

Royton Road Runners - 2010 Road Race Championship

Group Results For Race 7, Ian Casey Memorial 5K, 20th May 2010

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 . 07	18	39	Male	0.9521	0 . 17 . 14	74.79
Bill Balmer	0 . 18 . 59	17	42	Male	0.9310	0 . 17 . 40	72.99
Owen Flage *	0 . 19 . 05	16	37	Male	0.9662	0 . 18 . 26	69.96
Bernie Goodwin	0 . 19 . 12	15	42	Male	0.9310	0 . 17 . 52	72.17
Dave Emanuel	0 . 19 . 16	14	46	Male	0.9028	0 . 17 . 23	74.16
Michael Harrison	0 . 19 . 20	13	31	Male	0.9952	0 . 19 . 14	67.05
Bryan Lawton	0 . 19 . 30	12	44	Male	0.9169	0 . 17 . 52	72.15
Paul McHugh	0 . 19 . 35	11	31	Male	0.9952	0 . 19 . 29	66.19
James Trollope	0 . 19 . 36	10	32	Male	0.9922	0 . 19 . 26	66.33
Rob Kellett	0 . 19 . 50	9	43	Male	0.9240	0 . 18 . 19	70.39
Des Thorpe	0 . 19 . 58	8	45	Male	0.9099	0 . 18 . 10	71.01
Bruce Whittam	0 . 20 . 01	7	46	Male	0.9028	0 . 18 . 04	71.38
Chris Eavers	0 . 21 . 05	6	56	Male	0.8324	0 . 17 . 32	73.51
Barry Greaves	0 . 21 . 39	5	54	Male	0.8465	0 . 18 . 19	70.39

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Martin Kay	0 . 19 . 09	18	39	Male	0.9521	0 . 18 . 13	70.75
John Higgins	0 . 19 . 24	17	56	Male	0.8324	0 . 16 . 08	79.88
Carole Madden	0 . 19 . 49	16	49	Female	0.8856	0 . 17 . 32	84.33
Steve Shaw	0 . 20 . 54	15	53	Male	0.8536	0 . 17 . 50	72.31
Dave Phillips	0 . 21 . 10	14	66	Male	0.7620	0 . 16 . 07	79.98
Debbie Shaw	0 . 21 . 57	13	46	Female	0.9171	0 . 20 . 07	73.52
Jamie Holdaway	0 . 22 . 06	12	34	Male	0.9840	0 . 21 . 44	59.32
John Williamson	0 . 22 . 07	11	37	Male	0.9662	0 . 21 . 22	60.37
Jeff Cordwell	0 . 22 . 32	10	60	Male	0.8043	0 . 18 . 07	71.18
Dean Burgess	0 . 22 . 41	9	45	Male	0.9099	0 . 20 . 38	62.50
Shiela Waite *	0 . 23 . 28	8	46	Female	0.9171	0 . 21 . 31	68.77

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Mark Kelly	0 . 19 . 31	18	35	Male	0.9788	0 . 19 . 06	67.53
Shane Reading	0 . 22 . 08	17	36	Male	0.9729	0 . 21 . 32	59.91
Debbie Fiddling	0 . 22 . 14	16	45	Female	0.9266	0 . 20 . 36	71.84
Dave Smith	0 . 22 . 46	15	55	Male	0.8395	0 . 19 . 06	67.49
George Meynell	0 . 24 . 06	14	65	Male	0.7691	0 . 18 . 32	69.60
Teresa Hollins *	0 . 24 . 14	13	56	Female	0.8093	0 . 19 . 36	75.46
Helen Knight	0 . 24 . 26	12	39	Female	0.9713	0 . 23 . 43	62.36
Tony Hunking	0 . 25 . 50	11	56	Male	0.8324	0 . 21 . 30	59.99

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Ronnie Quinn	0 . 22 . 25	18	57	Male	0.8254	0 . 18 . 30	69.72
John Lambe	0 . 22 . 41	17	47	Male	0.8958	0 . 20 . 19	63.49
Valerie Kilburn	0 . 24 . 20	16	42	Female	0.9515	0 . 23 . 09	63.92
Jenny Newell	0 . 24 . 45	15	32	Female	0.9974	0 . 24 . 41	59.95
Julie Greenwood	0 . 26 . 21	14	41	Female	0.9587	0 . 25 . 15	58.59
Louise Gilchrist *	0 . 27 . 53	13	77	Female	0.5804	0 . 16 . 11	91.45
David Webb	0 . 28 . 33	12	25	Male	1.0000	0 . 28 . 33	45.18
Liz Phillips	0 . 28 . 51	11	32	Female	0.9974	0 . 28 . 46	51.43
Kay Fitton	0 . 29 . 52	10	44	Female	0.9355	0 . 27 . 56	52.97

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 - 2010 Road Race Championship

Group Results For Race 7, Ian Casey Memorial 5K, 20th May 2010 - continued

5 Kilometre Age Grading Tables Used

Group 3 - continued	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
June Allingan	0 . 30 . 05	9	66	Female	0.7003	0 . 21 . 04	70.25
Brian Hurst	0 . 42 . 35	8	71	Male	0.7230	0 . 30 . 47	41.90
Marilyn Guest	0 . 45 . 05	7	56	Female	0.8093	0 . 36 . 29	40.56

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Carole Madden	0 . 19 . 49	18	49	Female	0.8856	0 . 17 . 32	84.33
Debbie Shaw	0 . 21 . 57	17	46	Female	0.9171	0 . 20 . 07	73.52
Debbie Fiddling	0 . 22 . 14	16	45	Female	0.9266	0 . 20 . 36	71.84
Shiela Waite *	0 . 23 . 28	15	46	Female	0.9171	0 . 21 . 31	68.77
Teresa Hollins *	0 . 24 . 14	14	56	Female	0.8093	0 . 19 . 36	75.46
Valerie Kilburn	0 . 24 . 20	13	42	Female	0.9515	0 . 23 . 09	63.92
Helen Knight	0 . 24 . 26	12	39	Female	0.9713	0 . 23 . 43	62.36
Jenny Newell	0 . 24 . 45	11	32	Female	0.9974	0 . 24 . 41	59.95
Julie Greenwood	0 . 26 . 21	10	41	Female	0.9587	0 . 25 . 15	58.59
Louise Gilchrist *	0 . 27 . 53	9	77	Female	0.5804	0 . 16 . 11	91.45
Liz Phillips	0 . 28 . 51	8	32	Female	0.9974	0 . 28 . 46	51.43
Kay Fitton	0 . 29 . 52	7	44	Female	0.9355	0 . 27 . 56	52.97
June Allingan	0 . 30 . 05	6	66	Female	0.7003	0 . 21 . 04	70.25
Marilyn Guest	0 . 45 . 05	5	56	Female	0.8093	0 . 36 . 29	40.56

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bill Balmer	0 . 18 . 59	18	42	Male	0.9310	0 . 17 . 40	72.99
Bernie Goodwin	0 . 19 . 12	17	42	Male	0.9310	0 . 17 . 52	72.17
Dave Emanuel	0 . 19 . 16	16	46	Male	0.9028	0 . 17 . 23	74.16
Bryan Lawton	0 . 19 . 30	15	44	Male	0.9169	0 . 17 . 52	72.15
Carole Madden	0 . 19 . 49	14	49	Female	0.8856	0 . 17 . 32	84.33
Rob Kellett	0 . 19 . 50	13	43	Male	0.9240	0 . 18 . 19	70.39
Des Thorpe	0 . 19 . 58	12	45	Male	0.9099	0 . 18 . 10	71.01
Bruce Whittam	0 . 20 . 01	11	46	Male	0.9028	0 . 18 . 04	71.38
Debbie Shaw	0 . 21 . 57	10	46	Female	0.9171	0 . 20 . 07	73.52
Debbie Fiddling	0 . 22 . 14	9	45	Female	0.9266	0 . 20 . 36	71.84
Dean Burgess	0 . 22 . 41	8	45	Male	0.9099	0 . 20 . 38	62.50
John Lambe	0 . 22 . 41	7	47	Male	0.8958	0 . 20 . 19	63.49
Shiela Waite *	0 . 23 . 28	6	46	Female	0.9171	0 . 21 . 31	68.77
Valerie Kilburn	0 . 24 . 20	5	42	Female	0.9515	0 . 23 . 09	63.92
Julie Greenwood	0 . 26 . 21	4	41	Female	0.9587	0 . 25 . 15	58.59
Kay Fitton	0 . 29 . 52	3	44	Female	0.9355	0 . 27 . 56	52.97

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Higgins	0 . 19 . 24	18	56	Male	0.8324	0 . 16 . 08	79.88
Steve Shaw	0 . 20 . 54	17	53	Male	0.8536	0 . 17 . 50	72.31
Chris Eavers	0 . 21 . 05	16	56	Male	0.8324	0 . 17 . 32	73.51
Barry Greaves	0 . 21 . 39	15	54	Male	0.8465	0 . 18 . 19	70.39
Ronnie Quinn	0 . 22 . 25	14	57	Male	0.8254	0 . 18 . 30	69.72
Jeff Cordwell	0 . 22 . 32	13	60	Male	0.8043	0 . 18 . 07	71.18
Dave Smith	0 . 22 . 46	12	55	Male	0.8395	0 . 19 . 06	67.49
Teresa Hollins *	0 . 24 . 14	11	56	Female	0.8093	0 . 19 . 36	75.46
Tony Hunking	0 . 25 . 50	10	56	Male	0.8324	0 . 21 . 30	59.99

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 - 2010 Road Race Championship

Group Results For Race 7, Ian Casey Memorial 5K, 20th May 2010 - continued

5 Kilometre Age Grading Tables Used

Over 50's - continued	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Marilyn Guest	0 . 45 . 05	9	56	Female	0.8093	0 . 36 . 29	40.56

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	0 . 21 . 10	18	66	Male	0.7620	0 . 16 . 07	79.98
George Meynell	0 . 24 . 06	17	65	Male	0.7691	0 . 18 . 32	69.60
Louise Gilchrist *	0 . 27 . 53	16	77	Female	0.5804	0 . 16 . 11	91.45
June Allingan	0 . 30 . 05	15	66	Female	0.7003	0 . 21 . 04	70.25
Brian Hurst	0 . 42 . 35	14	71	Male	0.7230	0 . 30 . 47	41.90