

# Royton Road Runners - 2010 Road Race Championship

Group Results For Race 11, Middleton Moonraker 10K, 25th July 2010

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 . 37 . 42	18	37	Male	0.9662	0 . 36 . 25	73.71
Bernie Goodwin	0 . 39 . 42	17	42	Male	0.9310	0 . 36 . 57	72.64
Dave Emanuel	0 . 39 . 56	16	46	Male	0.9028	0 . 36 . 03	74.48
Bill Balmer	0 . 40 . 16	15	42	Male	0.9310	0 . 37 . 29	71.62
Richard Fiddling	0 . 40 . 28	14	41	Male	0.9380	0 . 37 . 57	70.74
Paul McHugh	0 . 41 . 12	13	31	Male	0.9952	0 . 41 . 00	65.48
Rob Kellett	0 . 41 . 19	12	43	Male	0.9240	0 . 38 . 10	70.33
James Trollope	0 . 42 . 07	11	32	Male	0.9922	0 . 41 . 47	64.25
Michael Harrison	0 . 42 . 47	10	31	Male	0.9952	0 . 42 . 34	63.06
Chris Eavers	0 . 42 . 57	9	56	Male	0.8324	0 . 35 . 45	75.10

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Carole Madden	0 . 41 . 10	18	50	Female	0.8747	0 . 36 . 00	84.23
Eamonn Nolan	0 . 41 . 19	17	47	Male	0.8958	0 . 37 . 00	72.55
John Higgins	0 . 41 . 44	16	56	Male	0.8324	0 . 34 . 44	77.29
Dave Phillips	0 . 43 . 41	15	66	Male	0.7620	0 . 33 . 17	80.66
Russell Ingham	0 . 44 . 27	14	36	Male	0.9729	0 . 43 . 14	62.09
Steve Shaw	0 . 44 . 43	13	53	Male	0.8536	0 . 38 . 10	70.34
Debbie Shaw	0 . 45 . 17	12	46	Female	0.9171	0 . 41 . 31	73.03
Elliot Stone	0 . 45 . 30	11	38	Male	0.9592	0 . 43 . 38	61.52
Dave Freer	0 . 47 . 40	10	40	Male	0.9451	0 . 45 . 02	59.60
Shiela Waite *	0 . 48 . 14	9	46	Female	0.9171	0 . 44 . 14	68.57

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Mark Kelly	0 . 39 . 31	18	35	Male	0.9788	0 . 38 . 40	69.42
Dave Smith	0 . 44 . 51	17	55	Male	0.8395	0 . 37 . 39	71.31
Debbie Fiddling	0 . 46 . 10	16	45	Female	0.9266	0 . 42 . 46	70.90
George Meynell	0 . 47 . 55	15	65	Male	0.7691	0 . 36 . 51	72.86
Teresa Hollins *	0 . 49 . 40	14	56	Female	0.8093	0 . 40 . 11	75.46
David Ellis	0 . 50 . 08	13	33	Male	0.9885	0 . 49 . 33	54.18
Trevor Grundy	1 . 00 . 10	12	67	Male	0.7550	0 . 45 . 25	59.11

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Ronnie Quinn	0 . 46 . 06	18	57	Male	0.8254	0 . 38 . 03	70.56
Rose Rowson *	0 . 49 . 51	17	52	Female	0.8529	0 . 42 . 31	71.34
John Lambe	0 . 50 . 07	16	47	Male	0.8958	0 . 44 . 53	59.81
Valerie Kilburn	0 . 52 . 56	15	42	Female	0.9515	0 . 50 . 21	60.22
Liz Phillips	1 . 00 . 10	14	32	Female	0.9974	1 . 00 . 00	50.54
Kay Fitton	1 . 03 . 10	13	44	Female	0.9355	0 . 59 . 05	51.33
Eileen Ingham	1 . 03 . 10	12	60	Female	0.7657	0 . 48 . 22	62.71

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Carole Madden	0 . 41 . 10	18	50	Female	0.8747	0 . 36 . 00	84.23
Debbie Shaw	0 . 45 . 17	17	46	Female	0.9171	0 . 41 . 31	73.03
Debbie Fiddling	0 . 46 . 10	16	45	Female	0.9266	0 . 42 . 46	70.90
Shiela Waite *	0 . 48 . 14	15	46	Female	0.9171	0 . 44 . 14	68.57
Teresa Hollins *	0 . 49 . 40	14	56	Female	0.8093	0 . 40 . 11	75.46

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 11, Middleton Moonraker 10K, 25th July 2010 - continued

### 10 Kilometre Age Grading Tables Used

Ladies - continued	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Rose Rowson *	0 . 49 . 51	13	52	Female	0.8529	0 . 42 . 31	71.34
Valerie Kilburn	0 . 52 . 56	12	42	Female	0.9515	0 . 50 . 21	60.22
Liz Phillips	1 . 00 . 10	11	32	Female	0.9974	1 . 00 . 00	50.54
Kay Fitton	1 . 03 . 10	10	44	Female	0.9355	0 . 59 . 05	51.33
Eileen Ingham	1 . 03 . 10	9	60	Female	0.7657	0 . 48 . 22	62.71

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	0 . 39 . 42	18	42	Male	0.9310	0 . 36 . 57	72.64
Dave Emanuel	0 . 39 . 56	17	46	Male	0.9028	0 . 36 . 03	74.48
Bill Balmer	0 . 40 . 16	16	42	Male	0.9310	0 . 37 . 29	71.62
Richard Fiddling	0 . 40 . 28	15	41	Male	0.9380	0 . 37 . 57	70.74
Carole Madden	0 . 41 . 10	14	50	Female	0.8747	0 . 36 . 00	84.23
Rob Kellett	0 . 41 . 19	13	43	Male	0.9240	0 . 38 . 10	70.33
Eamonn Nolan	0 . 41 . 19	12	47	Male	0.8958	0 . 37 . 00	72.55
Debbie Shaw	0 . 45 . 17	11	46	Female	0.9171	0 . 41 . 31	73.03
Debbie Fiddling	0 . 46 . 10	10	45	Female	0.9266	0 . 42 . 46	70.90
Dave Freer	0 . 47 . 40	9	40	Male	0.9451	0 . 45 . 02	59.60
Shiela Waite *	0 . 48 . 14	8	46	Female	0.9171	0 . 44 . 14	68.57
John Lambe	0 . 50 . 07	7	47	Male	0.8958	0 . 44 . 53	59.81
Valerie Kilburn	0 . 52 . 56	6	42	Female	0.9515	0 . 50 . 21	60.22
Kay Fitton	1 . 03 . 10	5	44	Female	0.9355	0 . 59 . 05	51.33

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Higgins	0 . 41 . 44	18	56	Male	0.8324	0 . 34 . 44	77.29
Chris Eavers	0 . 42 . 57	17	56	Male	0.8324	0 . 35 . 45	75.10
Steve Shaw	0 . 44 . 43	16	53	Male	0.8536	0 . 38 . 10	70.34
Dave Smith	0 . 44 . 51	15	55	Male	0.8395	0 . 37 . 39	71.31
Ronnie Quinn	0 . 46 . 06	14	57	Male	0.8254	0 . 38 . 03	70.56
Teresa Hollins *	0 . 49 . 40	13	56	Female	0.8093	0 . 40 . 11	75.46
Rose Rowson *	0 . 49 . 51	12	52	Female	0.8529	0 . 42 . 31	71.34
Eileen Ingham	1 . 03 . 10	11	60	Female	0.7657	0 . 48 . 22	62.71

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	0 . 43 . 41	18	66	Male	0.7620	0 . 33 . 17	80.66
George Meynell	0 . 47 . 55	17	65	Male	0.7691	0 . 36 . 51	72.86
Trevor Grundy	1 . 00 . 10	16	67	Male	0.7550	0 . 45 . 25	59.11