0.9551	0:25:19	58.46
Gail Shaw	0:26:50	40	52	Female	0.8610	0:23:06	64.07
Jillian Heywood	0:26:55	39	46	Female	0.9232	0:24:51	59.56
Martina Naismith	0:27:39	38	43	Female	0.9479	0:26:13	56.45
Judith Bradley	0:28:47	37	49	Female	0.8937	0:25:43	57.55
Jenny O'Callaghan	0:28:59	36	38	Female	0.9785	0:28:22	52.17
Carol Robinson	0:29:02	35	41	Female	0.9617	0:27:55	53.01
Liz Phillips	0:29:14	34	39	Female	0.9734	0:28:27	52.02
Bernadette Ball	0:29:14	33	63	Female	0.7411	0:21:40	68.31
Amanda Richardson	0:29:31	32	49	Female	0.8937	0:26:23	56.10
Niparun Nessa	0:29:51	31	31	Female	0.9989	0:29:49	49.64
Sharon Dracup	0:30:07	30	52	Female	0.8610	0:25:56	57.07
Mary Freer	0:31:32	29	41	Female	0.9617	0:30:20	48.79
Emma Bower	0:32:06	28	21	Female	1.0000	0:32:06	46.11
Sheila Phillips	0:34:37	27	69	Female	0.6757	0:23:23	63.29
Angela Rogowskyj	0:35:08	26	51	Female	0.8719	0:30:38	48.31

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