

Rochdale Harriers A.C. - 2016 Road Race Championship - Group Tables

Mens		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
1	Richard Stirzaker	5		32		32	32	32			29	157
2	Ian Douglas	5	32	27	29		29	29				146
3	Paul Wolstenhulme	5	29		25				32	29	27	142
4	John Mayall	5	28	22			27		29	32		138
5	Alex Frost	5		25	27	28	28			28		136
6	Matthew Jones	6	27	21	24				28	27	25	131
7	Daniel Bennett	4		29	32	29					32	122
8	Ian Connolly	4		20		27				26	23	96
9	Craig Sykes	3			28			28			28	84
10	Mike Winstanley	3		19	23		26					68
11	Ian Aitchison	2		23	26							49
12	Matt Jackson	1		28								28
13=	Mark Walker	1		26								26
13=	Simon Bytheway	1									26	26
15=	Ian Stainthorpe	1		24								24
15=	Mark Catherall	1									24	24
17	John Purdy	1		18								18
18												
19												
20												
21												
22												
23												
24												

Ladies		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
1	Anna Blomfield	8	29	32	32	32	32		32	32	32	160
2	Stephanie Harrison	6	26	26	29		29	32	29			145
3	Laura Fitton	5		25			27		28	28	27	135
4	Julia Moore	3			28					29	28	85
5	Jill Butterworth	3		27			28				29	84
6	Ann-Marie McGilvray	2	28	29								57
7	Kay Welsby	1	32									32
8	Catherine Unwin	1				29						29
9	Jan Needham	1		28								28
10=	Corina Haynes	1	27									27
10=	Michelle Kight	1								27		27
12	Caroline Fortnum	1	25									25
13	Nicola Smith	1		24								24
14												
15												
16												

Rochdale Harriers A.C. - 2016 Road Race Championship - Group Tables

Male Vet 40		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
1												
2												
3												
4												

Male Vet 45		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
1	Alex Frost	5		28	28	29	32			32		149
2	Daniel Bennett	4		32	32	32					32	128
3	Craig Sykes	3			29			32			29	90
4	Mark Walker	1		29								29
5	Simon Bytheway	1									28	28

Male Vet 50		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
1	John Mayall	5	32	29			32		32	32		157
2	Ian Connolly	4		28		32				29	32	121
3	Ian Stainthorpe	1		32								32
4	John Purdy	1		27								27

Male Vet 55		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
1	Ian Aitchison	2		32	32							64
2												
3												
4												

Male Vet 60+		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
1	Mike Winstanley	3		32	32		32					96
2	Mark Catherall	1									32	32
3												
4												
5												

Rochdale Harriers A.C. - 2016 Road Race Championship - Group Tables

Female Vet 40		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
1	Jill Butterworth	3		32			32				32	96
2	Caroline Fortnum	1	32									32
3	Nicola Smith	1		29								29
4												

Female Vet 45		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
1												
2												
3												
4												

Female Vet 50		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
1	Anna Blomfield	8	32	32	32	32	32		32	32	32	160
2	Julia Moore	3			29					29	29	87
3	Ann-Marie McGilvray	2	29	29								58
4	Catherine Unwin	1				29						29
5	Corina Haynes	1	28									28

Female Vet 55		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
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Female Vet 60+		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
1=	Jan Needham	1		32								32
2												
3												
4												

Rochdale Harriers A.C. - 2016 Road Race Championship - Group Tables

Under 23 Male		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
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Under 23 Female		No. Of Races Completed	Trafford 10K	Harriers Heroes Cowm 5K	Todmorden Park 5K	Windmill Half Marathon	Sale Sizzler 5K	Blackpool Airshow 10K	Jack & Roy Middleton 10K	Rochdale Half Marathon	Littleborough 10K	Total (Best 5 Races To Count)
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Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 1, Trafford 10K, 13th March 2016

10 Kilometre Age Grading Tables Used

Mens	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Ian Douglas	0 . 37 . 46	32	39	0.9521	0 . 35 . 57	74.67
Paul Wolstenhulme	0 . 41 . 05	29	38	0.9592	0 . 39 . 24	68.13
John Mayall	0 . 41 . 35	28	53	0.8536	0 . 35 . 29	75.64
Matthew Jones	0 . 48 . 06	27	37	0.9662	0 . 46 . 28	57.77
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Ladies	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Kay Welsby	0 . 41 . 16	32	33	0.9957	0 . 41 . 05	73.81
Anna Blomfield	0 . 43 . 30	29	54	0.8392	0 . 36 . 30	83.08
Ann-Marie McGilvray	0 . 44 . 55	28	50	0.8828	0 . 39 . 39	76.49
Corina Haynes	0 . 49 . 07	27	54	0.8392	0 . 41 . 13	73.58
Stephanie Harrison	0 . 51 . 57	26	30	0.9997	0 . 51 . 56	58.40
Caroline Fortnum	0 . 53 . 03	25	42	0.9551	0 . 50 . 40	59.86
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Male Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Mayall	0 . 41 . 35	32	53	0.8536	0 . 35 . 29	75.64
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Male Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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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 & 60 to 69.99% = Local Class

* Denotes 2nd claim RHAC member

Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 1, Trafford 10K, 13th March 2016 - continued

10 Kilometre Age Grading Tables Used

Female Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Caroline Fortnum	0 . 53 . 03	32	42	0.9551	0 . 50 . 40	59.86
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Female Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	0 . 43 . 30	32	54	0.8392	0 . 36 . 30	83.08
Ann-Marie McGilvray	0 . 44 . 55	29	50	0.8828	0 . 39 . 39	76.49
Corina Haynes	0 . 49 . 07	28	54	0.8392	0 . 41 . 13	73.58

Female Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Male	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Female	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 2, Harriers Heroes Cowm 5K, 27th April 2016

5 Kilometre Age Grading Tables Used

Mens	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Richard Stirzaker	0 . 17 . 26	32	28	0.9999	0 . 17 . 25	74.00
Daniel Bennett	0 . 17 . 27	29	47	0.8958	0 . 15 . 37	82.52
Matt Jackson	0 . 17 . 50	28	33	0.9885	0 . 17 . 37	73.18
Ian Douglas	0 . 18 . 19	27	39	0.9521	0 . 17 . 26	73.97
Mark Walker	0 . 19 . 24	26	49	0.8817	0 . 17 . 06	75.42
Alex Frost	0 . 20 . 13	25	48	0.8888	0 . 17 . 58	71.79
Ian Stainthorpe	0 . 20 . 21	24	54	0.8465	0 . 17 . 13	74.89
Ian Aitchison	0 . 20 . 35	23	60	0.8043	0 . 16 . 33	77.92
John Mayall	0 . 20 . 46	22	53	0.8536	0 . 17 . 43	72.77
Matthew Jones	0 . 23 . 03	21	37	0.9662	0 . 22 . 16	57.92
Ian Connolly	0 . 23 . 50	20	53	0.8536	0 . 20 . 20	63.41
Mike Winstanley	0 . 24 . 14	19	68	0.7479	0 . 18 . 07	71.18
John Purdy	0 . 26 . 06	18	51	0.8676	0 . 22 . 38	56.97

Ladies	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	0 . 21 . 43	32	54	0.8392	0 . 18 . 13	81.21
Ann-Marie McGilvray	0 . 22 . 16	29	50	0.8828	0 . 19 . 39	75.29
Jan Needham	0 . 23 . 01	28	63	0.7411	0 . 17 . 03	86.76
Jill Butterworth	0 . 24 . 06	27	43	0.9479	0 . 22 . 50	64.79
Stephanie Harrison	0 . 24 . 30	26	30	0.9997	0 . 24 . 29	60.43
Laura Fitton	0 . 28 . 31	25	26	1.0000	0 . 28 . 30	51.90
Nicola Smith	0 . 28 . 46	24	41	0.9617	0 . 27 . 39	53.50

Male Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Daniel Bennett	0 . 17 . 27	32	47	0.8958	0 . 15 . 37	82.52
Mark Walker	0 . 19 . 24	29	49	0.8817	0 . 17 . 06	75.42
Alex Frost	0 . 20 . 13	28	48	0.8888	0 . 17 . 58	71.79

Male Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Ian Stainthorpe	0 . 20 . 21	32	54	0.8465	0 . 17 . 13	74.89
John Mayall	0 . 20 . 46	29	53	0.8536	0 . 17 . 43	72.77
Ian Connolly	0 . 23 . 50	28	53	0.8536	0 . 20 . 20	63.41
John Purdy	0 . 26 . 06	27	51	0.8676	0 . 22 . 38	56.97

Male Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Ian Aitchison	0 . 20 . 35	32	60	0.8043	0 . 16 . 33	77.92
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Male Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Mike Winstanley	0 . 24 . 14	32	68	0.7479	0 . 18 . 07	71.18
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100% = World Record Level, 90 to 99.99% = World Class
80 to 89.99% = National Class, 70 to 79.99% = Regional Class & 60 to 69.99% = Local Class

* Denotes 2nd claim RHAC member

Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 2, Harriers Heroes Cowm 5K, 27th April 2016 - continued

5 Kilometre Age Grading Tables Used

Female Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jill Butterworth	0 . 24 . 06	32	43	0.9479	0 . 22 . 50	64.79
Nicola Smith	0 . 28 . 46	29	41	0.9617	0 . 27 . 39	53.50
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Female Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	0 . 21 . 43	32	54	0.8392	0 . 18 . 13	81.21
Ann-Marie McGilvray	0 . 22 . 16	29	50	0.8828	0 . 19 . 39	75.29
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Female Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jan Needham	0 . 23 . 01	32	63	0.7411	0 . 17 . 03	86.76
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Under 23 Male	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Female	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 3, Todmorden Park 5K, 23rd June 2016

5 Kilometre Age Grading Tables Used

Mens	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Daniel Bennett	0 . 17 . 35	32	47	0.8958	0 . 15 . 45	81.90
Ian Douglas	0 . 18 . 41	29	39	0.9521	0 . 17 . 47	72.52
Craig Sykes	0 . 19 . 44	28	45	0.9099	0 . 17 . 57	71.84
Alex Frost	0 . 19 . 54	27	48	0.8888	0 . 17 . 41	72.93
Ian Aitchison	0 . 20 . 48	26	60	0.8043	0 . 16 . 43	77.11
Paul Wolstenhulme	0 . 22 . 02	25	38	0.9592	0 . 21 . 08	61.04
Matthew Jones	0 . 23 . 11	24	37	0.9662	0 . 22 . 23	57.59
Mike Winstanley	0 . 23 . 14	23	68	0.7479	0 . 17 . 22	74.24
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Ladies	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	0 . 21 . 12	32	55	0.8283	0 . 17 . 33	84.28
Stephanie Harrison	0 . 24 . 12	29	31	0.9989	0 . 24 . 10	61.22
Julia Moore	0 . 25 . 46	28	51	0.8719	0 . 22 . 27	65.88
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Male Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Daniel Bennett	0 . 17 . 35	32	47	0.8958	0 . 15 . 45	81.90
Craig Sykes	0 . 19 . 44	29	45	0.9099	0 . 17 . 57	71.84
Alex Frost	0 . 19 . 54	28	48	0.8888	0 . 17 . 41	72.93

Male Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Ian Aitchison	0 . 20 . 48	32	60	0.8043	0 . 16 . 43	77.11
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Male Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Mike Winstanley	0 . 23 . 14	32	68	0.7479	0 . 17 . 22	74.24
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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 & 60 to 69.99% = Local Class

* Denotes 2nd claim RHAC member

Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 3, Todmorden Park 5K, 23rd June 2016 - continued

5 Kilometre Age Grading Tables Used

Female Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	0 . 21 . 12	32	55	0.8283	0 . 17 . 33	84.28
Julia Moore	0 . 25 . 46	29	51	0.8719	0 . 22 . 27	65.88
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Female Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Male	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Female	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 4, Windmill Half Marathon, 17th July 2016

Half Marathon Age Grading Tables Used

Mens	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Richard Stirzaker	1 . 22 . 20	32	28	1.0000	1 . 22 . 20	71.90
Daniel Bennett	1 . 23 . 37	29	47	0.9071	1 . 15 . 50	78.05
Alex Frost	1 . 38 . 51	28	48	0.8995	1 . 28 . 54	66.58
Ian Connolly	1 . 55 . 55	27	53	0.8618	1 . 39 . 53	59.26
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Ladies	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	1 . 36 . 28	32	55	0.8283	1 . 19 . 54	82.41
Catherine Unwin	2 . 20 . 03	29	51	0.8719	2 . 02 . 06	53.93
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Male Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Daniel Bennett	1 . 23 . 37	32	47	0.9071	1 . 15 . 50	78.05
Alex Frost	1 . 38 . 51	29	48	0.8995	1 . 28 . 54	66.58
--	-- . -- . --	--	--	--	-- . -- . --	--

Male Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Ian Connolly	1 . 55 . 55	32	53	0.8618	1 . 39 . 53	59.26
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Male Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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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 & 60 to 69.99% = Local Class

* Denotes 2nd claim RHAC member

Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 4, Windmill Half Marathon, 17th July 2016 - continued

Half Marathon Age Grading Tables Used

Female Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	1 . 36 . 28	32	55	0.8283	1 . 19 . 54	82.41
Catherine Unwin	2 . 20 . 03	29	51	0.8719	2 . 02 . 06	53.93
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Female Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Male	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Female	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 5, Sale Sizzler 5K, 28th July 2016

5 Kilometre Age Grading Tables Used

Mens	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Richard Stirzaker	0 . 16 . 58	32	28	0.9999	0 . 16 . 57	76.04
Ian Douglas	0 . 17 . 46	29	39	0.9521	0 . 16 . 54	76.26
Alex Frost	0 . 20 . 01	28	48	0.8888	0 . 17 . 47	72.51
John Mayall	0 . 20 . 40	27	54	0.8465	0 . 17 . 29	73.74
Mike Winstanley	0 . 22 . 39	26	68	0.7479	0 . 16 . 56	76.15
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Ladies	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	0 . 20 . 44	32	55	0.8283	0 . 17 . 10	86.18
Stephanie Harrison	0 . 23 . 21	29	31	0.9989	0 . 23 . 19	63.45
Jill Butterworth	0 . 23 . 33	28	43	0.9479	0 . 22 . 19	66.30
Laura Fitton	0 . 27 . 52	27	26	1.0000	0 . 27 . 52	53.11
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Male Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Alex Frost	0 . 20 . 01	32	48	0.8888	0 . 17 . 47	72.51
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Male Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Mayall	0 . 20 . 40	32	54	0.8465	0 . 17 . 29	73.74
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Male Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Mike Winstanley	0 . 22 . 39	32	68	0.7479	0 . 16 . 56	76.15
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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 & 60 to 69.99% = Local Class

* Denotes 2nd claim RHAC member

Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 5, Sale Sizzler 5K, 28th July 2016 - continued

5 Kilometre Age Grading Tables Used

Female Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jill Butterworth	0 . 23 . 33	32	43	0.9479	0 . 22 . 19	66.30
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Female Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	0 . 20 . 44	32	55	0.8283	0 . 17 . 10	86.18
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Female Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Male	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Female	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 6, Blackpool Airshow 10K, 7th August 2016

10 Kilometre Age Grading Tables Used

Mens	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Richard Stirzaker	0 . 38 . 00	32	28	0.9999	0 . 37 . 59	70.66
Ian Douglas	0 . 39 . 40	29	39	0.9521	0 . 37 . 45	71.09
Craig Sykes	0 . 41 . 11	28	45	0.9099	0 . 37 . 28	71.65
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Ladies	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Stephanie Harrison	0 . 51 . 03	32	31	0.9989	0 . 50 . 59	59.48
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Male Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Craig Sykes	0 . 41 . 11	32	45	0.9099	0 . 37 . 28	71.65
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Male Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Guide To % Performance Figures :-

100% = World Record Level, 90 to 99.99% = World Class * Denotes 2nd claim RHAC member
 80 to 89.99% = National Class, 70 to 79.99% = Regional Class & 60 to 69.99% = Local Class

Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 6, Blackpool Airshow 10K, 7th August 2016 - continued

10 Kilometre Age Grading Tables Used

Female Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Male	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Female	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 7, Jack & Roy Middleton 10K, 4th September 2016

10 Kilometre Age Grading Tables Used

Mens	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Paul Wolstenhulme	0 . 43 . 24	32	39	0.9521	0 . 41 . 19	64.98
John Mayall	0 . 43 . 42	29	54	0.8465	0 . 36 . 59	72.58
Matthew Jones	0 . 49 . 35	28	37	0.9662	0 . 47 . 54	56.05
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Ladies	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	0 . 43 . 40	32	55	0.8283	0 . 36 . 10	83.86
Stephanie Harrison	0 . 51 . 52	29	31	0.9989	0 . 51 . 48	58.54
Laura Fitton	1 . 03 . 41	28	27	1.0000	1 . 03 . 41	47.63
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Male Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Mayall	0 . 43 . 42	32	54	0.8465	0 . 36 . 59	72.58
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Male Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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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 & 60 to 69.99% = Local Class

* Denotes 2nd claim RHAC member

Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 7, Jack & Roy Middleton 10K, 4th September 2016 - continued

10 Kilometre Age Grading Tables Used

Female Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	0 . 43 . 40	32	55	0.8283	0 . 36 . 10	83.86
--	-- . -- . --	--	--	--	-- . -- . --	--
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Female Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Male	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Female	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 8, Rochdale Half Marathon, 25th September 2016

Half Marathon Age Grading Tables Used

Mens	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Mayall	1 . 35 . 19	32	54	0.8542	1 . 21 . 25	72.71
Paul Wolstenhulme	1 . 36 . 20	29	39	0.9675	1 . 33 . 12	63.52
Alex Frost	1 . 36 . 27	28	48	0.8995	1 . 26 . 45	68.24
Matthew Jones	1 . 47 . 08	27	37	0.9820	1 . 45 . 12	56.27
Ian Connolly	1 . 50 . 23	26	53	0.8618	1 . 35 . 07	62.23
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Ladies	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	1 . 36 . 43	32	55	0.8283	1 . 20 . 06	82.20
Julia Moore	2 . 04 . 26	29	51	0.8719	1 . 48 . 29	60.69
Laura Fitton	2 . 25 . 24	28	27	1.0000	2 . 25 . 23	45.29
Michelle Kight	2 . 32 . 36	27	25	1.0000	2 . 32 . 36	43.15
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Male Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Alex Frost	1 . 36 . 27	32	48	0.8995	1 . 26 . 45	68.24
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Male Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
John Mayall	1 . 35 . 19	32	54	0.8542	1 . 21 . 25	72.71
Ian Connolly	1 . 50 . 23	29	53	0.8618	1 . 35 . 07	62.23
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Male Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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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 & 60 to 69.99% = Local Class

* Denotes 2nd claim RHAC member

Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 8, Rochdale Half Marathon, 25th September 2016 - continued

Half Marathon Age Grading Tables Used

Female Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	1 . 36 . 43	32	55	0.8283	1 . 20 . 06	82.20
Julia Moore	2 . 04 . 26	29	51	0.8719	1 . 48 . 29	60.69
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Female Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Male	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Female	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 9, Littleborough 10K, 2nd October 2016

10 Kilometre Age Grading Tables Used

Mens	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Daniel Bennett	0 . 35 . 52	32	47	0.8958	0 . 32 . 07	83.57
Richard Stirzaker	0 . 36 . 42	29	29	0.9991	0 . 36 . 40	73.23
Craig Sykes	0 . 41 . 01	28	45	0.9099	0 . 37 . 19	71.94
Paul Wolstenhulme	0 . 42 . 23	27	39	0.9521	0 . 40 . 21	66.54
Simon Bytheway	0 . 46 . 53	26	47	0.8958	0 . 41 . 59	63.93
Matthew Jones	0 . 47 . 54	25	37	0.9662	0 . 46 . 16	58.02
Mark Catherall	0 . 48 . 25	24	62	0.7902	0 . 38 . 15	70.18
Ian Connolly	0 . 48 . 40	23	53	0.8536	0 . 41 . 32	64.63
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Ladies	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	0 . 43 . 24	32	55	0.8283	0 . 35 . 56	84.37
Jill Butterworth	0 . 49 . 04	29	43	0.9479	0 . 46 . 30	65.21
Julia Moore	0 . 54 . 45	28	51	0.8719	0 . 47 . 44	63.54
Laura Fitton	1 . 01 . 34	27	27	1.0000	1 . 01 . 34	49.26
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Male Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Daniel Bennett	0 . 35 . 52	32	47	0.8958	0 . 32 . 07	83.57
Craig Sykes	0 . 41 . 01	29	45	0.9099	0 . 37 . 19	71.94
Simon Bytheway	0 . 46 . 53	28	47	0.8958	0 . 41 . 59	63.93

Male Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Ian Connolly	0 . 48 . 40	32	53	0.8536	0 . 41 . 32	64.63
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Male Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Male Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Mark Catherall	0 . 48 . 25	32	62	0.7902	0 . 38 . 15	70.18
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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 & 60 to 69.99% = Local Class

* Denotes 2nd claim RHAC member

Rochdale Harriers & A.C. - 2016 Road Race Championship

Group Results For Race 9, Littleborough 10K, 2nd October 2016 - continued

10 Kilometre Age Grading Tables Used

Female Vet 40	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Jill Butterworth	0 . 49 . 04	32	43	0.9479	0 . 46 . 30	65.21
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Female Vet 45	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 50	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
Anna Blomfield	0 . 43 . 24	32	55	0.8283	0 . 35 . 56	84.37
Julia Moore	0 . 54 . 45	29	51	0.8719	0 . 47 . 44	63.54
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Female Vet 55	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Female Vet 60+	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Male	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Under 23 Female	Race Time	Points	Age On Day Of Race	Age Adjusting Factor	Time After Age Adjustment	% Performance
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Rochdale Harriers & A.C. - 2016 Road Race Championship

All RHAC Results For Race 1, Trafford 10K, 13th March 2016

		Race Time	Group(s)	Overall Race Position	Overall Race Position (as female/male)	Position In Age Group (based on full race results)
1	Ian Douglas	0 . 37 . 46	Mens			
2	Paul Wolstenhulme	0 . 41 . 05	Mens			
3	Kay Welsby	0 . 41 . 16	Ladies			
4	John Mayall	0 . 41 . 35	Mens/MV50			
5	Anna Blomfield	0 . 43 . 30	Ladies/FV50			
6	Ann-Marie McGilvray	0 . 44 . 55	Ladies/FV50			
7	Matthew Jones	0 . 48 . 06	Mens			
8	Corina Haynes	0 . 49 . 07	Ladies/FV50			
9	Stephanie Harrison	0 . 51 . 57	Ladies			
10	Caroline Fortnum	0 . 53 . 03	Ladies/FV40			
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Rochdale Harriers & A.C. - 2016 Road Race Championship

All RHAC Results For Race 2, Harriers Heroes Cowm 5K, 27th April 2016

		Race Time	Group(s)	Overall Race Position	Overall Race Position (as female/male)	Position In Age Group (based on full race results)
1	Richard Stirzaker	0 . 17 . 26	Mens			
2	Daniel Bennett	0 . 17 . 27	Mens/MV45			
3	Matt Jackson	0 . 17 . 50	Mens			
4	Ian Douglas	0 . 18 . 19	Mens			
5	Mark Walker	0 . 19 . 24	Mens/MV45			
6	Alex Frost	0 . 20 . 13	Mens/MV45			
7	Ian Stainthorpe	0 . 20 . 21	Mens/MV50			
8	Ian Aitchison	0 . 20 . 35	Mens/MV55			
9	John Mayall	0 . 20 . 46	Mens/MV50			
10	Anna Blomfield	0 . 21 . 43	Ladies/FV50			
11	Ann-Marie McGilvray	0 . 22 . 16	Ladies/FV50			
12	Jan Needham	0 . 23 . 01	Ladies/FV60+			
13	Matthew Jones	0 . 23 . 03	Mens			
14	Ian Connolly	0 . 23 . 50	Mens/MV50			
15	Jill Butterworth	0 . 24 . 06	Ladies/FV40			
16	Mike Winstanley	0 . 24 . 14	Mens/MV60+			
17	Stephanie Harrison	0 . 24 . 30	Ladies			
18	John Purdy	0 . 26 . 06	Mens/MV50			
19	Laura Fitton	0 . 28 . 31	Ladies			
20	Nicola Smith	0 . 28 . 46	Ladies/FV40			
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Rochdale Harriers & A.C. - 2016 Road Race Championship

All RHAC Results For Race 3, Todmorden Park 5K, 23rd June 2016

		Race Time	Group(s)	Overall Race Position	Overall Race Position (as female/male)	Position In Age Group (based on full race results)
1	Daniel Bennett	0 . 17 . 35	Mens/MV45			
2	Ian Douglas	0 . 18 . 41	Mens			
3	Craig Sykes	0 . 19 . 44	Mens/MV45			
4	Alex Frost	0 . 19 . 54	Mens/MV45			
5	Ian Aitchison	0 . 20 . 48	Mens/MV55			
6	Anna Blomfield	0 . 21 . 12	Ladies/FV50			
7	Paul Wolstenhulme	0 . 22 . 02	Mens			
8	Matthew Jones	0 . 23 . 11	Mens			
9	Mike Winstanley	0 . 23 . 14	Mens/MV60+			
10	Stephanie Harrison	0 . 24 . 12	Ladies			
11	Julia Moore	0 . 25 . 46	Ladies/FV50			
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Rochdale Harriers & A.C. - 2016 Road Race Championship

All RHAC Results For Race 4, Windmill Half Marathon, 17th July 2016

		Race Time	Group(s)	Overall Race Position	Overall Race Position (as female/male)	Position In Age Group (based on full race results)
1	Richard Stirzaker	1 . 22 . 20	Mens			
2	Daniel Bennett	1 . 23 . 37	Mens/MV45			
3	Anna Blomfield	1 . 36 . 28	Ladies/FV50			
4	Alex Frost	1 . 38 . 51	Mens/MV45			
5	Ian Connolly	1 . 55 . 55	Mens/MV50			
6	Catherine Unwin	2 . 20 . 03	Ladies/FV50			
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Rochdale Harriers & A.C. - 2016 Road Race Championship

All RHAC Results For Race 5, Sale Sizzler 5K, 28th July 2016

		Race Time	Group(s)	Overall Race Position	Overall Race Position (as female/male)	Position In Age Group (based on full race results)
1	Richard Stirzaker	0 . 16 . 58	Mens			
2	Ian Douglas	0 . 17 . 46	Mens			
3	Alex Frost	0 . 20 . 01	Mens/MV45			
4	John Mayall	0 . 20 . 40	Mens/MV50			
5	Anna Blomfield	0 . 20 . 44	Ladies/FV50			
6	Mike Winstanley	0 . 22 . 39	Mens/MV60+			
7	Stephanie Harrison	0 . 23 . 21	Ladies			
8	Jill Butterworth	0 . 23 . 33	Ladies/FV40			
9	Laura Fitton	0 . 27 . 52	Ladies			
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Rochdale Harriers & A.C. - 2016 Road Race Championship

All RHAC Results For Race 6, Blackpool Airshow 10K, 7th August 2016

		Race Time	Group(s)	Overall Race Position	Overall Race Position (as female/male)	Position In Age Group (based on full race results)
1	Richard Stirzaker	0 . 38 . 00	Mens			
2	Ian Douglas	0 . 39 . 40	Mens			
3	Craig Sykes	0 . 41 . 11	Mens/MV45			
4	Stephanie Harrison	0 . 51 . 03	Ladies			
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Rochdale Harriers & A.C. - 2016 Road Race Championship

All RHAC Results For Race 7, Jack & Roy Middleton 10K, 4th September 2016

		Race Time	Group(s)	Overall Race Position	Overall Race Position (as female/male)	Position In Age Group (based on full race results)
1	Paul Wolstenhulme	0 . 43 . 24	Mens			
2	Anna Blomfield	0 . 43 . 40	Ladies/FV50			
3	John Mayall	0 . 43 . 42	Mens/MV50			
4	Matthew Jones	0 . 49 . 35	Mens			
5	Stephanie Harrison	0 . 51 . 52	Ladies			
6	Laura Fitton	1 . 03 . 41	Ladies			
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Rochdale Harriers & A.C. - 2016 Road Race Championship

All RHAC Results For Race 8, Rochdale Half Marathon, 25th September 2016

		Race Time	Group(s)	Overall Race Position	Overall Race Position (as female/male)	Position In Age Group (based on full race results)
1	John Mayall	1 . 35 . 19	Mens/MV50			
2	Paul Wolstenhulme	1 . 36 . 20	Mens			
3	Alex Frost	1 . 36 . 27	Mens/MV45			
4	Anna Blomfield	1 . 36 . 43	Ladies/FV50			
5	Matthew Jones	1 . 47 . 08	Mens			
6	Ian Connolly	1 . 50 . 23	Mens/MV50			
7	Julia Moore	2 . 04 . 26	Ladies/FV50			
8	Laura Fitton	2 . 25 . 24	Ladies			
9	Michelle Kight	2 . 32 . 36	Ladies			
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Rochdale Harriers & A.C. - 2016 Road Race Championship

All RHAC Results For Race 9, Littleborough 10K, 2nd October 2016

		Race Time	Group(s)	Overall Race Position	Overall Race Position (as female/male)	Position In Age Group (based on full race results)
1	Daniel Bennett	0 . 35 . 52	Mens/MV45			
2	Richard Stirzaker	0 . 36 . 42	Mens			
3	Craig Sykes	0 . 41 . 01	Mens/MV45			
4	Paul Wolstenhulme	0 . 42 . 23	Mens			
5	Anna Blomfield	0 . 43 . 24	Ladies/FV50			
6	Simon Bytheway	0 . 46 . 53	Mens/MV45			
7	Matthew Jones	0 . 47 . 54	Mens			
8	Mark Catherall	0 . 48 . 25	Mens/MV60+			
9	Ian Connolly	0 . 48 . 40	Mens/MV50			
10	Jill Butterworth	0 . 49 . 04	Ladies/FV40			
11	Julia Moore	0 . 54 . 45	Ladies/FV50			
12	Laura Fitton	1 . 01 . 34	Ladies			
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