

# Royton Road Runners - 2009 Road Race Championship

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# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 1, Dewsbury 10K, 1st February 2009



10 Kilometre Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Owen Flage *	0 . 35 . 24	9	36	Male	0.9729	0 . 34 . 26	77.96
Stuart Carroll	0 . 37 . 21	8	37	Male	0.9662	0 . 36 . 05	74.40
Bernie Cassidy	0 . 37 . 55	7	50	Male	0.8747	0 . 33 . 09	80.96
Dave Kershaw	0 . 38 . 36	6	37	Male	0.9662	0 . 37 . 17	71.99
Dave Emanuel	0 . 39 . 16	5	45	Male	0.9099	0 . 35 . 43	75.15
Bernie Goodwin	0 . 40 . 00	4	40	Male	0.9451	0 . 37 . 48	71.02
Rob Kellett	0 . 40 . 51	3	42	Male	0.9310	0 . 38 . 01	70.60
Bryan Lawton	0 . 41 . 09	2	43	Male	0.9240	0 . 38 . 01	70.62

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bruce Whittam	0 . 41 . 35	9	45	Male	0.9099	0 . 37 . 50	70.96
John Higgins	0 . 41 . 35	9	55	Male	0.8395	0 . 34 . 54	76.91
Dave Phillips	0 . 43 . 13	7	65	Male	0.7691	0 . 33 . 14	80.78
John Kane	0 . 44 . 18	6	56	Male	0.8324	0 . 36 . 52	72.81

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jamie Holdaway	0 . 45 . 00	9	33	Male	0.9885	0 . 44 . 28	60.36
George Meynell	0 . 48 . 55	8	64	Male	0.7761	0 . 37 . 57	70.72
Helen Knight	0 . 50 . 53	7	38	Female	0.9768	0 . 49 . 42	61.02
Dave Smith	0 . 50 . 56	6	53	Male	0.8536	0 . 43 . 28	61.76
Trevor Grundy	0 . 52 . 41	5	65	Male	0.7691	0 . 40 . 31	66.27

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Vicky Bramley	0 . 51 . 25	9	44	Female	0.9355	0 . 48 . 06	63.06
Neil Barker	0 . 53 . 19	8	45	Male	0.9099	0 . 48 . 30	55.35
Tony Hunking	0 . 56 . 37	7	55	Male	0.8395	0 . 47 . 31	56.49
Ray Shaw	1 . 11 . 45	6	69	Male	0.7402	0 . 53 . 06	50.56
Brian Hurst	1 . 13 . 26	5	69	Male	0.7402	0 . 54 . 21	49.40

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Helen Knight	0 . 50 . 53	9	38	Female	0.9768	0 . 49 . 42	61.02
Vicky Bramley	0 . 51 . 25	8	44	Female	0.9355	0 . 48 . 06	63.06

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Emanuel	0 . 39 . 16	9	45	Male	0.9099	0 . 35 . 43	75.15
Bernie Goodwin	0 . 40 . 00	8	40	Male	0.9451	0 . 37 . 48	71.02
Rob Kellett	0 . 40 . 51	7	42	Male	0.9310	0 . 38 . 01	70.60
Bryan Lawton	0 . 41 . 09	6	43	Male	0.9240	0 . 38 . 01	70.62
Bruce Whittam	0 . 41 . 35	5	45	Male	0.9099	0 . 37 . 50	70.96
Vicky Bramley	0 . 51 . 25	4	44	Female	0.9355	0 . 48 . 06	63.06
Neil Barker	0 . 53 . 19	3	45	Male	0.9099	0 . 48 . 30	55.35

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 1, Dewsbury 10K, 1st February 2009 - continued



## 10 Kilometre Age Grading Tables Used

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Cassidy	0 . 37 . 55	9	50	Male	0.8747	0 . 33 . 09	80.96
John Higgins	0 . 41 . 35	8	55	Male	0.8395	0 . 34 . 54	76.91
John Kane	0 . 44 . 18	7	56	Male	0.8324	0 . 36 . 52	72.81
Dave Smith	0 . 50 . 56	6	53	Male	0.8536	0 . 43 . 28	61.76
Tony Hunking	0 . 56 . 37	5	55	Male	0.8395	0 . 47 . 31	56.49

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	0 . 43 . 13	9	65	Male	0.7691	0 . 33 . 14	80.78
George Meynell	0 . 48 . 55	8	64	Male	0.7761	0 . 37 . 57	70.72
Trevor Grundy	0 . 52 . 41	7	65	Male	0.7691	0 . 40 . 31	66.27
Ray Shaw	1 . 11 . 45	6	69	Male	0.7402	0 . 53 . 06	50.56
Brian Hurst	1 . 13 . 26	5	69	Male	0.7402	0 . 54 . 21	49.40

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 2, Great North West Half Marathon, 22nd February 2009



## Half Marathon Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Carroll	1 . 19 . 33	9	38	Male	0.9750	1 . 17 . 33	76.33
Bernie Cassidy	1 . 22 . 27	8	50	Male	0.8844	1 . 12 . 55	81.19
Dave Kershaw	1 . 22 . 56	7	37	Male	0.9820	1 . 21 . 26	72.69
Bernie Goodwin	1 . 27 . 43	6	41	Male	0.9524	1 . 23 . 32	70.86
Rob Kellett	1 . 28 . 45	5	42	Male	0.9448	1 . 23 . 51	70.60

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bruce Whittam	1 . 29 . 59	9	45	Male	0.9222	1 . 22 . 58	71.34
Dave Phillips	1 . 33 . 34	8	65	Male	0.7712	1 . 12 . 09	82.04
Debbie Shaw	1 . 37 . 41	7	45	Female	0.9133	1 . 29 . 12	73.81
Shiela Waite *	1 . 41 . 47	6	44	Female	0.9238	1 . 34 . 01	70.03

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jamie Holdaway	1 . 40 . 48	9	33	Male	0.9984	1 . 40 . 38	58.82
Teresa Hollins *	1 . 56 . 13	8	55	Female	0.8043	1 . 33 . 28	70.45
Dave Smith	1 . 57 . 24	7	53	Male	0.8618	1 . 41 . 10	58.51
Trevor Grundy	2 . 00 . 29	6	66	Male	0.7637	1 . 32 . 00	64.34

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Julie Greenwood	2 . 00 . 29	9	40	Female	0.9590	1 . 55 . 32	56.99
Neil Barker	2 . 03 . 00	8	45	Male	0.9222	1 . 53 . 25	52.19

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Debbie Shaw	1 . 37 . 41	9	45	Female	0.9133	1 . 29 . 12	73.81
Shiela Waite *	1 . 41 . 47	8	44	Female	0.9238	1 . 34 . 01	70.03
Teresa Hollins *	1 . 56 . 13	7	55	Female	0.8043	1 . 33 . 28	70.45
Julie Greenwood	2 . 00 . 29	6	40	Female	0.9590	1 . 55 . 32	56.99

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	1 . 27 . 43	9	41	Male	0.9524	1 . 23 . 32	70.86
Rob Kellett	1 . 28 . 45	8	42	Male	0.9448	1 . 23 . 51	70.60
Bruce Whittam	1 . 29 . 59	7	45	Male	0.9222	1 . 22 . 58	71.34
Debbie Shaw	1 . 37 . 41	6	45	Female	0.9133	1 . 29 . 12	73.81
Shiela Waite *	1 . 41 . 47	5	44	Female	0.9238	1 . 34 . 01	70.03
Julie Greenwood	2 . 00 . 29	4	40	Female	0.9590	1 . 55 . 32	56.99
Neil Barker	2 . 03 . 00	3	45	Male	0.9222	1 . 53 . 25	52.19

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Cassidy	1 . 22 . 27	9	50	Male	0.8844	1 . 12 . 55	81.19
Teresa Hollins *	1 . 56 . 13	8	55	Female	0.8043	1 . 33 . 28	70.45
Dave Smith	1 . 57 . 24	7	53	Male	0.8618	1 . 41 . 10	58.51

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 2, Great North West Half Marathon, 22nd February 2009 - continued



## Half Marathon Age Grading Tables Used

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	1 . 33 . 34	9	65	Male	0.7712	1 . 12 . 09	82.04
Trevor Grundy	2 . 00 . 29	8	66	Male	0.7637	1 . 32 . 00	64.34

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 3, Dentdale Run, 14th March 2009



Modified Half Marathon Age Grading Tables Used (Dent)

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Carroll	1 . 31 . 25	9	38	Male	0.9750	1 . 29 . 07	72.06
Bernie Cassidy	1 . 33 . 15	8	50	Male	0.8844	1 . 22 . 28	77.88
Dave Kershaw	1 . 34 . 10	7	37	Male	0.9820	1 . 32 . 28	69.46
Barry Greaves	1 . 35 . 22	6	53	Male	0.8618	1 . 22 . 11	78.15
Rob Kellett	1 . 41 . 39	5	42	Male	0.9448	1 . 36 . 02	66.88
Bryan Lawton	1 . 42 . 16	4	43	Male	0.9373	1 . 35 . 51	67.01
Steve Shaw	1 . 49 . 14	3	51	Male	0.8769	1 . 35 . 47	67.06
Bernie Goodwin	1 . 52 . 34	2	41	Male	0.9524	1 . 47 . 12	59.91

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Higgins	1 . 41 . 09	9	55	Male	0.8467	1 . 25 . 38	75.00
Bruce Whittam	1 . 42 . 03	8	45	Male	0.9222	1 . 34 . 06	68.25
Dave Phillips	1 . 43 . 13	7	65	Male	0.7712	1 . 19 . 36	80.69
Andrew Tyas	1 . 46 . 17	6	47	Male	0.9071	1 . 36 . 24	66.62
John Kane	1 . 50 . 33	5	56	Male	0.8392	1 . 32 . 46	69.23
Debbie Shaw	1 . 50 . 50	4	45	Female	0.9133	1 . 41 . 13	70.59
Shiela Waite *	1 . 51 . 54	3	44	Female	0.9238	1 . 43 . 22	69.12

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Lewis Shaw	1 . 55 . 23	9	41	Male	0.9524	1 . 49 . 53	58.45
Jeff Cordwell	1 . 56 . 19	8	58	Male	0.8241	1 . 35 . 51	67.01
George Meynell	2 . 00 . 53	7	64	Male	0.7788	1 . 34 . 08	68.23
Teresa Hollins *	2 . 05 . 21	6	55	Female	0.8043	1 . 40 . 49	70.87
Jamie Holdaway	2 . 07 . 17	5	33	Male	0.9984	2 . 07 . 04	50.54
Dave Smith	2 . 08 . 00	4	53	Male	0.8618	1 . 50 . 18	58.23
Mike Bowler	2 . 18 . 42	3	51	Male	0.8769	2 . 01 . 37	52.81

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Neil Barker	2 . 26 . 50	9	45	Male	0.9222	2 . 15 . 24	47.43
Vicky Bramley	2 . 26 . 54	8	44	Female	0.9238	2 . 15 . 42	52.65
Natalie Yates-Bolton	2 . 28 . 36	7	42	Female	0.9428	2 . 20 . 06	51.00
Julie Greenwood	2 . 39 . 32	6	40	Female	0.9590	2 . 32 . 59	46.70
Christine Smith	2 . 39 . 35	5	54	Female	0.8152	2 . 10 . 05	54.92

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Debbie Shaw	1 . 50 . 50	9	45	Female	0.9133	1 . 41 . 13	70.59
Shiela Waite *	1 . 51 . 54	8	44	Female	0.9238	1 . 43 . 22	69.12
Teresa Hollins *	2 . 05 . 21	7	55	Female	0.8043	1 . 40 . 49	70.87
Vicky Bramley	2 . 26 . 54	6	44	Female	0.9238	2 . 15 . 42	52.65
Natalie Yates-Bolton	2 . 28 . 36	5	42	Female	0.9428	2 . 20 . 06	51.00
Julie Greenwood	2 . 39 . 32	4	40	Female	0.9590	2 . 32 . 59	46.70
Christine Smith	2 . 39 . 35	3	54	Female	0.8152	2 . 10 . 05	54.92

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

\* Denotes 2nd claim RRR member

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 3, Dentdale Run, 14th March 2009 - continued



Modified Half Marathon Age Grading Tables Used (Dent)

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Rob Kellett	1 . 41 . 39	9	42	Male	0.9448	1 . 36 . 02	66.88
Bruce Whittam	1 . 42 . 03	8	45	Male	0.9222	1 . 34 . 06	68.25
Bryan Lawton	1 . 42 . 16	7	43	Male	0.9373	1 . 35 . 51	67.01
Andrew Tyas	1 . 46 . 17	6	47	Male	0.9071	1 . 36 . 24	66.62
Debbie Shaw	1 . 50 . 50	5	45	Female	0.9133	1 . 41 . 13	70.59
Shiela Waite *	1 . 51 . 54	4	44	Female	0.9238	1 . 43 . 22	69.12
Bernie Goodwin	1 . 52 . 34	3	41	Male	0.9524	1 . 47 . 12	59.91
Lewis Shaw	1 . 55 . 23	2	41	Male	0.9524	1 . 49 . 53	58.45
Neil Barker	2 . 26 . 50	1	45	Male	0.9222	2 . 15 . 24	47.43
Vicky Bramley	2 . 26 . 54	1	44	Female	0.9238	2 . 15 . 42	52.65
Natalie Yates-Bolton	2 . 28 . 36	1	42	Female	0.9428	2 . 20 . 06	51.00
Julie Greenwood	2 . 39 . 32	1	40	Female	0.9590	2 . 32 . 59	46.70

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Cassidy	1 . 33 . 15	9	50	Male	0.8844	1 . 22 . 28	77.88
Barry Greaves	1 . 35 . 22	8	53	Male	0.8618	1 . 22 . 11	78.15
John Higgins	1 . 41 . 09	7	55	Male	0.8467	1 . 25 . 38	75.00
Steve Shaw	1 . 49 . 14	6	51	Male	0.8769	1 . 35 . 47	67.06
John Kane	1 . 50 . 33	5	56	Male	0.8392	1 . 32 . 46	69.23
Jeff Cordwell	1 . 56 . 19	4	58	Male	0.8241	1 . 35 . 51	67.01
Teresa Hollins *	2 . 05 . 21	3	55	Female	0.8043	1 . 40 . 49	70.87
Dave Smith	2 . 08 . 00	2	53	Male	0.8618	1 . 50 . 18	58.23
Mike Bowler	2 . 18 . 42	1	51	Male	0.8769	2 . 01 . 37	52.81
Christine Smith	2 . 39 . 35	1	54	Female	0.8152	2 . 10 . 05	54.92

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	1 . 43 . 13	9	65	Male	0.7712	1 . 19 . 36	80.69
George Meynell	2 . 00 . 53	8	64	Male	0.7788	1 . 34 . 08	68.23

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 4, Vera Hirst 5K, 25th March 2009



5 Kilometre Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Owen Flage *	0 . 17 . 57	9	36	Male	0.9729	0 . 17 . 27	73.87
Stuart Carroll	0 . 18 . 18	8	38	Male	0.9592	0 . 17 . 33	73.49
Dave Kershaw	0 . 18 . 19	7	37	Male	0.9662	0 . 17 . 41	72.89
Bernie Cassidy	0 . 18 . 37	6	50	Male	0.8747	0 . 16 . 17	79.22
Bernie Goodwin	0 . 18 . 42	5	41	Male	0.9380	0 . 17 . 32	73.54
Colin Green	0 . 19 . 14	4	38	Male	0.9592	0 . 18 . 26	69.92
Michael Harrison	0 . 19 . 56	3	30	Male	0.9975	0 . 19 . 53	64.88
Rob Kellett	0 . 20 . 35	2	42	Male	0.9310	0 . 19 . 09	67.32
Steve Shaw	0 . 21 . 30	1	51	Male	0.8676	0 . 18 . 39	69.16

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Paul Whitehead	0 . 18 . 56	9	51	Male	0.8676	0 . 16 . 25	78.53
Bruce Whittam	0 . 19 . 38	8	45	Male	0.9099	0 . 17 . 51	72.21
John Higgins	0 . 20 . 03	7	55	Male	0.8395	0 . 16 . 49	76.64
Andrew Tyas	0 . 21 . 01	6	47	Male	0.8958	0 . 18 . 49	68.52
Eamonn Nolan	0 . 21 . 24	5	46	Male	0.9028	0 . 19 . 19	66.77
John Williamson	0 . 21 . 34	4	36	Male	0.9729	0 . 20 . 58	61.48
Debbie Shaw	0 . 22 . 12	3	45	Female	0.9266	0 . 20 . 34	71.95
Shiela Waite *	0 . 23 . 22	2	44	Female	0.9355	0 . 21 . 51	67.71

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jamie Holdaway	0 . 21 . 46	9	33	Male	0.9885	0 . 21 . 30	59.95
Jeff Cordwell	0 . 22 . 32	8	58	Male	0.8184	0 . 18 . 26	69.95
George Meynell	0 . 22 . 37	7	64	Male	0.7761	0 . 17 . 33	73.49
Steve Hayes	0 . 23 . 11	6	53	Male	0.8536	0 . 19 . 47	65.19
Dave Smith	0 . 23 . 14	5	53	Male	0.8536	0 . 19 . 49	65.05
Tony Kane	0 . 24 . 24	4	56	Male	0.8324	0 . 20 . 18	63.51
Rose Rowson *	0 . 24 . 25	3	51	Female	0.8638	0 . 21 . 05	70.17
Teresa Hollins *	0 . 24 . 36	2	55	Female	0.8202	0 . 20 . 10	73.35
David Ellis	0 . 25 . 40	1	32	Male	0.9922	0 . 25 . 27	50.65

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Louise Gilchrist *	0 . 26 . 42	9	76	Female	0.5913	0 . 15 . 47	93.74
June Allingan	0 . 30 . 32	8	65	Female	0.7112	0 . 21 . 42	68.15
Brian Hurst	0 . 36 . 11	7	70	Male	0.7319	0 . 26 . 28	48.71

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Debbie Shaw	0 . 22 . 12	9	45	Female	0.9266	0 . 20 . 34	71.95
Shiela Waite *	0 . 23 . 22	8	44	Female	0.9355	0 . 21 . 51	67.71
Rose Rowson *	0 . 24 . 25	7	51	Female	0.8638	0 . 21 . 05	70.17
Teresa Hollins *	0 . 24 . 36	6	55	Female	0.8202	0 . 20 . 10	73.35
Louise Gilchrist *	0 . 26 . 42	5	76	Female	0.5913	0 . 15 . 47	93.74
June Allingan	0 . 30 . 32	4	65	Female	0.7112	0 . 21 . 42	68.15

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

\* Denotes 2nd claim RRR member

# Royton Road Runners - 2009 Road Race Championship

## Group Results For Race 4, Vera Hirst 5K, 25th March 2009 - continued



### 5 Kilometre Age Grading Tables Used

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	0 . 18 . 42	9	41	Male	0.9380	0 . 17 . 32	73.54
Bruce Whittam	0 . 19 . 38	8	45	Male	0.9099	0 . 17 . 51	72.21
Rob Kellett	0 . 20 . 35	7	42	Male	0.9310	0 . 19 . 09	67.32
Andrew Tyas	0 . 21 . 01	6	47	Male	0.8958	0 . 18 . 49	68.52
Eamonn Nolan	0 . 21 . 24	5	46	Male	0.9028	0 . 19 . 19	66.77
Debbie Shaw	0 . 22 . 12	4	45	Female	0.9266	0 . 20 . 34	71.95
Shiela Waite *	0 . 23 . 22	3	44	Female	0.9355	0 . 21 . 51	67.71

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Cassidy	0 . 18 . 37	9	50	Male	0.8747	0 . 16 . 17	79.22
Paul Whitehead	0 . 18 . 56	8	51	Male	0.8676	0 . 16 . 25	78.53
John Higgins	0 . 20 . 03	7	55	Male	0.8395	0 . 16 . 49	76.64
Steve Shaw	0 . 21 . 30	6	51	Male	0.8676	0 . 18 . 39	69.16
Jeff Cordwell	0 . 22 . 32	5	58	Male	0.8184	0 . 18 . 26	69.95
Steve Hayes	0 . 23 . 11	4	53	Male	0.8536	0 . 19 . 47	65.19
Dave Smith	0 . 23 . 14	3	53	Male	0.8536	0 . 19 . 49	65.05
Tony Kane	0 . 24 . 24	2	56	Male	0.8324	0 . 20 . 18	63.51
Rose Rowson *	0 . 24 . 25	1	51	Female	0.8638	0 . 21 . 05	70.17
Teresa Hollins *	0 . 24 . 36	1	55	Female	0.8202	0 . 20 . 10	73.35

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
George Meynell	0 . 22 . 37	9	64	Male	0.7761	0 . 17 . 33	73.49
Louise Gilchrist *	0 . 26 . 42	8	76	Female	0.5913	0 . 15 . 47	93.74
June Allingan	0 . 30 . 32	7	65	Female	0.7112	0 . 21 . 42	68.15
Brian Hurst	0 . 36 . 11	6	70	Male	0.7319	0 . 26 . 28	48.71

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 5, Oldham Half Marathon, 5th April 2009



Half Marathon Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Owen Flage *	1 . 23 . 54	9	36	Male	0.9878	1 . 22 . 52	71.43
Stuart Carroll	1 . 25 . 15	8	38	Male	0.9750	1 . 23 . 07	71.22
Barry Greaves	1 . 30 . 26	7	53	Male	0.8618	1 . 17 . 56	75.96
Colin Green	1 . 31 . 46	6	38	Male	0.9750	1 . 29 . 28	66.17
Bernie Goodwin	1 . 32 . 24	5	41	Male	0.9524	1 . 28 . 00	67.27
Bryan Lawton	1 . 32 . 58	4	43	Male	0.9373	1 . 27 . 08	67.94
Michael Harrison	1 . 35 . 35	3	30	Male	1.0000	1 . 35 . 34	61.94
Rob Kellett	1 . 36 . 42	2	42	Male	0.9448	1 . 31 . 21	64.80
Steve Shaw	1 . 42 . 39	1	51	Male	0.8769	1 . 30 . 00	65.77

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Paul Whitehead	1 . 33 . 28	9	51	Male	0.8769	1 . 21 . 57	72.23
John Higgins	1 . 34 . 53	8	55	Male	0.8467	1 . 20 . 20	73.69
Bruce Whittam	1 . 36 . 01	7	45	Male	0.9222	1 . 28 . 32	66.86
Dave Phillips	1 . 36 . 52	6	65	Male	0.7712	1 . 14 . 42	79.25
Andrew Tyas	1 . 43 . 08	5	47	Male	0.9071	1 . 33 . 33	63.28
Shiela Waite *	1 . 50 . 23	4	45	Female	0.9133	1 . 40 . 48	65.32
John Kane	1 . 58 . 48	3	57	Male	0.8316	1 . 38 . 47	59.92

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jeff Cordwell	1 . 45 . 57	9	58	Male	0.8241	1 . 27 . 18	67.80
Dave Smith	1 . 48 . 49	8	53	Male	0.8618	1 . 33 . 46	63.13
Lewis Shaw	1 . 49 . 12	7	41	Male	0.9524	1 . 44 . 00	56.92
Teresa Hollins *	1 . 53 . 31	6	55	Female	0.8043	1 . 31 . 18	72.12
Steve Hayes	1 . 56 . 23	5	53	Male	0.8618	1 . 40 . 17	59.02
Trevor Grundy	2 . 04 . 17	4	66	Male	0.7637	1 . 34 . 54	62.37

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Vicky Bramley	2 . 10 . 22	9	44	Female	0.9238	2 . 00 . 25	54.68
Neil Barker	2 . 10 . 23	8	46	Male	0.9146	1 . 59 . 14	49.64
Julie Greenwood	2 . 12 . 35	7	40	Female	0.9590	2 . 07 . 08	51.79
Tony Hunking	2 . 12 . 44	6	55	Male	0.8467	1 . 52 . 23	52.68

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Shiela Waite *	1 . 50 . 23	9	45	Female	0.9133	1 . 40 . 48	65.32
Teresa Hollins *	1 . 53 . 31	8	55	Female	0.8043	1 . 31 . 18	72.12
Vicky Bramley	2 . 10 . 22	7	44	Female	0.9238	2 . 00 . 25	54.68
Julie Greenwood	2 . 12 . 35	6	40	Female	0.9590	2 . 07 . 08	51.79

# Royton Road Runners - 2009 Road Race Championship

## Group Results For Race 5, Oldham Half Marathon, 5th April 2009 - continued



### Half Marathon Age Grading Tables Used

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	1 . 32 . 24	9	41	Male	0.9524	1 . 28 . 00	67.27
Bryan Lawton	1 . 32 . 58	8	43	Male	0.9373	1 . 27 . 08	67.94
Bruce Whittam	1 . 36 . 01	7	45	Male	0.9222	1 . 28 . 32	66.86
Rob Kellett	1 . 36 . 42	6	42	Male	0.9448	1 . 31 . 21	64.80
Andrew Tyas	1 . 43 . 08	5	47	Male	0.9071	1 . 33 . 33	63.28
Lewis Shaw	1 . 49 . 12	4	41	Male	0.9524	1 . 44 . 00	56.92
Shiela Waite *	1 . 50 . 23	3	45	Female	0.9133	1 . 40 . 48	65.32
Vicky Bramley	2 . 10 . 22	2	44	Female	0.9238	2 . 00 . 25	54.68
Neil Barker	2 . 10 . 23	1	46	Male	0.9146	1 . 59 . 14	49.64
Julie Greenwood	2 . 12 . 35	1	40	Female	0.9590	2 . 07 . 08	51.79

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Barry Greaves	1 . 30 . 26	9	53	Male	0.8618	1 . 17 . 56	75.96
Paul Whitehead	1 . 33 . 28	8	51	Male	0.8769	1 . 21 . 57	72.23
John Higgins	1 . 34 . 53	7	55	Male	0.8467	1 . 20 . 20	73.69
Steve Shaw	1 . 42 . 39	6	51	Male	0.8769	1 . 30 . 00	65.77
Jeff Cordwell	1 . 45 . 57	5	58	Male	0.8241	1 . 27 . 18	67.80
Dave Smith	1 . 48 . 49	4	53	Male	0.8618	1 . 33 . 46	63.13
Teresa Hollins *	1 . 53 . 31	3	55	Female	0.8043	1 . 31 . 18	72.12
Steve Hayes	1 . 56 . 23	2	53	Male	0.8618	1 . 40 . 17	59.02
John Kane	1 . 58 . 48	1	57	Male	0.8316	1 . 38 . 47	59.92
Tony Hunking	2 . 12 . 44	1	55	Male	0.8467	1 . 52 . 23	52.68

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	1 . 36 . 52	9	65	Male	0.7712	1 . 14 . 42	79.25
Trevor Grundy	2 . 04 . 17	8	66	Male	0.7637	1 . 34 . 54	62.37

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 6, Rochdale Observer Charity Fun Run for Springhill Hospice, 8th April 2009



## 4 Mile Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Carroll	0 . 24 . 52	9	38	Male	0.9592	0 . 23 . 51	75.88
Dave Kershaw	0 . 25 . 23	8	37	Male	0.9662	0 . 24 . 31	73.80
Bernie Goodwin	0 . 25 . 37	7	41	Male	0.9380	0 . 24 . 01	75.33
Bryan Lawton	0 . 26 . 52	6	43	Male	0.9240	0 . 24 . 49	72.91
Michael Harrison	0 . 27 . 51	5	30	Male	0.9975	0 . 27 . 46	65.15
Rob Kellett	0 . 28 . 25	4	42	Male	0.9310	0 . 26 . 27	68.42
Steve Shaw	0 . 28 . 44	3	51	Male	0.8676	0 . 24 . 55	72.61

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Paul Whitehead	0 . 26 . 15	9	51	Male	0.8676	0 . 22 . 46	79.47
John Higgins	0 . 27 . 01	8	55	Male	0.8395	0 . 22 . 40	79.80
Bruce Whittam	0 . 27 . 12	7	45	Male	0.9099	0 . 24 . 44	73.13
Dave Phillips	0 . 27 . 55	6	65	Male	0.7691	0 . 21 . 28	84.30
David Hall	0 . 28 . 40	5	49	Male	0.8817	0 . 25 . 16	71.61
John Williamson	0 . 28 . 47	4	36	Male	0.9729	0 . 28 . 00	64.64
Eamonn Nolan	0 . 28 . 51	3	46	Male	0.9028	0 . 26 . 02	69.49
Andrew Tyas	0 . 28 . 53	2	47	Male	0.8958	0 . 25 . 52	69.96

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jamie Holdaway	0 . 29 . 51	9	33	Male	0.9885	0 . 29 . 30	61.34
Jeff Cordwell	0 . 30 . 16	8	58	Male	0.8184	0 . 24 . 46	73.07
Dave Smith	0 . 31 . 04	7	53	Male	0.8536	0 . 26 . 31	68.25
Steve Hayes	0 . 31 . 36	6	53	Male	0.8536	0 . 26 . 58	67.10
Tony Kane	0 . 32 . 25	5	56	Male	0.8324	0 . 26 . 59	67.08
David Ellis	0 . 33 . 44	4	32	Male	0.9922	0 . 33 . 28	54.08
Teresa Hollins *	0 . 33 . 48	3	55	Female	0.8202	0 . 27 . 43	74.49

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Neil Barker	0 . 34 . 56	9	46	Male	0.9028	0 . 31 . 32	57.39
Vicky Bramley	0 . 34 . 57	8	44	Female	0.9355	0 . 32 . 41	63.16
Louise Gilchrist *	0 . 36 . 22	7	76	Female	0.5913	0 . 21 . 30	96.03
Tony Hunking	0 . 37 . 15	6	55	Male	0.8395	0 . 31 . 16	57.88
Natalie Yates-Bolton	0 . 37 . 53	5	42	Female	0.9515	0 . 36 . 02	57.29
June Allingan	0 . 44 . 04	4	65	Female	0.7112	0 . 31 . 20	65.89
Brian Hurst	0 . 51 . 09	3	70	Male	0.7319	0 . 37 . 26	48.35

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Teresa Hollins *	0 . 33 . 48	9	55	Female	0.8202	0 . 27 . 43	74.49
Vicky Bramley	0 . 34 . 57	8	44	Female	0.9355	0 . 32 . 41	63.16
Louise Gilchrist *	0 . 36 . 22	7	76	Female	0.5913	0 . 21 . 30	96.03
Natalie Yates-Bolton	0 . 37 . 53	6	42	Female	0.9515	0 . 36 . 02	57.29
June Allingan	0 . 44 . 04	5	65	Female	0.7112	0 . 31 . 20	65.89

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 6, Rochdale Observer Charity Fun Run for Springhill Hospice, 8th April 2009 - cc



## 4 Mile Age Grading Tables Used

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	0 . 25 . 37	9	41	Male	0.9380	0 . 24 . 01	75.33
Bryan Lawton	0 . 26 . 52	8	43	Male	0.9240	0 . 24 . 49	72.91
Bruce Whittam	0 . 27 . 12	7	45	Male	0.9099	0 . 24 . 44	73.13
Rob Kellett	0 . 28 . 25	6	42	Male	0.9310	0 . 26 . 27	68.42
David Hall	0 . 28 . 40	5	49	Male	0.8817	0 . 25 . 16	71.61
Eamonn Nolan	0 . 28 . 51	4	46	Male	0.9028	0 . 26 . 02	69.49
Andrew Tyas	0 . 28 . 53	3	47	Male	0.8958	0 . 25 . 52	69.96
Neil Barker	0 . 34 . 56	2	46	Male	0.9028	0 . 31 . 32	57.39
Vicky Bramley	0 . 34 . 57	1	44	Female	0.9355	0 . 32 . 41	63.16
Natalie Yates-Bolton	0 . 37 . 53	1	42	Female	0.9515	0 . 36 . 02	57.29

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Paul Whitehead	0 . 26 . 15	9	51	Male	0.8676	0 . 22 . 46	79.47
John Higgins	0 . 27 . 01	8	55	Male	0.8395	0 . 22 . 40	79.80
Steve Shaw	0 . 28 . 44	7	51	Male	0.8676	0 . 24 . 55	72.61
Jeff Cordwell	0 . 30 . 16	6	58	Male	0.8184	0 . 24 . 46	73.07
Dave Smith	0 . 31 . 04	5	53	Male	0.8536	0 . 26 . 31	68.25
Steve Hayes	0 . 31 . 36	4	53	Male	0.8536	0 . 26 . 58	67.10
Tony Kane	0 . 32 . 25	3	56	Male	0.8324	0 . 26 . 59	67.08
Teresa Hollins *	0 . 33 . 48	2	55	Female	0.8202	0 . 27 . 43	74.49
Tony Hunking	0 . 37 . 15	1	55	Male	0.8395	0 . 31 . 16	57.88

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	0 . 27 . 55	9	65	Male	0.7691	0 . 21 . 28	84.30
Louise Gilchrist *	0 . 36 . 22	8	76	Female	0.5913	0 . 21 . 30	96.03
June Allingan	0 . 44 . 04	7	65	Female	0.7112	0 . 31 . 20	65.89
Brian Hurst	0 . 51 . 09	6	70	Male	0.7319	0 . 37 . 26	48.35

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 7, Steve Rothwell Memorial Road Race, 15th April 2009



## 4 Mile Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Owen Flage *	0 . 22 . 57	9	36	Male	0.9729	0 . 22 . 19	75.47
Stuart Carroll	0 . 23 . 11	8	38	Male	0.9592	0 . 22 . 14	75.77
Dave Kershaw	0 . 23 . 50	7	37	Male	0.9662	0 . 23 . 01	73.17
Michael Harrison	0 . 25 . 17	6	30	Male	0.9975	0 . 25 . 13	66.81
Rob Kellett	0 . 26 . 11	5	42	Male	0.9310	0 . 24 . 22	69.12
Colin Green	0 . 26 . 26	4	38	Male	0.9592	0 . 25 . 21	66.46
Barry Greaves	0 . 26 . 35	3	53	Male	0.8536	0 . 22 . 41	74.26
Steve Shaw	0 . 27 . 38	2	51	Male	0.8676	0 . 23 . 58	70.28

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Paul Whitehead	0 . 24 . 23	9	51	Male	0.8676	0 . 21 . 09	79.65
Bruce Whittam	0 . 25 . 18	8	45	Male	0.9099	0 . 23 . 01	73.20
John Higgins	0 . 25 . 27	7	55	Male	0.8395	0 . 21 . 21	78.87
Dave Phillips	0 . 26 . 47	6	65	Male	0.7691	0 . 20 . 35	81.80

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jeff Cordwell	0 . 28 . 52	9	58	Male	0.8184	0 . 23 . 37	71.32
George Meynell	0 . 29 . 03	8	64	Male	0.7761	0 . 22 . 32	74.74
Steve Hayes	0 . 29 . 49	7	53	Male	0.8536	0 . 25 . 27	66.20
Dave Smith	0 . 29 . 59	6	53	Male	0.8536	0 . 25 . 35	65.84
Tony Kane	0 . 30 . 05	5	56	Male	0.8324	0 . 25 . 02	67.29
Rose Rowson *	0 . 31 . 08	4	51	Female	0.8638	0 . 26 . 53	71.39
Teresa Hollins *	0 . 31 . 19	3	55	Female	0.8202	0 . 25 . 41	74.75
David Ellis	0 . 32 . 00	2	32	Male	0.9922	0 . 31 . 45	53.07

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Tony Hunking	0 . 33 . 00	9	55	Male	0.8395	0 . 27 . 42	60.82
Vicky Bramley	0 . 33 . 19	8	44	Female	0.9355	0 . 31 . 10	61.60
Louise Gilchrist *	0 . 33 . 22	7	76	Female	0.5913	0 . 19 . 43	97.32
June Allingan	0 . 41 . 02	6	65	Female	0.7112	0 . 29 . 10	65.79
Brian Hurst	0 . 48 . 12	5	70	Male	0.7319	0 . 35 . 16	47.76

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Rose Rowson *	0 . 31 . 08	9	51	Female	0.8638	0 . 26 . 53	71.39
Teresa Hollins *	0 . 31 . 19	8	55	Female	0.8202	0 . 25 . 41	74.75
Vicky Bramley	0 . 33 . 19	7	44	Female	0.9355	0 . 31 . 10	61.60
Louise Gilchrist *	0 . 33 . 22	6	76	Female	0.5913	0 . 19 . 43	97.32
June Allingan	0 . 41 . 02	5	65	Female	0.7112	0 . 29 . 10	65.79

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bruce Whittam	0 . 25 . 18	9	45	Male	0.9099	0 . 23 . 01	73.20
Rob Kellett	0 . 26 . 11	8	42	Male	0.9310	0 . 24 . 22	69.12
Vicky Bramley	0 . 33 . 19	7	44	Female	0.9355	0 . 31 . 10	61.60

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

\* Denotes 2nd claim RRR member

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 7, Steve Rothwell Memorial Road Race, 15th April 2009 - continued



## 4 Mile Age Grading Tables Used

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Paul Whitehead	0 . 24 . 23	9	51	Male	0.8676	0 . 21 . 09	79.65
John Higgins	0 . 25 . 27	8	55	Male	0.8395	0 . 21 . 21	78.87
Barry Greaves	0 . 26 . 35	7	53	Male	0.8536	0 . 22 . 41	74.26
Steve Shaw	0 . 27 . 38	6	51	Male	0.8676	0 . 23 . 58	70.28
Jeff Cordwell	0 . 28 . 52	5	58	Male	0.8184	0 . 23 . 37	71.32
Steve Hayes	0 . 29 . 49	4	53	Male	0.8536	0 . 25 . 27	66.20
Dave Smith	0 . 29 . 59	3	53	Male	0.8536	0 . 25 . 35	65.84
Tony Kane	0 . 30 . 05	2	56	Male	0.8324	0 . 25 . 02	67.29
Rose Rowson *	0 . 31 . 08	1	51	Female	0.8638	0 . 26 . 53	71.39
Teresa Hollins *	0 . 31 . 19	1	55	Female	0.8202	0 . 25 . 41	74.75
Tony Hunking	0 . 33 . 00	1	55	Male	0.8395	0 . 27 . 42	60.82

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	0 . 26 . 47	9	65	Male	0.7691	0 . 20 . 35	81.80
George Meynell	0 . 29 . 03	8	64	Male	0.7761	0 . 22 . 32	74.74
Louise Gilchrist *	0 . 33 . 22	7	76	Female	0.5913	0 . 19 . 43	97.32
June Allingan	0 . 41 . 02	6	65	Female	0.7112	0 . 29 . 10	65.79
Brian Hurst	0 . 48 . 12	5	70	Male	0.7319	0 . 35 . 16	47.76

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 8, Chester Half Marathon, 17th May 2009



Half Marathon Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Carroll	1 . 22 . 43	9	38	Male	0.9750	1 . 20 . 38	73.40
Bernie Goodwin	1 . 26 . 45	8	41	Male	0.9524	1 . 22 . 37	71.65
Rob Kellett	1 . 31 . 21	7	42	Male	0.9448	1 . 26 . 18	68.59

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bruce Whittam	1 . 30 . 14	9	45	Male	0.9222	1 . 23 . 12	71.14
Debbie Shaw	1 . 40 . 08	8	45	Female	0.9133	1 . 31 . 27	72.01

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Smith	1 . 41 . 53	9	54	Male	0.8542	1 . 27 . 01	68.02

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Vicky Bramley	1 . 57 . 26	9	44	Female	0.9238	1 . 48 . 29	60.70

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Debbie Shaw	1 . 40 . 08	9	45	Female	0.9133	1 . 31 . 27	72.01
Vicky Bramley	1 . 57 . 26	8	44	Female	0.9238	1 . 48 . 29	60.70

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	1 . 26 . 45	9	41	Male	0.9524	1 . 22 . 37	71.65
Bruce Whittam	1 . 30 . 14	8	45	Male	0.9222	1 . 23 . 12	71.14
Rob Kellett	1 . 31 . 21	7	42	Male	0.9448	1 . 26 . 18	68.59
Debbie Shaw	1 . 40 . 08	6	45	Female	0.9133	1 . 31 . 27	72.01
Vicky Bramley	1 . 57 . 26	5	44	Female	0.9238	1 . 48 . 29	60.70

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Smith	1 . 41 . 53	9	54	Male	0.8542	1 . 27 . 01	68.02

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
<b>No runners from the Over 60's took part</b>							

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 9, Ian Casey Memorial 5K, 21st May 2009



## 5 Kilometre Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Owen Flage *	0 . 18 . 03	9	36	Male	0.9729	0 . 17 . 33	73.46
Dave Kershaw	0 . 18 . 12	8	38	Male	0.9592	0 . 17 . 27	73.89
Bernie Goodwin	0 . 18 . 23	7	41	Male	0.9380	0 . 17 . 14	74.81
Michael Harrison	0 . 19 . 15	6	30	Male	0.9975	0 . 19 . 12	67.18
Colin Green	0 . 19 . 24	5	38	Male	0.9592	0 . 18 . 36	69.32
Bryan Lawton	0 . 19 . 26	4	43	Male	0.9240	0 . 17 . 57	71.84
Dave Emanuel	0 . 19 . 32	3	45	Male	0.9099	0 . 17 . 46	72.58
James Trollope	0 . 19 . 34	2	31	Male	0.9952	0 . 19 . 28	66.25
Barry Greaves	0 . 20 . 03	1	53	Male	0.8536	0 . 17 . 06	75.37
Rob Kellett	0 . 20 . 43	1	42	Male	0.9310	0 . 19 . 17	66.88
Steve Shaw	0 . 21 . 02	1	52	Male	0.8606	0 . 18 . 06	71.27
Chris Eavers	0 . 21 . 25	1	55	Male	0.8395	0 . 17 . 58	71.75

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Paul Whitehead	0 . 18 . 10	9	51	Male	0.8676	0 . 15 . 45	81.85
Stuart Hulme	0 . 18 . 36	8	29	Male	0.9991	0 . 18 . 34	69.42
Bruce Whittam	0 . 19 . 30	7	45	Male	0.9099	0 . 17 . 44	72.70
John Higgins	0 . 19 . 39	6	55	Male	0.8395	0 . 16 . 29	78.20
David Hall	0 . 19 . 46	5	49	Male	0.8817	0 . 17 . 25	74.02
Martin Kay	0 . 19 . 52	4	38	Male	0.9592	0 . 19 . 03	67.69
Eamonn Nolan	0 . 20 . 47	3	46	Male	0.9028	0 . 18 . 45	68.75
Dave Phillips	0 . 20 . 51	2	65	Male	0.7691	0 . 16 . 02	80.45
Debbie Shaw	0 . 21 . 53	1	45	Female	0.9266	0 . 20 . 16	72.99
Dean Burgess	0 . 22 . 43	1	44	Male	0.9169	0 . 20 . 49	61.93
Shiela Waite *	0 . 23 . 11	1	45	Female	0.9266	0 . 21 . 28	68.90

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jamie Holdaway	0 . 20 . 28	9	33	Male	0.9885	0 . 20 . 13	63.76
Andy Nuttall	0 . 21 . 27	8	29	Male	0.9991	0 . 21 . 25	60.19
Jeff Cordwell	0 . 21 . 45	7	59	Male	0.8113	0 . 17 . 38	73.11
George Meynell	0 . 22 . 46	6	64	Male	0.7761	0 . 17 . 40	73.01
Tony Kane	0 . 22 . 51	5	56	Male	0.8324	0 . 19 . 01	67.82
Steve Hayes	0 . 23 . 00	4	54	Male	0.8465	0 . 19 . 28	66.26
Trevor Grundy	0 . 25 . 54	3	66	Male	0.7620	0 . 19 . 44	65.36
Dave Smith	0 . 28 . 04	2	54	Male	0.8465	0 . 23 . 45	54.30

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Tony Hunking	0 . 24 . 38	9	55	Male	0.8395	0 . 20 . 40	62.38
Louise Gilchrist *	0 . 25 . 18	8	76	Female	0.5913	0 . 14 . 57	98.93
Neil Barker	0 . 25 . 40	7	46	Male	0.9028	0 . 23 . 10	55.67
Vicky Bramley	0 . 25 . 55	6	44	Female	0.9355	0 . 24 . 14	61.04
Julie Greenwood	0 . 26 . 33	5	40	Female	0.9653	0 . 25 . 37	57.75
Natalie Yates-Bolton	0 . 28 . 11	4	42	Female	0.9515	0 . 26 . 48	55.19
Pete Stals	0 . 28 . 11	3	54	Male	0.8465	0 . 23 . 51	54.07
June Allingan	0 . 31 . 51	2	65	Female	0.7112	0 . 22 . 39	65.34
Kay Fitton	0 . 31 . 51	1	43	Female	0.9438	0 . 30 . 03	49.23
Brian Hurst	0 . 37 . 42	1	70	Male	0.7319	0 . 27 . 35	46.75

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

\* Denotes 2nd claim RRR member

# Royton Road Runners - 2009 Road Race Championship

## Group Results For Race 9, Ian Casey Memorial 5K, 21st May 2009 - continued



### 5 Kilometre Age Grading Tables Used

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Debbie Shaw	0 . 21 . 53	9	45	Female	0.9266	0 . 20 . 16	72.99
Shiela Waite *	0 . 23 . 11	8	45	Female	0.9266	0 . 21 . 28	68.90
Louise Gilchrist *	0 . 25 . 18	7	76	Female	0.5913	0 . 14 . 57	98.93
Vicky Bramley	0 . 25 . 55	6	44	Female	0.9355	0 . 24 . 14	61.04
Julie Greenwood	0 . 26 . 33	5	40	Female	0.9653	0 . 25 . 37	57.75
Natalie Yates-Bolton	0 . 28 . 11	4	42	Female	0.9515	0 . 26 . 48	55.19
June Allingan	0 . 31 . 51	3	65	Female	0.7112	0 . 22 . 39	65.34
Kay Fitton	0 . 31 . 51	2	43	Female	0.9438	0 . 30 . 03	49.23

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	0 . 18 . 23	9	41	Male	0.9380	0 . 17 . 14	74.81
Bryan Lawton	0 . 19 . 26	8	43	Male	0.9240	0 . 17 . 57	71.84
Bruce Whittam	0 . 19 . 30	7	45	Male	0.9099	0 . 17 . 44	72.70
Dave Emanuel	0 . 19 . 32	6	45	Male	0.9099	0 . 17 . 46	72.58
David Hall	0 . 19 . 46	5	49	Male	0.8817	0 . 17 . 25	74.02
Rob Kellett	0 . 20 . 43	4	42	Male	0.9310	0 . 19 . 17	66.88
Eamonn Nolan	0 . 20 . 47	3	46	Male	0.9028	0 . 18 . 45	68.75
Debbie Shaw	0 . 21 . 53	2	45	Female	0.9266	0 . 20 . 16	72.99
Dean Burgess	0 . 22 . 43	1	44	Male	0.9169	0 . 20 . 49	61.93
Shiela Waite *	0 . 23 . 11	1	45	Female	0.9266	0 . 21 . 28	68.90
Neil Barker	0 . 25 . 40	1	46	Male	0.9028	0 . 23 . 10	55.67
Vicky Bramley	0 . 25 . 55	1	44	Female	0.9355	0 . 24 . 14	61.04
Julie Greenwood	0 . 26 . 33	1	40	Female	0.9653	0 . 25 . 37	57.75
Natalie Yates-Bolton	0 . 28 . 11	1	42	Female	0.9515	0 . 26 . 48	55.19
Kay Fitton	0 . 31 . 51	1	43	Female	0.9438	0 . 30 . 03	49.23

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Paul Whitehead	0 . 18 . 10	9	51	Male	0.8676	0 . 15 . 45	81.85
John Higgins	0 . 19 . 39	8	55	Male	0.8395	0 . 16 . 29	78.20
Barry Greaves	0 . 20 . 03	7	53	Male	0.8536	0 . 17 . 06	75.37
Steve Shaw	0 . 21 . 02	6	52	Male	0.8606	0 . 18 . 06	71.27
Chris Eavers	0 . 21 . 25	5	55	Male	0.8395	0 . 17 . 58	71.75
Jeff Cordwell	0 . 21 . 45	4	59	Male	0.8113	0 . 17 . 38	73.11
Tony Kane	0 . 22 . 51	3	56	Male	0.8324	0 . 19 . 01	67.82
Steve Hayes	0 . 23 . 00	2	54	Male	0.8465	0 . 19 . 28	66.26
Tony Hunking	0 . 24 . 38	1	55	Male	0.8395	0 . 20 . 40	62.38
Dave Smith	0 . 28 . 04	1	54	Male	0.8465	0 . 23 . 45	54.30
Pete Stals	0 . 28 . 11	1	54	Male	0.8465	0 . 23 . 51	54.07

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	0 . 20 . 51	9	65	Male	0.7691	0 . 16 . 02	80.45
George Meynell	0 . 22 . 46	8	64	Male	0.7761	0 . 17 . 40	73.01
Louise Gilchrist *	0 . 25 . 18	7	76	Female	0.5913	0 . 14 . 57	98.93
Trevor Grundy	0 . 25 . 54	6	66	Male	0.7620	0 . 19 . 44	65.36
June Allingan	0 . 31 . 51	5	65	Female	0.7112	0 . 22 . 39	65.34
Brian Hurst	0 . 37 . 42	4	70	Male	0.7319	0 . 27 . 35	46.75

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 10, Freckleton Half Marathon, 21st June 2009



## Half Marathon Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Carroll	1 . 23 . 56	9	38	Male	0.9750	1 . 21 . 50	72.34
Dave Kershaw	1 . 24 . 03	8	38	Male	0.9750	1 . 21 . 56	72.24
Bernie Cassidy	1 . 24 . 39	7	50	Male	0.8844	1 . 14 . 51	79.08
Barry Greaves	1 . 25 . 53	6	53	Male	0.8618	1 . 14 . 00	79.98
Dave Emanuel	1 . 26 . 12	5	45	Male	0.9222	1 . 19 . 29	74.47
Bryan Lawton	1 . 29 . 51	4	43	Male	0.9373	1 . 24 . 12	70.30
Owen Flage *	1 . 31 . 45	3	36	Male	0.9878	1 . 30 . 37	65.32
Rob Kellett	1 . 33 . 22	2	42	Male	0.9448	1 . 28 . 12	67.11
Michael Harrison	1 . 37 . 18	1	30	Male	1.0000	1 . 37 . 17	60.84

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Hulme	1 . 24 . 40	9	29	Male	1.0000	1 . 24 . 40	69.92
David Hall	1 . 29 . 47	8	49	Male	0.8920	1 . 20 . 05	73.92
Dave Phillips	1 . 37 . 35	7	65	Male	0.7712	1 . 15 . 15	78.66

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Lewis Shaw	1 . 41 . 16	9	41	Male	0.9524	1 . 36 . 26	61.38
Dave Smith	1 . 42 . 08	8	54	Male	0.8542	1 . 27 . 14	67.86
Andy Nuttall	1 . 43 . 33	7	29	Male	1.0000	1 . 43 . 32	57.17
Tony Kane	1 . 47 . 21	6	56	Male	0.8392	1 . 30 . 05	65.71
George Meynell	1 . 47 . 50	5	64	Male	0.7788	1 . 23 . 58	70.49
Jamie Holdaway	1 . 50 . 06	4	33	Male	0.9984	1 . 49 . 55	53.86
Teresa Hollins *	1 . 51 . 02	3	55	Female	0.8043	1 . 29 . 18	73.74
Jeff Cordwell	1 . 51 . 41	2	59	Male	0.8165	1 . 31 . 11	64.92

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Tony Hunking	2 . 08 . 06	9	55	Male	0.8467	1 . 48 . 27	54.58
Neil Barker	2 . 18 . 24	8	46	Male	0.9146	2 . 06 . 34	46.77

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Teresa Hollins *	1 . 51 . 02	9	55	Female	0.8043	1 . 29 . 18	73.74

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Emanuel	1 . 26 . 12	9	45	Male	0.9222	1 . 19 . 29	74.47
David Hall	1 . 29 . 47	8	49	Male	0.8920	1 . 20 . 05	73.92
Bryan Lawton	1 . 29 . 51	7	43	Male	0.9373	1 . 24 . 12	70.30
Rob Kellett	1 . 33 . 22	6	42	Male	0.9448	1 . 28 . 12	67.11
Lewis Shaw	1 . 41 . 16	5	41	Male	0.9524	1 . 36 . 26	61.38
Neil Barker	2 . 18 . 24	4	46	Male	0.9146	2 . 06 . 34	46.77

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 10, Freckleton Half Marathon, 21st June 2009 - continued



## Half Marathon Age Grading Tables Used

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Cassidy	1 . 24 . 39	9	50	Male	0.8844	1 . 14 . 51	79.08
Barry Greaves	1 . 25 . 53	8	53	Male	0.8618	1 . 14 . 00	79.98
Dave Smith	1 . 42 . 08	7	54	Male	0.8542	1 . 27 . 14	67.86
Tony Kane	1 . 47 . 21	6	56	Male	0.8392	1 . 30 . 05	65.71
Teresa Hollins *	1 . 51 . 02	5	55	Female	0.8043	1 . 29 . 18	73.74
Jeff Cordwell	1 . 51 . 41	4	59	Male	0.8165	1 . 31 . 11	64.92
Tony Hunking	2 . 08 . 06	3	55	Male	0.8467	1 . 48 . 27	54.58

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	1 . 37 . 35	9	65	Male	0.7712	1 . 15 . 15	78.66
George Meynell	1 . 47 . 50	8	64	Male	0.7788	1 . 23 . 58	70.49

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 11, Rochdale 10K, 7th July 2009



## 10 Kilometre Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Owen Flage *	0 . 36 . 46	9	36	Male	0.9729	0 . 35 . 46	75.06
Stuart Carroll	0 . 37 . 32	8	38	Male	0.9592	0 . 36 . 00	74.58
Dave Kershaw	0 . 38 . 17	7	38	Male	0.9592	0 . 36 . 43	73.12
Bernie Cassidy	0 . 38 . 24	6	50	Male	0.8747	0 . 33 . 35	79.94
Dave Emanuel	0 . 39 . 47	5	45	Male	0.9099	0 . 36 . 11	74.17
Bernie Goodwin	0 . 40 . 04	4	41	Male	0.9380	0 . 37 . 34	71.44
Barry Greaves	0 . 40 . 22	3	53	Male	0.8536	0 . 34 . 27	77.92
Colin Green	0 . 40 . 25	2	38	Male	0.9592	0 . 38 . 46	69.26
Bryan Lawton	0 . 40 . 36	1	43	Male	0.9240	0 . 37 . 30	71.57
Rob Kellett	0 . 42 . 52	1	42	Male	0.9310	0 . 39 . 54	67.28
Steve Shaw	0 . 45 . 36	1	52	Male	0.8606	0 . 39 . 14	68.42

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Hulme	0 . 38 . 00	9	29	Male	0.9991	0 . 37 . 57	70.72
Paul Whitehead	0 . 39 . 42	8	51	Male	0.8676	0 . 34 . 26	77.95
Bruce Whittam	0 . 41 . 59	7	46	Male	0.9028	0 . 37 . 54	70.84
David Hall	0 . 42 . 37	6	49	Male	0.8817	0 . 37 . 34	71.46
Eamonn Nolan	0 . 43 . 06	5	46	Male	0.9028	0 . 38 . 54	69.00
Dave Freer	0 . 45 . 01	4	39	Male	0.9521	0 . 42 . 51	62.65
Debbie Shaw	0 . 45 . 58	3	45	Female	0.9266	0 . 42 . 35	71.21
Dean Burgess	0 . 47 . 36	2	44	Male	0.9169	0 . 43 . 38	61.52

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jamie Holdaway	0 . 45 . 27	9	33	Male	0.9885	0 . 44 . 55	59.76
Andy Nuttall	0 . 45 . 39	8	29	Male	0.9991	0 . 45 . 36	58.87
Dave Smith	0 . 45 . 45	7	54	Male	0.8465	0 . 38 . 43	69.33
Jeff Cordwell	0 . 46 . 32	6	59	Male	0.8113	0 . 37 . 45	71.12
George Meynell	0 . 47 . 44	5	64	Male	0.7761	0 . 37 . 02	72.48
Steve Hayes	0 . 50 . 04	4	54	Male	0.8465	0 . 42 . 22	63.35
Shane Reading	0 . 50 . 43	3	35	Male	0.9788	0 . 49 . 38	54.09
Teresa Hollins *	0 . 51 . 07	2	55	Female	0.8202	0 . 41 . 55	72.34
Mark Kelly	0 . 51 . 19	1	34	Male	0.9840	0 . 50 . 29	53.17
Rose Rowson *	0 . 54 . 08	1	51	Female	0.8638	0 . 46 . 45	64.86

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Tony Hunking	0 . 52 . 20	9	55	Male	0.8395	0 . 43 . 56	61.11
John Lambe	0 . 52 . 38	8	46	Male	0.9028	0 . 47 . 31	56.51
Louise Gilchrist *	0 . 53 . 02	7	76	Female	0.5913	0 . 31 . 21	96.72

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Debbie Shaw	0 . 45 . 58	9	45	Female	0.9266	0 . 42 . 35	71.21
Teresa Hollins *	0 . 51 . 07	8	55	Female	0.8202	0 . 41 . 55	72.34
Louise Gilchrist *	0 . 53 . 02	7	76	Female	0.5913	0 . 31 . 21	96.72
Rose Rowson *	0 . 54 . 08	6	51	Female	0.8638	0 . 46 . 45	64.86

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 11, Rochdale 10K, 7th July 2009 - continued



## 10 Kilometre Age Grading Tables Used

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Emanuel	0 . 39 . 47	9	45	Male	0.9099	0 . 36 . 11	74.17
Bernie Goodwin	0 . 40 . 04	8	41	Male	0.9380	0 . 37 . 34	71.44
Bryan Lawton	0 . 40 . 36	7	43	Male	0.9240	0 . 37 . 30	71.57
Bruce Whittam	0 . 41 . 59	6	46	Male	0.9028	0 . 37 . 54	70.84
David Hall	0 . 42 . 37	5	49	Male	0.8817	0 . 37 . 34	71.46
Rob Kellett	0 . 42 . 52	4	42	Male	0.9310	0 . 39 . 54	67.28
Eamonn Nolan	0 . 43 . 06	3	46	Male	0.9028	0 . 38 . 54	69.00
Debbie Shaw	0 . 45 . 58	2	45	Female	0.9266	0 . 42 . 35	71.21
Dean Burgess	0 . 47 . 36	1	44	Male	0.9169	0 . 43 . 38	61.52
John Lambe	0 . 52 . 38	1	46	Male	0.9028	0 . 47 . 31	56.51

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Cassidy	0 . 38 . 24	9	50	Male	0.8747	0 . 33 . 35	79.94
Paul Whitehead	0 . 39 . 42	8	51	Male	0.8676	0 . 34 . 26	77.95
Barry Greaves	0 . 40 . 22	7	53	Male	0.8536	0 . 34 . 27	77.92
Steve Shaw	0 . 45 . 36	6	52	Male	0.8606	0 . 39 . 14	68.42
Dave Smith	0 . 45 . 45	5	54	Male	0.8465	0 . 38 . 43	69.33
Jeff Cordwell	0 . 46 . 32	4	59	Male	0.8113	0 . 37 . 45	71.12
Steve Hayes	0 . 50 . 04	3	54	Male	0.8465	0 . 42 . 22	63.35
Teresa Hollins *	0 . 51 . 07	2	55	Female	0.8202	0 . 41 . 55	72.34
Tony Hunking	0 . 52 . 20	1	55	Male	0.8395	0 . 43 . 56	61.11
Rose Rowson *	0 . 54 . 08	1	51	Female	0.8638	0 . 46 . 45	64.86

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
George Meynell	0 . 47 . 44	9	64	Male	0.7761	0 . 37 . 02	72.48
Louise Gilchrist *	0 . 53 . 02	8	76	Female	0.5913	0 . 31 . 21	96.72

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 12, Royton Trail, 15th July 2009



Modified 10K Age Grading Tables Used (Royton Trail)

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Owen Flage *	0 . 35 . 19	9	36	Male	0.9729	0 . 34 . 21	71.89
Stuart Carroll	0 . 35 . 56	8	38	Male	0.9592	0 . 34 . 28	71.66
Dave Kershaw	0 . 36 . 13	7	38	Male	0.9592	0 . 34 . 44	71.10
Bernie Cassidy	0 . 36 . 19	6	50	Male	0.8747	0 . 31 . 45	77.76
Bernie Goodwin	0 . 38 . 01	5	41	Male	0.9380	0 . 35 . 39	69.27
Dave Emanuel	0 . 38 . 18	4	45	Male	0.9099	0 . 34 . 50	70.88
Alan Bodell	0 . 38 . 35	3	46	Male	0.9028	0 . 34 . 49	70.91
James Trollope	0 . 39 . 15	2	31	Male	0.9952	0 . 39 . 03	63.23
Barry Greaves	0 . 39 . 29	1	53	Male	0.8536	0 . 33 . 42	73.29
Rob Kellett	0 . 41 . 42	1	42	Male	0.9310	0 . 38 . 49	63.62
Chris Eavers	0 . 42 . 00	1	55	Male	0.8395	0 . 35 . 15	70.05
Steve Shaw	0 . 43 . 39	1	52	Male	0.8606	0 . 37 . 33	65.75

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Hulme	0 . 35 . 37	9	29	Male	0.9991	0 . 35 . 35	69.41
Paul Whitehead	0 . 36 . 52	8	51	Male	0.8676	0 . 31 . 59	77.22
David Hall	0 . 38 . 51	7	49	Male	0.8817	0 . 34 . 15	72.11
John Higgins	0 . 39 . 36	6	55	Male	0.8395	0 . 33 . 14	74.30
Dave Phillips	0 . 40 . 45	5	65	Male	0.7691	0 . 31 . 20	78.81
Eamonn Nolan	0 . 40 . 55	4	46	Male	0.9028	0 . 36 . 56	66.87
Dave Freer	0 . 41 . 09	3	39	Male	0.9521	0 . 39 . 10	63.04
Bruce Whittam	0 . 41 . 21	2	46	Male	0.9028	0 . 37 . 19	66.17
Ged Navesey	0 . 42 . 16	1	43	Male	0.9240	0 . 39 . 03	63.25
Neil Woods	0 . 42 . 25	1	43	Male	0.9240	0 . 39 . 11	63.02
Debbie Shaw	0 . 44 . 24	1	45	Female	0.9266	0 . 41 . 08	67.82

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jamie Holdaway	0 . 41 . 23	9	33	Male	0.9885	0 . 40 . 54	60.38
Jeff Cordwell	0 . 42 . 42	8	59	Male	0.8113	0 . 34 . 38	71.30
Dave Smith	0 . 43 . 37	7	54	Male	0.8465	0 . 36 . 55	66.90
Shane Reading	0 . 45 . 42	6	35	Male	0.9788	0 . 44 . 43	55.22
Mark Kelly	0 . 46 . 02	5	34	Male	0.9840	0 . 45 . 17	54.53
Tony Kane	0 . 46 . 30	4	56	Male	0.8324	0 . 38 . 42	63.81
Steve Hayes	0 . 46 . 40	3	54	Male	0.8465	0 . 39 . 30	62.53
Teresa Hollins *	0 . 48 . 03	2	55	Female	0.8202	0 . 39 . 24	70.79
Matthew Newall	0 . 48 . 11	1	29	Male	0.9991	0 . 48 . 08	51.31
Kate Instone	0 . 48 . 11	1	27	Female	1.0000	0 . 48 . 10	57.90
Rose Rowson *	0 . 49 . 55	1	51	Female	0.8638	0 . 43 . 07	64.71

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Lambe	0 . 48 . 16	9	46	Male	0.9028	0 . 43 . 34	56.68
Tony Hunking	0 . 50 . 43	8	55	Male	0.8395	0 . 42 . 34	58.01
Neil Barker	0 . 53 . 34	7	46	Male	0.9028	0 . 48 . 21	51.08
Julie Greenwood	0 . 54 . 07	6	40	Female	0.9653	0 . 52 . 14	53.41
Darran Mullin	0 . 55 . 40	5	43	Male	0.9240	0 . 51 . 26	48.02
Louise Saunders	0 . 56 . 30	4	27	Female	1.0000	0 . 56 . 30	49.38
June Allingan	1 . 04 . 11	3	66	Female	0.7003	0 . 44 . 56	62.07

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

\* Denotes 2nd claim RRR member

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 12, Royton Trail, 15th July 2009 - continued



Modified 10K Age Grading Tables Used (Royton Trail)

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Debbie Shaw	0 . 44 . 24	9	45	Female	0.9266	0 . 41 . 08	67.82
Teresa Hollins *	0 . 48 . 03	8	55	Female	0.8202	0 . 39 . 24	70.79
Kate Instone	0 . 48 . 11	7	27	Female	1.0000	0 . 48 . 10	57.90
Rose Rowson *	0 . 49 . 55	6	51	Female	0.8638	0 . 43 . 07	64.71
Julie Greenwood	0 . 54 . 07	5	40	Female	0.9653	0 . 52 . 14	53.41
Louise Saunders	0 . 56 . 30	4	27	Female	1.0000	0 . 56 . 30	49.38
June Allingan	1 . 04 . 11	3	66	Female	0.7003	0 . 44 . 56	62.07

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	0 . 38 . 01	9	41	Male	0.9380	0 . 35 . 39	69.27
Dave Emanuel	0 . 38 . 18	8	45	Male	0.9099	0 . 34 . 50	70.88
Alan Bodell	0 . 38 . 35	7	46	Male	0.9028	0 . 34 . 49	70.91
David Hall	0 . 38 . 51	6	49	Male	0.8817	0 . 34 . 15	72.11
Eamonn Nolan	0 . 40 . 55	5	46	Male	0.9028	0 . 36 . 56	66.87
Bruce Whittam	0 . 41 . 21	4	46	Male	0.9028	0 . 37 . 19	66.17
Rob Kellett	0 . 41 . 42	3	42	Male	0.9310	0 . 38 . 49	63.62
Ged Navesey	0 . 42 . 16	2	43	Male	0.9240	0 . 39 . 03	63.25
Neil Woods	0 . 42 . 25	1	43	Male	0.9240	0 . 39 . 11	63.02
Debbie Shaw	0 . 44 . 24	1	45	Female	0.9266	0 . 41 . 08	67.82
John Lambe	0 . 48 . 16	1	46	Male	0.9028	0 . 43 . 34	56.68
Neil Barker	0 . 53 . 34	1	46	Male	0.9028	0 . 48 . 21	51.08
Julie Greenwood	0 . 54 . 07	1	40	Female	0.9653	0 . 52 . 14	53.41
Darran Mullin	0 . 55 . 40	1	43	Male	0.9240	0 . 51 . 26	48.02

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Cassidy	0 . 36 . 19	9	50	Male	0.8747	0 . 31 . 45	77.76
Paul Whitehead	0 . 36 . 52	8	51	Male	0.8676	0 . 31 . 59	77.22
Barry Greaves	0 . 39 . 29	7	53	Male	0.8536	0 . 33 . 42	73.29
John Higgins	0 . 39 . 36	6	55	Male	0.8395	0 . 33 . 14	74.30
Chris Eavers	0 . 42 . 00	5	55	Male	0.8395	0 . 35 . 15	70.05
Jeff Cordwell	0 . 42 . 42	4	59	Male	0.8113	0 . 34 . 38	71.30
Dave Smith	0 . 43 . 37	3	54	Male	0.8465	0 . 36 . 55	66.90
Steve Shaw	0 . 43 . 39	2	52	Male	0.8606	0 . 37 . 33	65.75
Tony Kane	0 . 46 . 30	1	56	Male	0.8324	0 . 38 . 42	63.81
Steve Hayes	0 . 46 . 40	1	54	Male	0.8465	0 . 39 . 30	62.53
Teresa Hollins *	0 . 48 . 03	1	55	Female	0.8202	0 . 39 . 24	70.79
Rose Rowson *	0 . 49 . 55	1	51	Female	0.8638	0 . 43 . 07	64.71
Tony Hunking	0 . 50 . 43	1	55	Male	0.8395	0 . 42 . 34	58.01

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	0 . 40 . 45	9	65	Male	0.7691	0 . 31 . 20	78.81
June Allingan	1 . 04 . 11	8	66	Female	0.7003	0 . 44 . 56	62.07

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

\* Denotes 2nd claim RRR member

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 13, Middleton Moonraker 10K, 26th July 2009



## 10 Kilometre Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Owen Flage *	0 . 36 . 54	9	36	Male	0.9729	0 . 35 . 54	74.79
Stuart Carroll	0 . 37 . 19	8	38	Male	0.9592	0 . 35 . 47	75.01
Bernie Cassidy	0 . 38 . 49	7	51	Male	0.8676	0 . 33 . 40	79.73
Bernie Goodwin	0 . 39 . 28	6	41	Male	0.9380	0 . 37 . 01	72.53
Dave Emanuel	0 . 39 . 38	5	45	Male	0.9099	0 . 36 . 03	74.45
James Trollope	0 . 42 . 14	4	31	Male	0.9952	0 . 42 . 01	63.88
Rob Kellett	0 . 42 . 40	3	42	Male	0.9310	0 . 39 . 43	67.59
Chris Eavers	0 . 43 . 12	2	55	Male	0.8395	0 . 36 . 15	74.04
Steve Shaw	0 . 45 . 35	1	52	Male	0.8606	0 . 39 . 13	68.44

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Paul Whitehead	0 . 39 . 16	9	51	Male	0.8676	0 . 34 . 04	78.81
Stuart Hulme	0 . 39 . 35	8	29	Male	0.9991	0 . 39 . 32	67.89
David Hall	0 . 40 . 30	7	49	Male	0.8817	0 . 35 . 42	75.19
John Higgins	0 . 41 . 29	6	55	Male	0.8395	0 . 34 . 49	77.10
Eamonn Nolan	0 . 41 . 51	5	46	Male	0.9028	0 . 37 . 46	71.07
Dave Phillips	0 . 42 . 55	4	65	Male	0.7691	0 . 33 . 00	81.35
Ged Navesey	0 . 43 . 25	3	43	Male	0.9240	0 . 40 . 07	66.93
Dave Freer	0 . 44 . 29	2	39	Male	0.9521	0 . 42 . 21	63.40
Debbie Shaw	0 . 46 . 19	1	45	Female	0.9266	0 . 42 . 55	70.67

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jeff Cordwell	0 . 45 . 10	9	59	Male	0.8113	0 . 36 . 38	73.27
Dave Smith	0 . 45 . 25	8	54	Male	0.8465	0 . 38 . 26	69.84
George Meynell	0 . 46 . 47	7	64	Male	0.7761	0 . 36 . 18	73.95
Mark Kelly	0 . 46 . 52	6	34	Male	0.9840	0 . 46 . 07	58.22
Shane Reading	0 . 48 . 35	5	35	Male	0.9788	0 . 47 . 33	56.46
Tony Kane	0 . 50 . 29	4	56	Male	0.8324	0 . 42 . 01	63.89
Steve Hayes	0 . 50 . 88	3	54	Male	0.8465	0 . 43 . 33	61.63
Rose Rowson *	0 . 52 . 43	2	51	Female	0.8638	0 . 45 . 32	66.61

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Lambe	0 . 53 . 12	9	46	Male	0.9028	0 . 48 . 01	55.90
Tony Hunking	0 . 53 . 13	8	55	Male	0.8395	0 . 44 . 40	60.10
Louise Gilchrist *	0 . 53 . 29	7	76	Female	0.5913	0 . 31 . 37	95.91

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Debbie Shaw	0 . 46 . 19	9	45	Female	0.9266	0 . 42 . 55	70.67
Rose Rowson *	0 . 52 . 43	8	51	Female	0.8638	0 . 45 . 32	66.61
Louise Gilchrist *	0 . 53 . 29	7	76	Female	0.5913	0 . 31 . 37	95.91

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 13, Middleton Moonraker 10K, 26th July 2009 - continued



## 10 Kilometre Age Grading Tables Used

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	0 . 39 . 28	9	41	Male	0.9380	0 . 37 . 01	72.53
Dave Emanuel	0 . 39 . 38	8	45	Male	0.9099	0 . 36 . 03	74.45
David Hall	0 . 40 . 30	7	49	Male	0.8817	0 . 35 . 42	75.19
Eamonn Nolan	0 . 41 . 51	6	46	Male	0.9028	0 . 37 . 46	71.07
Rob Kellett	0 . 42 . 40	5	42	Male	0.9310	0 . 39 . 43	67.59
Ged Navesey	0 . 43 . 25	4	43	Male	0.9240	0 . 40 . 07	66.93
Debbie Shaw	0 . 46 . 19	3	45	Female	0.9266	0 . 42 . 55	70.67
John Lambe	0 . 53 . 12	2	46	Male	0.9028	0 . 48 . 01	55.90

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Cassidy	0 . 38 . 49	9	51	Male	0.8676	0 . 33 . 40	79.73
Paul Whitehead	0 . 39 . 16	8	51	Male	0.8676	0 . 34 . 04	78.81
John Higgins	0 . 41 . 29	7	55	Male	0.8395	0 . 34 . 49	77.10
Chris Eavers	0 . 43 . 12	6	55	Male	0.8395	0 . 36 . 15	74.04
Jeff Cordwell	0 . 45 . 10	5	59	Male	0.8113	0 . 36 . 38	73.27
Dave Smith	0 . 45 . 25	4	54	Male	0.8465	0 . 38 . 26	69.84
Steve Shaw	0 . 45 . 35	3	52	Male	0.8606	0 . 39 . 13	68.44
Tony Kane	0 . 50 . 29	2	56	Male	0.8324	0 . 42 . 01	63.89
Steve Hayes	0 . 50 . 88	1	54	Male	0.8465	0 . 43 . 33	61.63
Rose Rowson *	0 . 52 . 43	1	51	Female	0.8638	0 . 45 . 32	66.61
Tony Hunking	0 . 53 . 13	1	55	Male	0.8395	0 . 44 . 40	60.10

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	0 . 42 . 55	9	65	Male	0.7691	0 . 33 . 00	81.35
George Meynell	0 . 46 . 47	8	64	Male	0.7761	0 . 36 . 18	73.95
Louise Gilchrist *	0 . 53 . 29	7	76	Female	0.5913	0 . 31 . 37	95.91

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 14, Sale 10, 2nd August 2009



10 Mile Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Carroll	1 . 00 . 19	9	38	Male	0.9690	0 . 58 . 26	75.97
Bernie Cassidy	1 . 02 . 59	8	51	Male	0.8732	0 . 54 . 59	80.73
Dave Emanuel	1 . 03 . 48	7	45	Male	0.9174	0 . 58 . 31	75.86
Barry Greaves	1 . 07 . 03	6	53	Male	0.8585	0 . 57 . 33	77.13
Rob Kellett	1 . 07 . 54	5	42	Male	0.9395	1 . 03 . 47	69.60
Chris Eavers	1 . 09 . 00	4	55	Male	0.8438	0 . 58 . 13	76.26

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Hulme	1 . 02 . 16	9	29	Male	1.0000	1 . 02 . 15	71.31
Carole Madden	1 . 08 . 47	8	49	Female	0.8856	1 . 00 . 54	81.59
Eamonn Nolan	1 . 09 . 25	7	46	Male	0.9100	1 . 03 . 10	70.29
Bruce Whittam	1 . 10 . 14	6	46	Male	0.9100	1 . 03 . 54	69.47
Dean Burgess	1 . 19 . 07	5	44	Male	0.9248	1 . 13 . 10	60.68

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Smith	1 . 12 . 40	9	54	Male	0.8511	1 . 01 . 50	71.79
Lewis Shaw	1 . 13 . 18	8	41	Male	0.9469	1 . 09 . 24	63.97
George Meynell	1 . 16 . 25	7	64	Male	0.7775	0 . 59 . 24	74.73
Shane Reading	1 . 19 . 26	6	35	Male	0.9877	1 . 18 . 27	56.59
Tony Kane	1 . 22 . 16	5	56	Male	0.8364	1 . 08 . 48	64.53

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Tony Hunking	1 . 28 . 31	9	55	Male	0.8438	1 . 14 . 41	59.45

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Carole Madden	1 . 08 . 47	9	49	Female	0.8856	1 . 00 . 54	81.59

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Emanuel	1 . 03 . 48	9	45	Male	0.9174	0 . 58 . 31	75.86
Rob Kellett	1 . 07 . 54	8	42	Male	0.9395	1 . 03 . 47	69.60
Carole Madden	1 . 08 . 47	7	49	Female	0.8856	1 . 00 . 54	81.59
Eamonn Nolan	1 . 09 . 25	6	46	Male	0.9100	1 . 03 . 10	70.29
Bruce Whittam	1 . 10 . 14	5	46	Male	0.9100	1 . 03 . 54	69.47
Lewis Shaw	1 . 13 . 18	4	41	Male	0.9469	1 . 09 . 24	63.97
Dean Burgess	1 . 19 . 07	3	44	Male	0.9248	1 . 13 . 10	60.68

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Cassidy	1 . 02 . 59	9	51	Male	0.8732	0 . 54 . 59	80.73
Barry Greaves	1 . 07 . 03	8	53	Male	0.8585	0 . 57 . 33	77.13
Chris Eavers	1 . 09 . 00	7	55	Male	0.8438	0 . 58 . 13	76.26
Dave Smith	1 . 12 . 40	6	54	Male	0.8511	1 . 01 . 50	71.79
Tony Kane	1 . 22 . 16	5	56	Male	0.8364	1 . 08 . 48	64.53
Tony Hunking	1 . 28 . 31	4	55	Male	0.8438	1 . 14 . 41	59.45

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

\* Denotes 2nd claim RRR member

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 14, Sale 10, 2nd August 2009 - continued



10 Mile Age Grading Tables Used

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
George Meynell	1 . 16 . 25	9	64	Male	0.7775	0 . 59 . 24	74.73

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 15, Saddleworth 6, 12th August 2009



Modified 10K Age Grading Tables Used (Saddleworth 6)

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Owen Flage *	0 . 35 . 38	9	36	Male	0.9729	0 . 34 . 40	75.11
Dave Kershaw	0 . 36 . 41	8	38	Male	0.9592	0 . 35 . 11	74.01
Bernie Cassidy	0 . 37 . 12	7	51	Male	0.8676	0 . 32 . 16	80.68
Bernie Goodwin	0 . 38 . 02	6	41	Male	0.9380	0 . 35 . 40	72.99
Barry Greaves	0 . 38 . 39	5	53	Male	0.8536	0 . 32 . 59	78.93
Colin Green	0 . 38 . 55	4	38	Male	0.9592	0 . 37 . 19	69.76
Bryan Lawton	0 . 39 . 05	3	43	Male	0.9240	0 . 36 . 06	72.11
Chris Eavers	0 . 41 . 07	2	55	Male	0.8395	0 . 34 . 31	75.44
James Trollope	0 . 41 . 12	1	31	Male	0.9952	0 . 41 . 00	63.51

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Hulme	0 . 36 . 35	9	29	Male	0.9991	0 . 36 . 33	71.24
Bruce Whittam	0 . 40 . 00	8	46	Male	0.9028	0 . 36 . 06	72.11
Eamonn Nolan	0 . 40 . 05	7	46	Male	0.9028	0 . 36 . 11	71.96
David Hall	0 . 40 . 13	6	49	Male	0.8817	0 . 35 . 27	73.44
Ged Navesey	0 . 44 . 22	5	43	Male	0.9240	0 . 40 . 59	63.52

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jamie Holdaway	0 . 42 . 58	9	33	Male	0.9885	0 . 42 . 28	61.31
Jeff Cordwell	0 . 43 . 03	8	59	Male	0.8113	0 . 34 . 55	74.56
Dave Smith	0 . 43 . 20	7	54	Male	0.8465	0 . 36 . 40	70.99
John Sweeney	0 . 44 . 49	6	35	Male	0.9788	0 . 43 . 51	59.36
Mark Kelly	0 . 45 . 21	5	34	Male	0.9840	0 . 44 . 37	58.35
Shane Reading	0 . 46 . 22	4	35	Male	0.9788	0 . 45 . 23	57.38
Tony Kane	0 . 47 . 40	3	56	Male	0.8324	0 . 39 . 40	65.63
Kate Instone	0 . 47 . 58	2	27	Female	1.0000	0 . 47 . 58	61.33
Matthew Newall	0 . 47 . 59	1	29	Male	0.9991	0 . 47 . 56	54.32
Teresa Hollins *	0 . 48 . 28	1	55	Female	0.8202	0 . 39 . 45	74.01
Steve Hayes	0 . 48 . 33	1	54	Male	0.8465	0 . 41 . 05	63.36
Rose Rowson *	0 . 49 . 58	1	51	Female	0.8638	0 . 43 . 09	68.16
Trevor Grundy	0 . 50 . 48	1	66	Male	0.7620	0 . 38 . 42	67.27

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Lambe	0 . 49 . 00	9	46	Male	0.9028	0 . 44 . 14	58.86
Tony Hunking	0 . 49 . 37	8	55	Male	0.8395	0 . 41 . 39	62.52
Louise Gilchrist *	0 . 50 . 32	7	76	Female	0.5913	0 . 29 . 52	98.46
Kay Fitton	1 . 02 . 44	6	43	Female	0.9438	0 . 59 . 12	49.69
June Allingan	1 . 02 . 57	5	66	Female	0.7003	0 . 44 . 05	66.74
Alan Marshall	1 . 03 . 00	4	56	Male	0.8324	0 . 52 . 26	49.66
Brian Hurst	1 . 20 . 21	3	70	Male	0.7319	0 . 58 . 48	44.28

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

\* Denotes 2nd claim RRR member

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 15, Saddleworth 6, 12th August 2009 - continued



Modified 10K Age Grading Tables Used (Saddleworth 6)

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Kate Instone	0 . 47 . 58	9	27	Female	1.0000	0 . 47 . 58	61.33
Teresa Hollins *	0 . 48 . 28	8	55	Female	0.8202	0 . 39 . 45	74.01
Rose Rowson *	0 . 49 . 58	7	51	Female	0.8638	0 . 43 . 09	68.16
Louise Gilchrist *	0 . 50 . 32	6	76	Female	0.5913	0 . 29 . 52	98.46
Kay Fitton	1 . 02 . 44	5	43	Female	0.9438	0 . 59 . 12	49.69
June Allingan	1 . 02 . 57	4	66	Female	0.7003	0 . 44 . 05	66.74

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	0 . 38 . 02	9	41	Male	0.9380	0 . 35 . 40	72.99
Bryan Lawton	0 . 39 . 05	8	43	Male	0.9240	0 . 36 . 06	72.11
Bruce Whittam	0 . 40 . 00	7	46	Male	0.9028	0 . 36 . 06	72.11
Eamonn Nolan	0 . 40 . 05	6	46	Male	0.9028	0 . 36 . 11	71.96
David Hall	0 . 40 . 13	5	49	Male	0.8817	0 . 35 . 27	73.44
Ged Navesey	0 . 44 . 22	4	43	Male	0.9240	0 . 40 . 59	63.52
John Lambe	0 . 49 . 00	3	46	Male	0.9028	0 . 44 . 14	58.86
Kay Fitton	1 . 02 . 44	2	43	Female	0.9438	0 . 59 . 12	49.69

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Cassidy	0 . 37 . 12	9	51	Male	0.8676	0 . 32 . 16	80.68
Barry Greaves	0 . 38 . 39	8	53	Male	0.8536	0 . 32 . 59	78.93
Chris Eavers	0 . 41 . 07	7	55	Male	0.8395	0 . 34 . 31	75.44
Jeff Cordwell	0 . 43 . 03	6	59	Male	0.8113	0 . 34 . 55	74.56
Dave Smith	0 . 43 . 20	5	54	Male	0.8465	0 . 36 . 40	70.99
Tony Kane	0 . 47 . 40	4	56	Male	0.8324	0 . 39 . 40	65.63
Teresa Hollins *	0 . 48 . 28	3	55	Female	0.8202	0 . 39 . 45	74.01
Steve Hayes	0 . 48 . 33	2	54	Male	0.8465	0 . 41 . 05	63.36
Tony Hunking	0 . 49 . 37	1	55	Male	0.8395	0 . 41 . 39	62.52
Rose Rowson *	0 . 49 . 58	1	51	Female	0.8638	0 . 43 . 09	68.16
Alan Marshall	1 . 03 . 00	1	56	Male	0.8324	0 . 52 . 26	49.66

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Louise Gilchrist *	0 . 50 . 32	9	76	Female	0.5913	0 . 29 . 52	98.46
Trevor Grundy	0 . 50 . 48	8	66	Male	0.7620	0 . 38 . 42	67.27
June Allingan	1 . 02 . 57	7	66	Female	0.7003	0 . 44 . 05	66.74
Brian Hurst	1 . 20 . 21	6	70	Male	0.7319	0 . 58 . 48	44.28

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 16, Ron Hill 5K, 24th September 2009



5 Kilometre Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Carroll	0 . 18 . 19	9	38	Male	0.9592	0 . 17 . 34	73.42
Dave Kershaw	0 . 18 . 20	8	38	Male	0.9592	0 . 17 . 35	73.36
Bernie Goodwin	0 . 18 . 49	7	41	Male	0.9380	0 . 17 . 39	73.09
Bernie Cassidy	0 . 19 . 07	6	51	Male	0.8676	0 . 16 . 35	77.78
Michael Harrison	0 . 19 . 36	5	30	Male	0.9975	0 . 19 . 33	65.98
Dave Emanuel	0 . 19 . 38	4	45	Male	0.9099	0 . 17 . 51	72.21
Colin Green	0 . 19 . 43	3	39	Male	0.9521	0 . 18 . 46	68.72
Bryan Lawton	0 . 19 . 45	2	43	Male	0.9240	0 . 18 . 14	70.69
Chris Eavers	0 . 20 . 51	1	55	Male	0.8395	0 . 17 . 30	73.70
James Trollope	0 . 21 . 04	1	32	Male	0.9922	0 . 20 . 54	61.72
Rob Kellett	0 . 21 . 18	1	42	Male	0.9310	0 . 19 . 49	65.05

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Paul Whitehead	0 . 19 . 03	9	51	Male	0.8676	0 . 16 . 31	78.05
Bruce Whittam	0 . 20 . 15	8	46	Male	0.9028	0 . 18 . 16	70.56
John Higgins	0 . 20 . 23	7	55	Male	0.8395	0 . 17 . 06	75.39
Eamonn Nolan	0 . 20 . 33	6	46	Male	0.9028	0 . 18 . 33	69.53
John Williamson	0 . 21 . 28	5	37	Male	0.9662	0 . 20 . 44	62.20
Debbie Shaw	0 . 22 . 40	4	45	Female	0.9266	0 . 21 . 00	70.47

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jamie Holdaway	0 . 22 . 03	9	34	Male	0.9840	0 . 21 . 41	59.45
Mark Kelly	0 . 22 . 04	8	34	Male	0.9840	0 . 21 . 42	59.41
John Sweeney	0 . 22 . 18	7	35	Male	0.9788	0 . 21 . 49	59.10
Shane Reading	0 . 23 . 04	6	36	Male	0.9729	0 . 22 . 26	57.48

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Valerie Kilburn	0 . 25 . 02	9	42	Female	0.9515	0 . 23 . 49	62.13
John Lambe	0 . 25 . 05	8	46	Male	0.9028	0 . 22 . 38	56.97
Ronnie Quinn	0 . 25 . 29	7	56	Male	0.8324	0 . 21 . 12	60.81
Tony Hunking	0 . 25 . 37	6	55	Male	0.8395	0 . 21 . 30	59.99
Neil Barker	0 . 27 . 07	5	46	Male	0.9028	0 . 24 . 28	52.69
Jenny Newell	0 . 32 . 05	4	32	Female	0.9974	0 . 31 . 59	46.25
Sarah Jane Stott	0 . 32 . 12	3	26	Female	1.0000	0 . 32 . 12	45.96

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Debbie Shaw	0 . 22 . 40	9	45	Female	0.9266	0 . 21 . 00	70.47
Valerie Kilburn	0 . 25 . 02	8	42	Female	0.9515	0 . 23 . 49	62.13
Jenny Newell	0 . 32 . 05	7	32	Female	0.9974	0 . 31 . 59	46.25
Sarah Jane Stott	0 . 32 . 12	6	26	Female	1.0000	0 . 32 . 12	45.96

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 16, Ron Hill 5K, 24th September 2009 - continued



## 5 Kilometre Age Grading Tables Used

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	0 . 18 . 49	9	41	Male	0.9380	0 . 17 . 39	73.09
Dave Emanuel	0 . 19 . 38	8	45	Male	0.9099	0 . 17 . 51	72.21
Bryan Lawton	0 . 19 . 45	7	43	Male	0.9240	0 . 18 . 14	70.69
Bruce Whittam	0 . 20 . 15	6	46	Male	0.9028	0 . 18 . 16	70.56
Eamonn Nolan	0 . 20 . 33	5	46	Male	0.9028	0 . 18 . 33	69.53
Rob Kellett	0 . 21 . 18	4	42	Male	0.9310	0 . 19 . 49	65.05
Debbie Shaw	0 . 22 . 40	3	45	Female	0.9266	0 . 21 . 00	70.47
Valerie Kilburn	0 . 25 . 02	2	42	Female	0.9515	0 . 23 . 49	62.13
John Lambe	0 . 25 . 05	1	46	Male	0.9028	0 . 22 . 38	56.97
Neil Barker	0 . 27 . 07	1	46	Male	0.9028	0 . 24 . 28	52.69

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Paul Whitehead	0 . 19 . 03	9	51	Male	0.8676	0 . 16 . 31	78.05
Bernie Cassidy	0 . 19 . 07	8	51	Male	0.8676	0 . 16 . 35	77.78
John Higgins	0 . 20 . 23	7	55	Male	0.8395	0 . 17 . 06	75.39
Chris Eavers	0 . 20 . 51	6	55	Male	0.8395	0 . 17 . 30	73.70
Ronnie Quinn	0 . 25 . 29	5	56	Male	0.8324	0 . 21 . 12	60.81
Tony Hunking	0 . 25 . 37	4	55	Male	0.8395	0 . 21 . 30	59.99

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
<b>No runners from the Over 60's took part</b>							

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 17, Holmfirth 15, 25th October 2009



Modified Half Marathon Age Grading Tables Used (Holmfirth 15)

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Emanuel	1 . 43 . 42	9	45	Male	0.9222	1 . 35 . 37	70.89
Bernie Cassidy	1 . 44 . 35	8	51	Male	0.8769	1 . 31 . 42	73.92
Bryan Lawton	1 . 46 . 19	7	43	Male	0.9373	1 . 39 . 39	68.03
Michael Harrison	1 . 47 . 08	6	30	Male	1.0000	1 . 47 . 07	63.28
James Trollope	1 . 49 . 54	5	32	Male	0.9998	1 . 49 . 52	61.70
Chris Eavers	1 . 51 . 22	4	55	Male	0.8467	1 . 34 . 17	71.89
Rob Kellett	1 . 54 . 52	3	42	Male	0.9448	1 . 48 . 31	62.46

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bruce Whittam	1 . 48 . 28	9	46	Male	0.9146	1 . 39 . 12	68.33
Debbie Shaw	1 . 59 . 44	8	45	Female	0.9133	1 . 49 . 21	68.95

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Teresa Hollins *	2 . 09 . 38	9	55	Female	0.8043	1 . 44 . 15	72.32
Tony Kane	2 . 14 . 16	8	56	Male	0.8392	1 . 52 . 40	60.16

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
<b>No runners from Group 3 took part</b>							

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Debbie Shaw	1 . 59 . 44	9	45	Female	0.9133	1 . 49 . 21	68.95
Teresa Hollins *	2 . 09 . 38	8	55	Female	0.8043	1 . 44 . 15	72.32

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Emanuel	1 . 43 . 42	9	45	Male	0.9222	1 . 35 . 37	70.89
Bryan Lawton	1 . 46 . 19	8	43	Male	0.9373	1 . 39 . 39	68.03
Bruce Whittam	1 . 48 . 28	7	46	Male	0.9146	1 . 39 . 12	68.33
Rob Kellett	1 . 54 . 52	6	42	Male	0.9448	1 . 48 . 31	62.46
Debbie Shaw	1 . 59 . 44	5	45	Female	0.9133	1 . 49 . 21	68.95

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Cassidy	1 . 44 . 35	9	51	Male	0.8769	1 . 31 . 42	73.92
Chris Eavers	1 . 51 . 22	8	55	Male	0.8467	1 . 34 . 17	71.89
Teresa Hollins *	2 . 09 . 38	7	55	Female	0.8043	1 . 44 . 15	72.32
Tony Kane	2 . 14 . 16	6	56	Male	0.8392	1 . 52 . 40	60.16

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
<b>No runners from the Over 60's took part</b>							

# Royton Road Runners - 2009 Road Race Championship

Group Results For Race 18, Derwentwater 10, 1st November 2009



10 Mile Age Grading Tables Used

Championship	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stuart Carroll	1 . 02 . 04	9	38	Male	0.9690	1 . 00 . 08	73.82
Bernie Goodwin	1 . 07 . 12	8	41	Male	0.9469	1 . 03 . 37	69.78
Bill Balmer	1 . 07 . 49	7	41	Male	0.9469	1 . 04 . 12	69.14
Dave Emanuel	1 . 07 . 55	6	45	Male	0.9174	1 . 02 . 18	71.26
Michael Harrison	1 . 08 . 26	5	30	Male	1.0000	1 . 08 . 26	64.88
Bryan Lawton	1 . 10 . 23	4	44	Male	0.9248	1 . 05 . 05	68.21
James Trollope	1 . 11 . 04	3	32	Male	0.9979	1 . 10 . 55	62.61
Barry Greaves	1 . 11 . 16	2	53	Male	0.8585	1 . 01 . 10	72.57
Chris Eavers	1 . 13 . 31	1	55	Male	0.8438	1 . 02 . 02	71.57
Rob Kellett	1 . 14 . 38	1	42	Male	0.9395	1 . 10 . 07	63.32

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bruce Whittam	1 . 08 . 56	9	46	Male	0.9100	1 . 02 . 43	70.78
John Higgins	1 . 09 . 03	8	56	Male	0.8364	0 . 57 . 45	76.88
Dave Phillips	1 . 14 . 44	7	65	Male	0.7701	0 . 57 . 33	77.15
Debbie Shaw	1 . 20 . 49	6	45	Female	0.9266	1 . 14 . 53	66.37

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Mark Kelly	1 . 18 . 08	9	34	Male	0.9921	1 . 17 . 30	57.28
Kate Instone	1 . 20 . 38	8	27	Female	1.0000	1 . 20 . 38	61.64
John Sweeney	1 . 21 . 08	7	35	Male	0.9877	1 . 20 . 08	55.41
Shane Reading	1 . 22 . 25	6	36	Male	0.9824	1 . 20 . 57	54.84
Tony Kane	1 . 24 . 04	5	56	Male	0.8364	1 . 10 . 18	63.15
Jeff Cordwell	1 . 24 . 06	4	59	Male	0.8143	1 . 08 . 28	64.83
Trevor Grundy	1 . 37 . 56	3	66	Male	0.7628	1 . 14 . 42	59.43

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Vicky Bramley	1 . 38 . 17	9	44	Female	0.9355	1 . 31 . 56	54.05
Neil Barker	1 . 39 . 20	8	46	Male	0.9100	1 . 30 . 23	49.12
Tony Hunking	1 . 40 . 18	7	56	Male	0.8364	1 . 23 . 53	52.93
Jenny Wood	1 . 40 . 29	6	52	Female	0.8529	1 . 25 . 42	57.99
Julie Greenwood	1 . 40 . 33	5	41	Female	0.9587	1 . 36 . 23	51.56

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Kate Instone	1 . 20 . 38	9	27	Female	1.0000	1 . 20 . 38	61.64
Debbie Shaw	1 . 20 . 49	8	45	Female	0.9266	1 . 14 . 53	66.37
Vicky Bramley	1 . 38 . 17	7	44	Female	0.9355	1 . 31 . 56	54.05
Jenny Wood	1 . 40 . 29	6	52	Female	0.8529	1 . 25 . 42	57.99
Julie Greenwood	1 . 40 . 33	5	41	Female	0.9587	1 . 36 . 23	51.56

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

\* Denotes 2nd claim RRR member

# Royton Road Runners - 2009 Road Race Championship

## Group Results For Race 18, Derwentwater 10, 1st November 2009 - continued



### 10 Mile Age Grading Tables Used

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	1 . 07 . 12	9	41	Male	0.9469	1 . 03 . 37	69.78
Bill Balmer	1 . 07 . 49	8	41	Male	0.9469	1 . 04 . 12	69.14
Dave Emanuel	1 . 07 . 55	7	45	Male	0.9174	1 . 02 . 18	71.26
Bruce Whittam	1 . 08 . 56	6	46	Male	0.9100	1 . 02 . 43	70.78
Bryan Lawton	1 . 10 . 23	5	44	Male	0.9248	1 . 05 . 05	68.21
Rob Kellett	1 . 14 . 38	4	42	Male	0.9395	1 . 10 . 07	63.32
Debbie Shaw	1 . 20 . 49	3	45	Female	0.9266	1 . 14 . 53	66.37
Vicky Bramley	1 . 38 . 17	2	44	Female	0.9355	1 . 31 . 56	54.05
Neil Barker	1 . 39 . 20	1	46	Male	0.9100	1 . 30 . 23	49.12
Julie Greenwood	1 . 40 . 33	1	41	Female	0.9587	1 . 36 . 23	51.56

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Higgins	1 . 09 . 03	9	56	Male	0.8364	0 . 57 . 45	76.88
Barry Greaves	1 . 11 . 16	8	53	Male	0.8585	1 . 01 . 10	72.57
Chris Eavers	1 . 13 . 31	7	55	Male	0.8438	1 . 02 . 02	71.57
Tony Kane	1 . 24 . 04	6	56	Male	0.8364	1 . 10 . 18	63.15
Jeff Cordwell	1 . 24 . 06	5	59	Male	0.8143	1 . 08 . 28	64.83
Tony Hunking	1 . 40 . 18	4	56	Male	0.8364	1 . 23 . 53	52.93
Jenny Wood	1 . 40 . 29	3	52	Female	0.8529	1 . 25 . 42	57.99

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	1 . 14 . 44	9	65	Male	0.7701	0 . 57 . 33	77.15
Trevor Grundy	1 . 37 . 56	8	66	Male	0.7628	1 . 14 . 42	59.43