

Royton Road Runners - 2009 Road Race Championship

Group Results For Race 4, Vera Hirst 5K, 24th March 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 . 01	9	39	Male	0.9521	0 . 17 . 09	75.20
Owen Flage *	0 . 18 . 41	8	37	Male	0.9662	0 . 18 . 03	71.46
Bernie Goodwin	0 . 18 . 45	7	42	Male	0.9310	0 . 17 . 27	73.90
Bill Balmer	0 . 19 . 26	6	42	Male	0.9310	0 . 18 . 05	71.30
Richard Fiddling	0 . 19 . 35	5	41	Male	0.9380	0 . 18 . 22	70.23
Dave Emanuel	0 . 19 . 40	4	46	Male	0.9028	0 . 17 . 45	72.66
Rob Kellett	0 . 20 . 52	3	43	Male	0.9240	0 . 19 . 16	66.91

Group 1	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Higgins	0 . 19 . 38	9	56	Male	0.8324	0 . 16 . 20	78.93
Eamonn Nolan	0 . 20 . 15	8	47	Male	0.8958	0 . 18 . 08	71.11
Dave Phillips	0 . 20 . 58	7	66	Male	0.7620	0 . 15 . 58	80.74
Steve Shaw	0 . 21 . 37	6	52	Male	0.8606	0 . 18 . 36	69.34
Jamie Holdaway	0 . 21 . 52	5	34	Male	0.9840	0 . 21 . 31	59.95
Debbie Shaw	0 . 22 . 53	4	46	Female	0.9171	0 . 20 . 59	70.52
Dave Freer	0 . 24 . 20	3	40	Male	0.9451	0 . 22 . 59	56.09

Group 2	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Mark Kelly	0 . 20 . 32	9	35	Male	0.9788	0 . 20 . 05	64.19
Shane Reading	0 . 22 . 55	8	36	Male	0.9729	0 . 22 . 17	57.86
Debbie Fiddling	0 . 23 . 06	7	44	Female	0.9355	0 . 21 . 36	68.49
Steve Hayes	0 . 24 . 54	6	54	Male	0.8465	0 . 21 . 04	61.20
Tony Kane	0 . 25 . 17	5	57	Male	0.8254	0 . 20 . 52	61.81

Group 3	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Ronnie Quinn	0 . 23 . 17	9	57	Male	0.8254	0 . 19 . 13	67.12
John Lambe	0 . 24 . 02	8	47	Male	0.8958	0 . 21 . 31	59.92
Rose Rowson *	0 . 24 . 05	7	52	Female	0.8529	0 . 20 . 32	72.05
June Allingan	0 . 30 . 31	6	66	Female	0.7003	0 . 21 . 22	69.25
Marilyn Guest	0 . 31 . 56	5	56	Female	0.8093	0 . 25 . 50	57.27

Ladies	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Debbie Shaw	0 . 22 . 53	9	46	Female	0.9171	0 . 20 . 59	70.52
Debbie Fiddling	0 . 23 . 06	8	44	Female	0.9355	0 . 21 . 36	68.49
Rose Rowson *	0 . 24 . 05	7	52	Female	0.8529	0 . 20 . 32	72.05
June Allingan	0 . 30 . 31	6	66	Female	0.7003	0 . 21 . 22	69.25
Marilyn Guest	0 . 31 . 56	5	56	Female	0.8093	0 . 25 . 50	57.27

Over 40's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Bernie Goodwin	0 . 18 . 45	9	42	Male	0.9310	0 . 17 . 27	73.90
Bill Balmer	0 . 19 . 26	8	42	Male	0.9310	0 . 18 . 05	71.30
Richard Fiddling	0 . 19 . 35	7	41	Male	0.9380	0 . 18 . 22	70.23
Dave Emanuel	0 . 19 . 40	6	46	Male	0.9028	0 . 17 . 45	72.66
Eamonn Nolan	0 . 20 . 15	5	47	Male	0.8958	0 . 18 . 08	71.11
Rob Kellett	0 . 20 . 52	4	43	Male	0.9240	0 . 19 . 16	66.91
Debbie Shaw	0 . 22 . 53	3	46	Female	0.9171	0 . 20 . 59	70.52

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

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Group Results For Race 4, Vera Hirst 5K, 24th March 2010 - continued

5 Kilometre Age Grading Tables Used

Over 40's continued	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Debbie Fiddling	0 . 23 . 06	2	44	Female	0.9355	0 . 21 . 36	68.49
John Lambe	0 . 24 . 02	1	47	Male	0.8958	0 . 21 . 31	59.92
Dave Freer	0 . 24 . 20	1	40	Male	0.9451	0 . 22 . 59	56.09

Over 50's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Higgins	0 . 19 . 38	9	56	Male	0.8324	0 . 16 . 20	78.93
Steve Shaw	0 . 21 . 37	8	52	Male	0.8606	0 . 18 . 36	69.34
Ronnie Quinn	0 . 23 . 17	7	57	Male	0.8254	0 . 19 . 13	67.12
Rose Rowson *	0 . 24 . 05	6	52	Female	0.8529	0 . 20 . 32	72.05
Steve Hayes	0 . 24 . 54	5	54	Male	0.8465	0 . 21 . 04	61.20
Tony Kane	0 . 25 . 17	4	57	Male	0.8254	0 . 20 . 52	61.81
Marilyn Guest	0 . 31 . 56	3	56	Female	0.8093	0 . 25 . 50	57.27

Over 60's	Race Time	Points	Age On Day Of Race	Gender	Age Adjusting Factor	Time After Age Adjustment	% Performance
Dave Phillips	0 . 20 . 58	9	66	Male	0.7620	0 . 15 . 58	80.74
June Allingan	0 . 30 . 31	8	66	Female	0.7003	0 . 21 . 22	69.25