

# Rochdale Harriers & A.C. - 2017 Road Race Championship

## All RHAC Results For Race 1, Trafford 10K, 5th March 2017

|    |                    | Gun 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 . 35 . 33 | Mens         | 217th                 | 209th of 549                           | 175th of 318                                       |
| 2  | Daniel Bennett     | 0 . 36 . 27 | Mens/MV45    | 245th                 | 231st of 549                           | 8th of 51  |
| 3  | Oliver Bentley     | 0 . 39 . 00 | Mens/U23M    | 319th                 | 290th of 549                           | 17th of 19   |
| 4  | David Bentley      | 0 . 39 . 59 | Mens/MV45    | 353rd                 | 317th of 549                           | 21st of 51   |
| 5  | Nick Barton        | 0 . 40 . 16 | Mens/MV40    | 364th                 | 327th of 549                           | 29th of 62   |
| 6  | Kay Welsby         | 0 . 40 . 27 | Ladies       | 368th                 | 38th of 258                            | 26th of 86   |
| 7  | Alex Frost         | 0 . 41 . 22 | Mens/MV45    | 389th                 | 344th of 549                           | 25th of 51   |
| 8  | Gareth Hunt        | 0 . 42 . 38 | Mens         | 423rd                 | 371st of 549                           | 266th of 318                                       |
| 9  | Brian Moore        | 0 . 42 . 50 | Mens/MV50    | 431st                 | 375th of 549                           | 16th of 52   |
| 10 | John Mayall        | 0 . 43 . 20 | Mens/MV50    | 442nd                 | 382nd of 549                           | 18th of 52   |
| 11 | Emma Gumbley       | 0 . 45 . 03 | Ladies       | 470th                 | 71st of 258                            | 40th of 86   |
| 12 | Kris Robinson      | 0 . 45 . 50 | Mens/MV45    | 483rd                 | 409th of 549                           | 32nd of 51   |
| 13 | Anna Blomfield     | 0 . 46 . 07 | Ladies/FV55  | 491st                 | 78th of 258                            | 2nd of 9   |
| 14 | Matthew Jones      | 0 . 46 . 08 | Mens         | 493rd                 | 415th of 549                           | 281st of 318                                       |
| 15 | Jill Butterworth   | 0 . 46 . 43 | Ladies/FV40  | 508th                 | 84th of 258                            | 15th of 50   |
| 16 | Stephanie Harrison | 0 . 47 . 06 | Ladies       | 518th                 | 88th of 258                            | 46th of 86   |
| 17 | Karen Conduit      | 0 . 56 . 53 | Ladies/FV60+ | 673rd                 | 152nd of 258                           | 5th of 9   |
| 18 | Richard Mason      | 0 . 57 . 27 | Mens/MV55    | 681st                 | 526th of 549                           | 21st of 24   |
| 19 | Laura Fitton       | 0 . 59 . 15 | Ladies       | 711th                 | 180th of 258                           | 71st of 86   |
| 20 | Nicola Smith       | 0 . 59 . 53 | Ladies/FV40  | 718th                 | 186th of 258                           | 33rd of 50   |
| 21 | Jackie Mason       | 1 . 00 . 50 | Ladies/FV55  | 730th                 | 193rd of 258                           | 6th of 9   |
| 22 |                    |             |              |                       |  |  |
| 23 |                    |             |              |                       |  |  |
| 24 |                    |             |              |                       |  |  |
| 25 |                    |             |              |                       |  |  |
| 26 |                    |             |              |                       |  |  |
| 27 |                    |             |              |                       |  |  |
| 28 |                    |             |              |                       |  |  |
| 29 |                    |             |              |                       |  |  |
| 30 |                    |             |              |                       |  |  |
| 31 |                    |             |              |                       |  |  |
| 32 |                    |             |              |                       |  |  |
| 33 |                    |             |              |                       |  |  |
| 34 |                    |             |              |                       |  |  |
| 35 |                    |             |              |                       |  |  |

# Rochdale Harriers & A.C. - 2017 Road Race Championship

Group Results For Race 1, Trafford 10K, 5th March 2017

10 Kilometre Age Grading Tables Used

| <b>Mens</b>       | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Richard Stirzaker | 0 . 35 . 33     | 32     | 29                 | 0.9991               | 0 . 35 . 31               | 75.60         |
| Daniel Bennett    | 0 . 36 . 27     | 29     | 48                 | 0.8888               | 0 . 32 . 23               | 82.88         |
| Oliver Bentley    | 0 . 39 . 00     | 28     | 16                 | 0.9419               | 0 . 36 . 44               | 73.09         |
| David Bentley     | 0 . 39 . 59     | 27     | 46                 | 0.9028               | 0 . 36 . 05               | 74.38         |
| Nick Barton       | 0 . 40 . 16     | 26     | 42                 | 0.9310               | 0 . 37 . 29               | 71.62         |
| Alex Frost        | 0 . 41 . 22     | 25     | 49                 | 0.8817               | 0 . 36 . 28               | 73.62         |
| Gareth Hunt       | 0 . 42 . 38     | 24     | 33                 | 0.9885               | 0 . 42 . 08               | 63.71         |
| Brian Moore       | 0 . 42 . 50     | 23     | 51                 | 0.8676               | 0 . 37 . 09               | 72.25         |
| John Mayall       | 0 . 43 . 20     | 22     | 54                 | 0.8465               | 0 . 36 . 40               | 73.20         |
| Kris Robinson     | 0 . 45 . 50     | 21     | 48                 | 0.8888               | 0 . 40 . 44               | 65.91         |
| Matthew Jones     | 0 . 46 . 08     | 20     | 38                 | 0.9592               | 0 . 44 . 15               | 60.68         |
| Richard Mason     | 0 . 57 . 27     | 19     | 59                 | 0.8113               | 0 . 46 . 36               | 57.61         |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Ladies</b>      | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Kay Welsby         | 0 . 40 . 27     | 32     | 34                 | 0.9934               | 0 . 40 . 10               | 75.48         |
| Emma Gumbley       | 0 . 45 . 03     | 29     | 28                 | 1.0000               | 0 . 45 . 02               | 67.33         |
| Anna Blomfield     | 0 . 46 . 07     | 28     | 55                 | 0.8283               | 0 . 38 . 11               | 79.40         |
| Jill Butterworth   | 0 . 46 . 43     | 27     | 44                 | 0.9402               | 0 . 43 . 55               | 69.05         |
| Stephanie Harrison | 0 . 47 . 06     | 26     | 31                 | 0.9989               | 0 . 47 . 02               | 64.47         |
| Karen Conduit      | 0 . 56 . 53     | 25     | 62                 | 0.7520               | 0 . 42 . 46               | 70.90         |
| Laura Fitton       | 0 . 59 . 15     | 24     | 27                 | 1.0000               | 0 . 59 . 15               | 51.19         |
| Nicola Smith       | 0 . 59 . 53     | 23     | 41                 | 0.9617               | 0 . 57 . 35               | 52.67         |
| Jackie Mason       | 1 . 00 . 50     | 22     | 56                 | 0.8174               | 0 . 49 . 43               | 61.00         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Male Vet 40</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Nick Barton        | 0 . 40 . 16     | 32     | 42                 | 0.9310               | 0 . 37 . 29               | 71.62         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Male Vet 45</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Daniel Bennett     | 0 . 36 . 27     | 32     | 48                 | 0.8888               | 0 . 32 . 23               | 82.88         |
| David Bentley      | 0 . 39 . 59     | 29     | 46                 | 0.9028               | 0 . 36 . 05               | 74.38         |
| Alex Frost         | 0 . 41 . 22     | 28     | 49                 | 0.8817               | 0 . 36 . 28               | 73.62         |
| Kris Robinson      | 0 . 45 . 50     | 27     | 48                 | 0.8888               | 0 . 40 . 44               | 65.91         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

# Rochdale Harriers & A.C. - 2017 Road Race Championship

Group Results For Race 1, Trafford 10K, 5th March 2017 - continued

10 Kilometre Age Grading Tables Used

| Male Vet 50 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Brian Moore | 0 . 42 . 50     | 32     | 51                 | 0.8676               | 0 . 37 . 09               | 72.25         |
| John Mayall | 0 . 43 . 20     | 29     | 54                 | 0.8465               | 0 . 36 . 40               | 73.20         |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Male Vet 55   | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|---------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Richard Mason | 0 . 57 . 27     | 32     | 59                 | 0.8113               | 0 . 46 . 36               | 57.61         |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Male Vet 60+ | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --           | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --           | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --           | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --           | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --           | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 40    | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Jill Butterworth | 0 . 46 . 43     | 32     | 44                 | 0.9402               | 0 . 43 . 55               | 69.05         |
| Nicola Smith     | 0 . 59 . 53     | 29     | 41                 | 0.9617               | 0 . 57 . 35               | 52.67         |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 45 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|---------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 50 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|---------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 55  | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Anna Blomfield | 0 . 46 . 07     | 32     | 55                 | 0.8283               | 0 . 38 . 11               | 79.40         |
| Jackie Mason   | 1 . 00 . 50     | 29     | 56                 | 0.8174               | 0 . 49 . 43               | 61.00         |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 60+ | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Karen Conduit  | 0 . 56 . 53     | 32     | 62                 | 0.7520               | 0 . 42 . 46               | 70.90         |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

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. - 2017 Road Race Championship

Group Results For Race 1, Trafford 10K, 5th March 2017 - continued

10 Kilometre Age Grading Tables Used

| <b>Under 23 Male</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Oliver Bentley       | 0 . 39 . 00     | 32     | 16                 | 0.9419               | 0 . 36 . 44               | 73.09         |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Under 23 Female</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

## Rochdale Harriers & A.C. - 2017 Road Race Championship

All RHAC Results For Race 2, Cowm 5K Races (composite results), 29th March 2017, 5th April 2017, 26th April 2017 & 14th June 2017

|    |                    | Gun 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 . 17 | <b>Mens</b>         |                       |  |  |
| 2  | Daniel Bennett     | 0 . 17 . 27 | <b>Mens/MV45</b>    |                       |  |  |
| 3  | Nick Barton        | 0 . 19 . 22 | <b>Mens/MV40</b>    |                       |  |  |
| 4  | Kay Welsby         | 0 . 19 . 23 | <b>Ladies</b>       |                       |  |  |
| 5  | Gareth Hunt        | 0 . 19 . 35 | <b>Mens</b>         |                       |  |  |
| 6  | Alex Frost         | 0 . 20 . 04 | <b>Mens/MV45</b>    |                       |  |  |
| 7  | Mark Walker        | 0 . 20 . 16 | <b>Mens/MV50</b>    |                       |  |  |
| 8  | Ian Aitchison      | 0 . 20 . 33 | <b>Mens/MV60+</b>   |                       |  |  |
| 9  | Jill Butterworth   | 0 . 21 . 26 | <b>Ladies/FV40</b>  |                       |  |  |
| 10 | Stephanie Harrison | 0 . 21 . 33 | <b>Ladies</b>       |                       |  |  |
| 11 | Matthew Jones      | 0 . 21 . 39 | <b>Mens</b>         |                       |  |  |
| 12 | Kris Robinson      | 0 . 21 . 44 | <b>Mens/MV45</b>    |                       |  |  |
| 13 | Anna Blomfield     | 0 . 21 . 47 | <b>Ladies/FV55</b>  |                       |  |  |
| 14 | Jan Needham        | 0 . 22 . 33 | <b>Ladies/FV60+</b> |                       |  |  |
| 15 | Mike Winstanley    | 0 . 23 . 00 | <b>Mens/MV60+</b>   |                       |  |  |
| 16 | Mike Moran         | 0 . 23 . 52 | <b>Mens/MV60+</b>   |                       |  |  |
| 17 | Katherine Brierley | 0 . 24 . 08 | <b>Ladies/FV45</b>  |                       |  |  |
| 18 | Ian Holloway       | 0 . 25 . 37 | <b>Mens/MV60+</b>   |                       |  |  |
| 19 | Simon Pendlebury   | 0 . 25 . 49 | <b>Mens/MV40</b>    |                       |  |  |
| 20 | Laura Fitton       | 0 . 26 . 47 | <b>Ladies</b>       |                       |  |  |
| 21 |                    |             |                     |                       |  |  |
| 22 |                    |             |                     |                       |  |  |
| 23 |                    |             |                     |                       |  |  |
| 24 |                    |             |                     |                       |  |  |
| 25 |                    |             |                     |                       |  |  |
| 26 |                    |             |                     |                       |  |  |
| 27 |                    |             |                     |                       |  |  |
| 28 |                    |             |                     |                       |  |  |
| 29 |                    |             |                     |                       |  |  |
| 30 |                    |             |                     |                       |  |  |
| 31 |                    |             |                     |                       |  |  |
| 32 |                    |             |                     |                       |  |  |
| 33 |                    |             |                     |                       |  |  |
| 34 |                    |             |                     |                       |  |  |
| 35 |                    |             |                     |                       |  |  |

# Rochdale Harriers & A.C. - 2017 Road Race Championship

Group Results For Race 2, Cowm 5K Races (composite results), 29th March 2017, 5th April 2017, 26th April 2017 & 14th June 2017

5 Kilometre Age Grading Tables Used

| <b>Mens</b>       | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Richard Stirzaker | 0 . 17 . 17     | 32     | 29                 | 0.9991               | 0 . 17 . 16               | 74.71         |
| Daniel Bennett    | 0 . 17 . 27     | 29     | 48                 | 0.8888               | 0 . 15 . 30               | 83.17         |
| Nick Barton       | 0 . 19 . 22     | 28     | 42                 | 0.9310               | 0 . 18 . 01               | 71.55         |
| Gareth Hunt       | 0 . 19 . 35     | 27     | 33                 | 0.9885               | 0 . 19 . 21               | 66.64         |
| Alex Frost        | 0 . 20 . 04     | 26     | 49                 | 0.8817               | 0 . 17 . 41               | 72.91         |
| Mark Walker       | 0 . 20 . 16     | 25     | 50                 | 0.8747               | 0 . 17 . 43               | 72.77         |
| Ian Aitchison     | 0 . 20 . 33     | 24     | 60                 | 0.8043               | 0 . 16 . 31               | 78.05         |
| Matthew Jones     | 0 . 21 . 39     | 23     | 38                 | 0.9592               | 0 . 20 . 46               | 62.12         |
| Kris Robinson     | 0 . 21 . 44     | 22     | 48                 | 0.8888               | 0 . 19 . 18               | 66.78         |
| Mike Winstanley   | 0 . 23 . 00     | 21     | 68                 | 0.7479               | 0 . 17 . 12               | 74.99         |
| Mike Moran        | 0 . 23 . 52     | 20     | 61                 | 0.7972               | 0 . 19 . 01               | 67.80         |
| Ian Holloway      | 0 . 25 . 37     | 19     | 67                 | 0.7550               | 0 . 19 . 20               | 66.70         |
| Simon Pendlebury  | 0 . 25 . 49     | 18     | 40                 | 0.9451               | 0 . 24 . 23               | 52.87         |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Ladies</b>      | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Kay Welsby         | 0 . 19 . 23     | 32     | 34                 | 0.9934               | 0 . 19 . 15               | 76.86         |
| Jill Butterworth   | 0 . 21 . 26     | 29     | 44                 | 0.9402               | 0 . 20 . 09               | 73.44         |
| Stephanie Harrison | 0 . 21 . 33     | 28     | 31                 | 0.9989               | 0 . 21 . 31               | 68.75         |
| Anna Blomfield     | 0 . 21 . 47     | 27     | 55                 | 0.8283               | 0 . 18 . 02               | 82.03         |
| Jan Needham        | 0 . 22 . 33     | 26     | 64                 | 0.7302               | 0 . 16 . 27               | 89.88         |
| Katherine Brierley | 0 . 24 . 08     | 25     | 46                 | 0.9232               | 0 . 22 . 16               | 66.43         |
| Laura Fitton       | 0 . 26 . 47     | 24     | 27                 | 1.0000               | 0 . 26 . 47               | 55.26         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Male Vet 40</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Nick Barton        | 0 . 19 . 22     | 32     | 42                 | 0.9310               | 0 . 18 . 01               | 71.55         |
| Simon Pendlebury   | 0 . 25 . 49     | 29     | 40                 | 0.9451               | 0 . 24 . 23               | 52.87         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Male Vet 45</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Daniel Bennett     | 0 . 17 . 27     | 32     | 48                 | 0.8888               | 0 . 15 . 30               | 83.17         |
| Alex Frost         | 0 . 20 . 04     | 29     | 49                 | 0.8817               | 0 . 17 . 41               | 72.91         |
| Kris Robinson      | 0 . 21 . 44     | 28     | 48                 | 0.8888               | 0 . 19 . 18               | 66.78         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

## Rochdale Harriers & A.C. - 2017 Road Race Championship

Group Results For Race 2, Cowm 5K Races (composite results), 29th March 2017, 5th April 2017, 26th April 2017 & 14th June 2017 - continued

5 Kilometre Age Grading Tables Used

| Male Vet 50 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Mark Walker | 0 . 20 . 16     | 32     | 50                 | 0.8747               | 0 . 17 . 43               | 72.77         |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Male Vet 55 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Male Vet 60+    | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-----------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Ian Aitchison   | 0 . 20 . 33     | 32     | 60                 | 0.8043               | 0 . 16 . 31               | 78.05         |
| Mike Winstanley | 0 . 23 . 00     | 29     | 68                 | 0.7479               | 0 . 17 . 12               | 74.99         |
| Mike Moran      | 0 . 23 . 52     | 28     | 61                 | 0.7972               | 0 . 19 . 01               | 67.80         |
| Ian Holloway    | 0 . 25 . 37     | 27     | 67                 | 0.7550               | 0 . 19 . 20               | 66.70         |
| --              | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 40    | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Jill Butterworth | 0 . 21 . 26     | 32     | 44                 | 0.9402               | 0 . 20 . 09               | 73.44         |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 45      | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Katherine Brierley | 0 . 24 . 08     | 32     | 46                 | 0.9232               | 0 . 22 . 16               | 66.43         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 50 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|---------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 55  | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Anna Blomfield | 0 . 21 . 47     | 32     | 55                 | 0.8283               | 0 . 18 . 02               | 82.03         |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 60+ | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Jan Needham    | 0 . 22 . 33     | 32     | 64                 | 0.7302               | 0 . 16 . 27               | 89.88         |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

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. - 2017 Road Race Championship

Group Results For Race 2, Cowm 5K Races (composite results), 29th March 2017, 5th April 2017, 26th April 2017 & 14th June 2017 - continued

5 Kilometre Age Grading Tables Used

| <b>Under 23 Male</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Under 23 Female</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |



# Rochdale Harriers & A.C. - 2017 Road Race Championship

All RHAC Results For Race 2a, Cowm 5K Races (race 1 of 4), 29th March 2017

|    |                    | Gun 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 . 17 | Mens         | 5th                   | 5th of 75                              | 1st of 16  |
| 2  | Daniel Bennett     | 0 . 17 . 27 | Mens/MV45    | 6th                   | 6th of 75                              | 2nd of 7   |
| 3  | Nick Barton        | 0 . 19 . 22 | Mens/MV40    | 18th                  | 18th of 75                             | 4th of 8   |
| 4  | Kay Welsby         | 0 . 19 . 23 | Ladies       | 19th                  | 1st of 36                              | 1st of 8   |
| 5  | Gareth Hunt        | 0 . 20 . 15 | Mens         | 28th                  | 26th of 75                             | 10th of 16   |
| 6  | Mark Walker        | 0 . 20 . 16 | Mens/MV50    | 29th                  | 27th of 75                             | 4th of 11  |
| 7  | Alex Frost         | 0 . 20 . 27 | Mens/MV45    | 31st                  | 29th of 75                             | 4th of 7   |
| 8  | Ian Aitchison      | 0 . 20 . 33 | Mens/MV60+   | 33rd                  | 31st of 75                             | 2nd of 9   |
| 9  | Anna Blomfield     | 0 . 21 . 47 | Ladies/FV55  | 47th                  | 6th of 36                              | 1st of 2   |
| 10 | Matthew Jones      | 0 . 21 . 57 | Mens         | 51st                  | 45th of 75                             | 14th of 16   |
| 11 | Jill Butterworth   | 0 . 22 . 13 | Ladies/FV40  | 54th                  | 8th of 36                              | 1st of 5   |
| 12 | Stephanie Harrison | 0 . 22 . 29 | Ladies       | 55th                  | 9th of 36                              | 4th of 8   |
| 13 | Jan Needham        | 0 . 22 . 41 | Ladies/FV60+ | 58th                  | 10th of 36                             | 1st of 3   |
| 14 | Kris Robinson      | 0 . 23 . 17 | Mens/MV45    | 63rd                  | 51st of 75                             | 7th of 7   |
| 15 | Mike Winstanley    | 0 . 23 . 45 | Mens/MV60+   | 67th                  | 54th of 75                             | 2nd of 7   |
| 16 | Katherine Brierley | 0 . 24 . 08 | Ladies/FV45  | 69th                  | 15th of 36                             | 1st of 6   |
| 17 | Ian Holloway       | 0 . 26 . 08 | Mens/MV60+   | 85th                  | 65th of 75                             | 4th of 7   |
| 18 | Laura Fitton       | 0 . 26 . 47 | Ladies       | 89th                  | 22nd of 36                             | 7th of 8   |
| 19 | Simon Pendlebury   | 0 . 26 . 57 | Mens/MV40    | 90th                  | 68th of 75                             | 8th of 8   |
| 20 |                    |             |              |                       |  |  |
| 21 |                    |             |              |                       |  |  |
| 22 |                    |             |              |                       |  |  |
| 23 |                    |             |              |                       |  |  |
| 24 |                    |             |              |                       |  |  |
| 25 |                    |             |              |                       |  |  |
| 26 |                    |             |              |                       |  |  |
| 27 |                    |             |              |                       |  |  |
| 28 |                    |             |              |                       |  |  |
| 29 |                    |             |              |                       |  |  |
| 30 |                    |             |              |                       |  |  |
| 31 |                    |             |              |                       |  |  |
| 32 |                    |             |              |                       |  |  |
| 33 |                    |             |              |                       |  |  |
| 34 |                    |             |              |                       |  |  |
| 35 |                    |             |              |                       |  |  |

# Rochdale Harriers & A.C. - 2017 Road Race Championship

Group Results For Race 2a, Cowm 5K Races (race 1 of 4), 29th March 2017

5 Kilometre Age Grading Tables Used

| <b>Mens</b>       | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Richard Stirzaker | 0 . 17 . 17     | 32     | 29                 | 0.9991               | 0 . 17 . 16               | 74.71         |
| Daniel Bennett    | 0 . 17 . 27     | 29     | 48                 | 0.8888               | 0 . 15 . 30               | 83.17         |
| Nick Barton       | 0 . 19 . 22     | 28     | 42                 | 0.9310               | 0 . 18 . 01               | 71.55         |
| Gareth Hunt       | 0 . 20 . 15     | 27     | 33                 | 0.9885               | 0 . 20 . 01               | 64.44         |
| Mark Walker       | 0 . 20 . 16     | 26     | 50                 | 0.8747               | 0 . 17 . 43               | 72.77         |
| Alex Frost        | 0 . 20 . 27     | 25     | 49                 | 0.8817               | 0 . 18 . 01               | 71.54         |
| Ian Aitchison     | 0 . 20 . 33     | 24     | 60                 | 0.8043               | 0 . 16 . 31               | 78.05         |
| Matthew Jones     | 0 . 21 . 57     | 23     | 38                 | 0.9592               | 0 . 21 . 03               | 61.27         |
| Kris Robinson     | 0 . 23 . 17     | 22     | 48                 | 0.8888               | 0 . 20 . 41               | 62.34         |
| Mike Winstanley   | 0 . 23 . 45     | 21     | 68                 | 0.7479               | 0 . 17 . 45               | 72.62         |
| Ian Holloway      | 0 . 26 . 08     | 20     | 67                 | 0.7550               | 0 . 19 . 43               | 65.38         |
| Simon Pendlebury  | 0 . 26 . 57     | 19     | 40                 | 0.9451               | 0 . 25 . 28               | 50.65         |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Ladies</b>      | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Kay Welsby         | 0 . 19 . 23     | 32     | 34                 | 0.9934               | 0 . 19 . 15               | 76.86         |
| Anna Blomfield     | 0 . 21 . 47     | 29     | 55                 | 0.8283               | 0 . 18 . 02               | 82.03         |
| Jill Butterworth   | 0 . 22 . 13     | 28     | 44                 | 0.9402               | 0 . 20 . 53               | 70.85         |
| Stephanie Harrison | 0 . 22 . 29     | 27     | 31                 | 0.9989               | 0 . 22 . 27               | 65.90         |
| Jan Needham        | 0 . 22 . 41     | 26     | 64                 | 0.7302               | 0 . 16 . 33               | 89.35         |
| Katherine Brierley | 0 . 24 . 08     | 25     | 46                 | 0.9232               | 0 . 22 . 16               | 66.43         |
| Laura Fitton       | 0 . 26 . 47     | 24     | 27                 | 1.0000               | 0 . 26 . 47               | 55.26         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Male Vet 40</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Nick Barton        | 0 . 19 . 22     | 32     | 42                 | 0.9310               | 0 . 18 . 01               | 71.55         |
| Simon Pendlebury   | 0 . 26 . 57     | 29     | 40                 | 0.9451               | 0 . 25 . 28               | 50.65         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Male Vet 45</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Daniel Bennett     | 0 . 17 . 27     | 32     | 48                 | 0.8888               | 0 . 15 . 30               | 83.17         |
| Alex Frost         | 0 . 20 . 27     | 29     | 49                 | 0.8817               | 0 . 18 . 01               | 71.54         |
| Kris Robinson      | 0 . 23 . 17     | 28     | 48                 | 0.8888               | 0 . 20 . 41               | 62.34         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

# Rochdale Harriers & A.C. - 2017 Road Race Championship

Group Results For Race 2a, Cowm 5K Races (race 1 of 4), 29th March 2017 - continued

5 Kilometre Age Grading Tables Used

| Male Vet 50 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Mark Walker | 0 . 20 . 16     | 32     | 50                 | 0.8747               | 0 . 17 . 43               | 72.77         |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Male Vet 55 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Male Vet 60+    | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-----------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Ian Aitchison   | 0 . 20 . 33     | 32     | 60                 | 0.8043               | 0 . 16 . 31               | 78.05         |
| Mike Winstanley | 0 . 23 . 45     | 29     | 68                 | 0.7479               | 0 . 17 . 45               | 72.62         |
| Ian Holloway    | 0 . 26 . 08     | 28     | 67                 | 0.7550               | 0 . 19 . 43               | 65.38         |
| --              | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --              | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 40    | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Jill Butterworth | 0 . 22 . 13     | 32     | 44                 | 0.9402               | 0 . 20 . 53               | 70.85         |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 45      | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Katherine Brierley | 0 . 24 . 08     | 32     | 46                 | 0.9232               | 0 . 22 . 16               | 66.43         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 50 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|---------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 55  | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Anna Blomfield | 0 . 21 . 47     | 32     | 55                 | 0.8283               | 0 . 18 . 02               | 82.03         |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 60+ | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Jan Needham    | 0 . 22 . 41     | 32     | 64                 | 0.7302               | 0 . 16 . 33               | 89.35         |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

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. - 2017 Road Race Championship

Group Results For Race 2a, Cowm 5K Races (race 1 of 4), 29th March 2017 - continued

5 Kilometre Age Grading Tables Used

| <b>Under 23 Male</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Under 23 Female</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

# Rochdale Harriers & A.C. - 2017 Road Race Championship

All RHAC Results For Race 2b, Cowm 5K Races (race 2 of 4), 5th April 2017

|    |                    | Gun Time    | Group(s)     | Overall Race Position | Overall Race Position (as female/male) | Position In Age Group (based on full race results) |
|----|--------------------|-------------|--------------|-----------------------|--|--|
| 1  | Gareth Hunt        | 0 . 19 . 35 | Mens         | 11th                  | 11th of 49                             | 4th of 12  |
| 2  | Alex Frost         | 0 . 20 . 04 | Mens/MV45    | 17th                  | 17th of 49                             | 3rd of 7   |
| 3  | Ian Aitchison      | 0 . 20 . 33 | Mens/MV60+   | 19th                  | 19th of 49                             | 2nd of 3   |
| 4  | Jill Butterworth   | 0 . 21 . 26 | Ladies/FV40  | 8th                   | 8th of 31                              | 1st of 3   |
| 5  | Stephanie Harrison | 0 . 21 . 33 | Ladies       | 9th                   | 9th of 31                              | 6th of 8   |
| 6  | Matthew Jones      | 0 . 21 . 39 | Mens         | 24th                  | 24th of 49                             | 7th of 12  |
| 7  | Kris Robinson      | 0 . 21 . 44 | Mens/MV45    | 25th                  | 25th of 49                             | 4th of 7   |
| 8  | Jan Needham        | 0 . 22 . 33 | Ladies/FV60+ | 12th                  | 12th of 31                             | 1st of 1   |
| 9  | Mike Winstanley    | 0 . 23 . 00 | Mens/MV60+   | 36th                  | 36th of 49                             | 1st of 3   |
| 10 | Mike Moran         | 0 . 23 . 52 | Mens/MV60+   | 40th                  | 40th of 49                             | 3rd of 3   |
| 11 | Ian Holloway       | 0 . 25 . 37 | Mens/MV60+   | 46th                  | 46th of 49                             | 3rd of 3   |
| 12 | Simon Pendlebury   | 0 . 25 . 49 | Mens/MV40    | 47th                  | 47th of 49                             | 4th of 5   |
| 13 |                    |             |              |                       |  |  |
| 14 |                    |             |              |                       |  |  |
| 15 |                    |             |              |                       |  |  |
| 16 |                    |             |              |                       |  |  |
| 17 |                    |             |              |                       |  |  |
| 18 |                    |             |              |                       |  |  |
| 19 |                    |             |              |                       |  |  |
| 20 |                    |             |              |                       |  |  |
| 21 |                    |             |              |                       |  |  |
| 22 |                    |             |              |                       |  |  |
| 23 |                    |             |              |                       |  |  |
| 24 |                    |             |              |                       |  |  |
| 25 |                    |             |              |                       |  |  |
| 26 |                    |             |              |                       |  |  |
| 27 |                    |             |              |                       |  |  |
| 28 |                    |             |              |                       |  |  |
| 29 |                    |             |              |                       |  |  |
| 30 |                    |             |              |                       |  |  |
| 31 |                    |             |              |                       |  |  |
| 32 |                    |             |              |                       |  |  |
| 33 |                    |             |              |                       |  |  |
| 34 |                    |             |              |                       |  |  |
| 35 |                    |             |              |                       |  |  |

# Rochdale Harriers & A.C. - 2017 Road Race Championship

Group Results For Race 2b, Cowm 5K Races (race 2 of 4), 5th April 2017

5 Kilometre Age Grading Tables Used

| <b>Mens</b>      | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Gareth Hunt      | 0 . 19 . 35     | 32     | 33                 | 0.9885               | 0 . 19 . 21               | 66.64         |
| Alex Frost       | 0 . 20 . 04     | 29     | 49                 | 0.8817               | 0 . 17 . 41               | 72.91         |
| Ian Aitchison    | 0 . 20 . 33     | 28     | 60                 | 0.8043               | 0 . 16 . 31               | 78.05         |
| Matthew Jones    | 0 . 21 . 39     | 27     | 38                 | 0.9592               | 0 . 20 . 46               | 62.12         |
| Kris Robinson    | 0 . 21 . 44     | 26     | 48                 | 0.8888               | 0 . 19 . 18               | 66.78         |
| Mike Winstanley  | 0 . 23 . 00     | 25     | 68                 | 0.7479               | 0 . 17 . 12               | 74.99         |
| Mike Moran       | 0 . 23 . 52     | 24     | 61                 | 0.7972               | 0 . 19 . 01               | 67.80         |
| Ian Holloway     | 0 . 25 . 37     | 23     | 67                 | 0.7550               | 0 . 19 . 20               | 66.70         |
| Simon Pendlebury | 0 . 25 . 49     | 22     | 40                 | 0.9451               | 0 . 24 . 23               | 52.87         |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Ladies</b>      | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Jill Butterworth   | 0 . 21 . 26     | 32     | 44                 | 0.9402               | 0 . 20 . 09               | 73.44         |
| Stephanie Harrison | 0 . 21 . 33     | 29     | 31                 | 0.9989               | 0 . 21 . 31               | 68.75         |
| Jan Needham        | 0 . 22 . 33     | 28     | 64                 | 0.7302               | 0 . 16 . 27               | 89.88         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Male Vet 40</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Simon Pendlebury   | 0 . 25 . 49     | 32     | 40                 | 0.9451               | 0 . 24 . 23               | 52.87         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Male Vet 45</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|--------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Alex Frost         | 0 . 20 . 04     | 32     | 49                 | 0.8817               | 0 . 17 . 41               | 72.91         |
| Kris Robinson      | 0 . 21 . 44     | 29     | 48                 | 0.8888               | 0 . 19 . 18               | 66.78         |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                 | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

# Rochdale Harriers & A.C. - 2017 Road Race Championship

Group Results For Race 2b, Cowm 5K Races (race 2 of 4), 5th April 2017 - continued

5 Kilometre Age Grading Tables Used

| Male Vet 50 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Male Vet 55 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --          | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Male Vet 60+    | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|-----------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Ian Aitchison   | 0 . 20 . 33     | 32     | 60                 | 0.8043               | 0 . 16 . 31               | 78.05         |
| Mike Winstanley | 0 . 23 . 00     | 29     | 68                 | 0.7479               | 0 . 17 . 12               | 74.99         |
| Mike Moran      | 0 . 23 . 52     | 28     | 61                 | 0.7972               | 0 . 19 . 01               | 67.80         |
| Ian Holloway    | 0 . 25 . 37     | 27     | 67                 | 0.7550               | 0 . 19 . 20               | 66.70         |
| --              | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 40    | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Jill Butterworth | 0 . 21 . 26     | 32     | 44                 | 0.9402               | 0 . 20 . 09               | 73.44         |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --               | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 45 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|---------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 50 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|---------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 55 | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|---------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --            | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| Female Vet 60+ | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| Jan Needham    | 0 . 22 . 33     | 32     | 64                 | 0.7302               | 0 . 16 . 27               | 89.88         |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --             | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

# Rochdale Harriers & A.C. - 2017 Road Race Championship

Group Results For Race 2b, Cowm 5K Races (race 2 of 4), 5th April 2017 - continued

5 Kilometre Age Grading Tables Used

| <b>Under 23 Male</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|----------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                   | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |

| <b>Under 23 Female</b> | Race Time (Gun) | Points | Age On Day Of Race | Age Adjusting Factor | Time After Age Adjustment | % Performance |
|------------------------|-----------------|--------|--------------------|----------------------|---------------------------|---------------|
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |
| --                     | -- . -- . --    | --     | --                 | --                   | -- . -- . --              | --            |



## Rochdale Harriers A.C. - 2017 Road Race Championship - Group Tables

| <b>Mens</b> |                   | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|-------------|-------------------|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1           | Richard Stirzaker | 2                      | 32           | 32                                |   |                         |   |               |                         | 64                            |
| 2           | Daniel Bennett    | 2                      | 29           | 29                                |   |                         |   |               |                         | 58                            |
| 3           | Nick Barton       | 2                      | 26           | 28                                |   |                         |   |               |                         | 54                            |
| 4           | Gareth Hunt       | 2                      | 24           | 27                                |   |                         |   |               |                         | 51                            |
| 5           | Alex Frost        | 2                      | 25           | 26                                |   |                         |   |               |                         | 51                            |
| 6           | Kris Robinson     | 2                      | 21           | 22                                |   |                         |   |               |                         | 43                            |
| 7           | Matthew Jones     | 2                      | 20           | 23                                |   |                         |   |               |                         | 43                            |
| 8           | Oliver Bentley    | 1                      | 28           |                                   |   |                         |   |               |                         | 28                            |
| 9           | David Bentley     | 1                      | 27           |                                   |   |                         |   |               |                         | 27                            |
| 10          | Mark Walker       | 1                      |              | 25                                |   |                         |   |               |                         | 25                            |
| 11          | Ian Aitchison     | 1                      |              | 24                                |   |                         |   |               |                         | 24                            |
| 12          | Brian Moore       | 1                      | 23           |                                   |   |                         |   |               |                         | 23                            |
| 13          | John Mayall       | 1                      | 22           |                                   |   |                         |   |               |                         | 22                            |
| 14          | Mike Winstanley   | 1                      |              | 21                                |   |                         |   |               |                         | 21                            |
| 15          | Mike Moran        | 1                      |              | 20                                |   |                         |   |               |                         | 20                            |
| 16          | Ian Holloway      | 1                      |              | 19                                |   |                         |   |               |                         | 19                            |
| 17          | Richard Mason     | 1                      | 19           |                                   |   |                         |   |               |                         | 19                            |
| 18          | Simon Pendlebury  | 1                      |              | 18                                |   |                         |   |               |                         | 18                            |
| 19          |                   |                        |              |                                   |   |                         |   |               |                         |                               |
| 20          |                   |                        |              |                                   |   |                         |   |               |                         |                               |
| 21          |                   |                        |              |                                   |   |                         |   |               |                         |                               |
| 22          |                   |                        |              |                                   |   |                         |   |               |                         |                               |
| 23          |                   |                        |              |                                   |   |                         |   |               |                         |                               |
| 24          |                   |                        |              |                                   |   |                         |   |               |                         |                               |

| <b>Ladies</b> |                    | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|---------------|--------------------|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1             | Kay Welsby         | 2                      | 32           | 32                                |   |                         |   |               |                         | 64                            |
| 2             | Jill Butterworth   | 2                      | 27           | 29                                |   |                         |   |               |                         | 56                            |
| 3             | Anna Blomfield     | 2                      | 28           | 27                                |   |                         |   |               |                         | 55                            |
| 4             | Stephanie Harrison | 2                      | 26           | 28                                |   |                         |   |               |                         | 54                            |
| 5             | Laura Fitton       | 2                      | 24           | 24                                |   |                         |   |               |                         | 48                            |
| 6             | Emma Gumbley       | 1                      | 29           |                                   |   |                         |   |               |                         | 29                            |
| 7             | Jan Needham        | 1                      |              | 26                                |   |                         |   |               |                         | 26                            |
| 8=            | Karen Conduit      | 1                      | 25           |                                   |   |                         |   |               |                         | 25                            |
| 8=            | Katherine Brierley | 1                      |              | 25                                |   |                         |   |               |                         | 25                            |
| 10            | Nicola Smith       | 1                      | 23           |                                   |   |                         |   |               |                         | 23                            |
| 11            | Jackie Mason       | 1                      | 22           |                                   |   |                         |   |               |                         | 22                            |
| 12            |                    |                        |              |                                   |   |                         |   |               |                         |                               |
| 13            |                    |                        |              |                                   |   |                         |   |               |                         |                               |
| 14            |                    |                        |              |                                   |   |                         |   |               |                         |                               |
| 15            |                    |                        |              |                                   |   |                         |   |               |                         |                               |
| 16            |                    |                        |              |                                   |   |                         |   |               |                         |                               |

## Rochdale Harriers A.C. - 2017 Road Race Championship - Group Tables

| <b>Male Vet 40</b> |                  | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|--------------------|------------------|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1                  | Nick Barton      | 2                      | 32           | 32                                |   |                         |   |               |                         | 64                            |
| 2                  | Simon Pendlebury | 1                      |              | 29                                |   |                         |   |               |                         | 29                            |
| 3                  |                  |                        |              |                                   |   |                         |   |               |                         |                               |
| 4                  |                  |                        |              |                                   |   |                         |   |               |                         |                               |

| <b>Male Vet 45</b> |                | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|--------------------|----------------|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1                  | Daniel Bennett | 2                      | 32           | 32                                |   |                         |   |               |                         | 64                            |
| 2                  | Alex Frost     | 2                      | 28           | 29                                |   |                         |   |               |                         | 57                            |
| 3                  | Kris Robinson  | 2                      | 27           | 28                                |   |                         |   |               |                         | 55                            |
| 4                  | David Bentley  | 1                      | 29           |                                   |   |                         |   |               |                         | 29                            |
| 5                  |                |                        |              |                                   |   |                         |   |               |                         |                               |

| <b>Male Vet 50</b> |             | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|--------------------|-------------|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1=                 | Brian Moore | 1                      | 32           |                                   |   |                         |   |               |                         | 32                            |
| 1=                 | Mark Walker | 1                      |              | 32                                |   |                         |   |               |                         | 32                            |
| 3                  | John Mayall | 1                      | 29           |                                   |   |                         |   |               |                         | 29                            |
| 4                  |             |                        |              |                                   |   |                         |   |               |                         |                               |

| <b>Male Vet 55</b> |               | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|--------------------|---------------|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1                  | Richard Mason | 1                      | 32           |                                   |   |                         |   |               |                         | 32                            |
| 2                  |               |                        |              |                                   |   |                         |   |               |                         |                               |
| 3                  |               |                        |              |                                   |   |                         |   |               |                         |                               |
| 4                  |               |                        |              |                                   |   |                         |   |               |                         |                               |

| <b>Male Vet 60+</b> |                 | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|---------------------|-----------------|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1                   | Ian Aitchison   | 1                      |              | 32                                |   |                         |   |               |                         | 32                            |
| 2                   | Mike Winstanley | 1                      |              | 29                                |   |                         |   |               |                         | 29                            |
| 3                   | Mike Moran      | 1                      |              | 28                                |   |                         |   |               |                         | 28                            |
| 4                   | Ian Holloway    | 1                      |              | 27                                |   |                         |   |               |                         | 27                            |
| 5                   |                 |                        |              |                                   |   |                         |   |               |                         |                               |

## Rochdale Harriers A.C. - 2017 Road Race Championship - Group Tables

| <b>Female Vet 40</b> |                  | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|----------------------|------------------|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1                    | Jill Butterworth | 2                      | 32           | 32                                |   |                         |   |               |                         | 64                            |
| 2                    | Nicola Smith     | 1                      | 29           |                                   |   |                         |   |               |                         | 29                            |
| 3                    |                  |                        |              |                                   |   |                         |   |               |                         |                               |
| 4                    |                  |                        |              |                                   |   |                         |   |               |                         |                               |

| <b>Female Vet 45</b> |                    | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|----------------------|--------------------|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1                    | Katherine Brierley | 1                      |              | 32                                |   |                         |   |               |                         | 32                            |
| 2                    |                    |                        |              |                                   |   |                         |   |               |                         |                               |
| 3                    |                    |                        |              |                                   |   |                         |   |               |                         |                               |
| 4                    |                    |                        |              |                                   |   |                         |   |               |                         |                               |

| <b>Female Vet 50</b> |  | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|----------------------|--|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1                    |  |                        |              |                                   |   |                         |   |               |                         |                               |
| 2                    |  |                        |              |                                   |   |                         |   |               |                         |                               |
| 3                    |  |                        |              |                                   |   |                         |   |               |                         |                               |
| 4                    |  |                        |              |                                   |   |                         |   |               |                         |                               |
| 5                    |  |                        |              |                                   |   |                         |   |               |                         |                               |

| <b>Female Vet 55</b> |                | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|----------------------|----------------|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1                    | Anna Blomfield | 2                      | 32           | 32                                |   |                         |   |               |                         | 64                            |
| 2                    | Jackie Mason   | 1                      | 29           |                                   |   |                         |   |               |                         | 29                            |
| 3                    |                |                        |              |                                   |   |                         |   |               |                         |                               |
| 4                    |                |                        |              |                                   |   |                         |   |               |                         |                               |

| <b>Female Vet 60+</b> |               | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|-----------------------|---------------|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1=                    | Karen Conduit | 1                      | 32           |                                   |   |                         |   |               |                         | 32                            |
| 1=                    | Jan Needham   | 1                      |              | 32                                |   |                         |   |               |                         | 32                            |
| 3                     |               |                        |              |                                   |   |                         |   |               |                         |                               |
| 4                     |               |                        |              |                                   |   |                         |   |               |                         |                               |

## Rochdale Harriers A.C. - 2017 Road Race Championship - Group Tables

| <b>Under 23 Male</b> |                | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|----------------------|----------------|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1                    | Oliver Bentley | 1                      | 32           |                                   |   |                         |   |               |                         | 32                            |
| 2                    |                |                        |              |                                   |   |                         |   |               |                         |                               |
| 3                    |                |                        |              |                                   |   |                         |   |               |                         |                               |
| 4                    |                |                        |              |                                   |   |                         |   |               |                         |                               |

| <b>Under 23 Female</b> |  | No. Of Races Completed | Trafford 10K | Cowm 5K Races (composite results) | Todmorden Park 5K Races (composite results) | Southport Half Marathon | Sale Sizzler 5K Races (composite results) | Saddleworth 6 | City of Preston 10 Mile | Total (Best 5 Races To Count) |
|------------------------|--|------------------------|--------------|-----------------------------------|---|-------------------------|---|---------------|-------------------------|-------------------------------|
| 1                      |  |                        |              |                                   |   |                         |   |               |                         |                               |
| 2                      |  |                        |              |                                   |   |                         |   |               |                         |                               |
| 3                      |  |                        |              |                                   |   |                         |   |               |                         |                               |
| 4                      |  |                        |              |                                   |   |                         |   |               |                         |                               |