

10 Mile Road Race
24 February 2019

Chertsey House
D E N T A L G R O U P

Age Graded Result

Age graded % is calculated based on each year of age.

Position	Name	Category	Time	Age Graded (%)
1	Sarah Mercier	W	0:58.38	89.08
2	Jenny James	W35	1:01.54	88.02
3	Sean Galpin	M50	1:02.56	84.3
4	Simon Ingrouille	M45	1:03.19	79.1
5	Michaela Gallienne	W50	1:14.54	78.77
6	Nick Hynes	M45	1:05.24	78.7
7	James Priest	M	0:57.20	78.46
8	Carl Holden	M	0:57.17	77.48
9	Adrian Lihou	M45	1:05.05	76.95
10	Warwick Helps	M40	1:02.36	76.54
11	Ben Wilen	M	1:01.12	75.03
12	Richard Hann	M	1:03.06	73.03
13	James Herve	M40	1:04.34	72.95
14	Clint King	M	1:03.48	72.75
15	Mel Nicolle	W35	1:11.49	72.69
16	Danny Blake	M40	1:04.54	72.39
17	Andrew McArthur	M	1:03.22	72.38
18	Paul Hewitt	M45	1:05.42	72.2
19	Terry Garnham	M55	1:13.56	72.16
20	Andrew Watts	M40	1:05.10	72.1
21	Jon Greenfield	M	1:05.22	72
22	Colin Jeffreys	M	1:04.46	71.77
23	Kristin Dowling	W35	1:14.12	71.25
24	Mark Naftel	M50	1:13.35	71.19
25	Paul Sloman	M45	1:09.30	71.06
26	Ben Foote	M	1:04.38	71.04
27	Dan Armsden	M40	1:06.35	70.74
28	James De Garis	M40	1:07.14	70.05
29	Shane Huxster	M	1:03.40	69.71
30	Adele Perrot	W40	1:18.53	69.11
31	Pete Le Prevost	M	1:07.14	69.04
32	Joanne du Feu	W55	1:34.10	68.96
33	Mikey Ingrouille	U20M	1:13.20	68.89
34	Mathew Le Huray	M40	1:09.46	68.73
35	Stephen Smith	M50	1:17.09	68.59
36	Matt Brawn	M40	1:09.22	68.48
37	Tom Shaw	M	1:04.56	68.35
38	Jason Carre	M45	1:11.47	68.33
39	Laura Quayle	W35	1:19.53	68.2
40	Vicky Carre	W40	1:17.39	67.91
41	Chris Norman	M	1:07.44	66.98
42	David Woodhead	M45	1:13.51	66.87
43	James Travers	M	1:09.18	66.26

44	Stuart Mauger	M50	1:19.27	65.93
45	Paul Domaille	M55	1:18.30	65.92
46	James Tipper	M	1:08.50	65.74
47	Amanda Mew	W50	1:30.17	65.66
48	Robert Cornelius	M45	1:15.16	65.61
49	Derek Beatty	M	1:11.45	65.6
50	Toni Osborne	W35	1:21.57	65.55
51	Mark Palfrey	M50	1:17.26	65.5
52	Steve Sarre	M	1:11.55	65.45
53	Richard Anglis	M	1:09.29	65.29
54	Steve McCracken	M	1:08.00	65.27
55	Billy Le Poullain	M	1:09.27	65.25
56	Shane Gaudion	M45	1:13.11	64.81
57	Tony King	M50	1:22.05	64.47
58	Nicolo Rocca	M	1:09.46	64.31
59	Jason Powers	M45	1:16.31	64.1
60	Chris Sumner	M	1:10.55	63.81
61	Steven Le Prevost	M	1:12.01	63.76
62	Larry Hughes	M50	1:23.01	63.74
63	Abbie Swain	W	1:20.47	63.46
64	Craig Goupillot	M45	1:14.59	63.26
65	Steve Falla	M55	1:26.31	63.19
66	Jeanne Svejstrup	W45	1:28.39	63.09
67	Jordan Smith	M	1:12.20	62.49
68	Kate Wilesmith	W	1:23.07	62.34
69	Munyaradzi Munzwembiri	M	1:13.47	62.23
70	Alison Lihou	W40	1:24.51	62.14
71	Adam Skinner	M	1:13.58	62.01
72	Guy Rogers	M40	1:16.04	61.92
73	Ian Mills	M40	1:16.10	61.84
74	Chris Markham	M40	1:17.52	61.58
75	Alun Williams	M60	1:35.31	61.56
76	Craig Allen	M45	1:17.04	61.55
77	Carol Le Carpentier	W50	1:39.52	61.45
78	Jamie Ingrouille	M	1:13.18	61.41
79	Emma Downes	W35	1:27.07	60.84
80	Alex Mauger	M	1:16.13	60.57
81	Amanda Crowther-Martel	W45	1:33.33	60.54
82	Ben Barnes	M	1:16.04	60.36
83	Darren Troalic	M	1:16.15	60.22
84	Lara de Carteret	W35	1:26.45	60.17
85	Nathan Ward	M40	1:18.38	59.9
86	Tonderai Kahuni	M	1:16.37	59.87
87	Steven Marquis	M	1:17.07	59.76
88	Javan Isabelle	M40	1:20.32	59.54
89	Darren Pipet	M	1:18.30	59.13
90	Katie Watson	W	1:26.40	59.06
91	Mike Brehaut	M45	1:23.04	59.05
92	Sharon Gill	W40	1:34.05	59.04
93	Matt Le Tissier	M	1:17.51	58.98
94	Lucy Le Cocq	W	1:27.04	58.88
95	Emma Shearer	W45	1:36.08	58.18
96	Brett Bewey	M40	1:21.52	57.53
97	Excluded-Earphones	M	1:18.36	57.51
98	Claire Hackney	W45	1:37.58	56.7
99	Jon Downes	M45	1:27.07	56.69
100	Carl Gardner	M	1:23.21	55.39
101	Matthew Jameson	M40	1:25.50	55.34
102	Helen Streeting	W35	1:39.37	54.69

103	Gregory Josey	M45	1:34.24	54.52
104	Laura Stagg	W	1:36.11	54.46
105	Elizabeth Arklie	W	1:33.59	54.26
106	Wayne Topley	M	1:24.40	54.23
107	Monique Search	W	1:37.36	54.22
108	Adam Clayton	M	1:23.14	53.32
109	Itayi Chibaya	M	1:27.45	52.27
110	Richard Pattimore	M	1:30.58	50.15
111	Heather Rose	W	1:43.13	49.59
112	Bruce Dovey	M50	1:44.08	48.7
113	Hannah Williams	W	1:44.45	48.69
114	Emma Caseby	W	1:49.41	47.76
115	Sean Guilbert	M	1:35.11	47.26
116	Felicity Young	W	1:58.15	44.17

What is Age Graded?

Age Graded % is a comparison between your race time and the **World Record time** for your **age** and **gender**.

A **100% score** would represent a race time equal to the World Record.

$$\text{Age Graded \%} = \frac{\text{WR time (Age \& Gender)}}{\text{Your Race Time}} \times 100\%$$

Congratulations on completing the race. Ours is a runbritain-licensed event and therefore your time is included in calculating your free runbritain handicap score. Almost 90,000 runners of all standards have now claimed their runbritain handicap score. As well as giving you a current score, between scratch and 36.0, your free personalised running biography page includes your current national ranking by age band and postcode, your position on the national ladder, your progress graph, your strongest distance, a head-to-head comparison with other runners and downloadable training schedules to improve your score next time you race. Your handicap score also updates automatically every time you complete a licensed event. To claim your score now, click