

5 Mile Road Race  
25 November 2018



**Age Graded Result**

*Age graded % is calculated based on each year of age.  
5 year age groups are displayed for reference ONLY.*

| Position | Name             | Category | Time    | Age Graded (%) |
|----------|------------------|----------|---------|----------------|
| 1        | Julie Lawlor     | W70      | 0:41.25 | 96.94          |
| 2        | Jenny James      | W35      | 0:29.34 | 88.50          |
| 3        | Carl Holden      | M        | 0:27.00 | 83.46          |
| 4        | Sean Galpin      | M50      | 0:30.34 | 82.77          |
| 5        | Simon Ingrouille | M45      | 0:29.38 | 81.78          |
| 6        | James Priest     | M        | 0:27.17 | 81.73          |
| 7        | Mike Doyle       | M50      | 0:30.59 | 80.69          |
| 8        | Laura McCarthy   | W        | 0:30.41 | 80.66          |
| 9        | Chris Gillman    | M        | 0:28.04 | 80.29          |
| 10       | Ian Scholes      | M45      | 0:30.03 | 79.81          |
| 11       | Emily Bookless   | W40      | 0:32.59 | 79.28          |
| 12       | Philip Smith     | M        | 0:29.05 | 78.85          |
| 13       | Terry Garnham    | M55      | 0:34.54 | 77.79          |
| 14       | Sam Lesley       | M        | 0:28.45 | 77.22          |
| 15       | Isaac Powers     | U17M     | 0:29.21 | 75.30          |
| 16       | Tom Shaw         | M        | 0:29.56 | 75.28          |
| 17       | Mel Nicolle      | W35      | 0:34.23 | 74.79          |
| 18       | Warwick Helps    | M40      | 0:30.19 | 74.71          |
| 19       | Aivis Kergalvis  | M        | 0:29.34 | 74.46          |
| 20       | Jamie Ingrouille | M        | 0:29.55 | 74.37          |
| 21       | Andrew McArthur  | M        | 0:30.09 | 74.35          |
| 22       | Jon Greenfield   | M        | 0:30.54 | 74.22          |
| 23       | Stephen Smith    | M50      | 0:33.47 | 74.00          |
| 24       | Ian Taylor       | M50      | 0:33.50 | 73.89          |
| 25       | Chris Dorey      | M60      | 0:36.47 | 73.63          |
| 26       | Jason Carre      | M45      | 0:33.36 | 73.46          |
| 27       | Nick Mann        | M        | 0:31.31 | 73.29          |
| 28       | David Mosley     | M        | 0:30.32 | 73.25          |
| 29       | Shane Huxster    | M        | 0:30.46 | 73.24          |
| 30       | Ove Svejstrup    | M40      | 0:31.50 | 71.68          |
| 31       | Danny Blake      | M40      | 0:31.43 | 71.41          |
| 32       | Kristin Dowling  | W35      | 0:34.48 | 71.17          |
| 33       | Paul Robilliard  | M55      | 0:38.09 | 71.17          |
| 34       | Pete Le Prevost  | M        | 0:31.36 | 70.78          |
| 35       | Matt Brawn       | M40      | 0:32.54 | 70.57          |
| 36       | Paul Domaille    | M55      | 0:36.33 | 70.36          |

|    |                      |     |         |       |
|----|----------------------|-----|---------|-------|
| 37 | Michael Way          | M45 | 0:34.07 | 70.30 |
| 38 | Robert Cornelius     | M45 | 0:34.40 | 69.95 |
| 39 | Matt Mason           | M50 | 0:35.54 | 69.64 |
| 40 | Stuart Mauger        | M50 | 0:36.39 | 69.26 |
| 41 | Craig Allen          | M45 | 0:34.20 | 69.08 |
| 42 | Tom Nichols          | M   | 0:32.07 | 68.55 |
| 43 | George Nichols       | M   | 0:32.25 | 67.92 |
| 44 | Ester Vickers        | W40 | 0:38.59 | 67.81 |
| 45 | Ian Bloese           | M70 | 0:45.25 | 67.67 |
| 46 | Jason Powers         | M45 | 0:36.30 | 67.63 |
| 47 | Warren Mauger        | M45 | 0:35.56 | 67.49 |
| 48 | Niki Young           | W   | 0:37.10 | 67.40 |
| 49 | Abbie Swain          | W   | 0:36.56 | 67.15 |
| 50 | Amanda Mew           | W50 | 0:42.25 | 66.95 |
| 51 | Paul Frank           | M50 | 0:37.59 | 66.83 |
| 52 | Marie-Claire Belford | W45 | 0:40.23 | 66.78 |
| 53 | Alison Gavey         | W50 | 0:40.00 | 66.71 |
| 54 | Jeanne Svejstrup     | W45 | 0:40.29 | 66.53 |
| 55 | Jez Le Tissier       | M50 | 0:37.46 | 66.50 |
| 56 | Gemma Le Sauvage     | W35 | 0:38.19 | 66.33 |
| 57 | Steve Sarre          | M   | 0:34.41 | 66.12 |
| 58 | Ian Mills            | M40 | 0:34.34 | 66.01 |
| 59 | Joanne du Feu        | W55 | 0:46.33 | 65.95 |
| 60 | Darren Troalic       | M   | 0:33.25 | 65.89 |
| 61 | Deborah Durham       | W50 | 0:40.35 | 65.75 |
| 62 | Tony King            | M50 | 0:38.05 | 65.65 |
| 63 | Alison Lihou         | W40 | 0:39.53 | 65.57 |
| 64 | Jordan Smith         | M   | 0:33.57 | 65.54 |
| 65 | Daniel Brehaut       | M40 | 0:36.35 | 64.78 |
| 66 | David Trow           | M50 | 0:39.21 | 64.51 |
| 67 | Jamie Burtenshaw     | M40 | 0:35.23 | 64.48 |
| 68 | David Gibson         | M   | 0:34.42 | 64.46 |
| 69 | Lara de Carteret     | W35 | 0:40.00 | 64.29 |
| 70 | Steven Marquis       | M   | 0:35.24 | 63.89 |
| 71 | Lucy Le Cocq         | W   | 0:39.56 | 63.56 |
| 72 | Darren Pipet         | M   | 0:36.21 | 63.55 |
| 73 | Wayne Topley         | M   | 0:34.51 | 63.18 |
| 74 | Roger Naftel         | M70 | 0:52.31 | 62.71 |
| 75 | Kate Wilesmith       | W   | 0:39.57 | 62.58 |
| 76 | Rex Bisson           | M40 | 0:36.14 | 62.51 |
| 77 | Katie Watson         | W   | 0:39.40 | 62.39 |
| 78 | Steven Palmer        | M45 | 0:39.38 | 62.28 |
| 79 | Matty Lovell         | M40 | 0:37.21 | 62.16 |
| 80 | Stuart Harrison      | M40 | 0:38.32 | 61.68 |
| 81 | Ross Le Brun         | M40 | 0:37.00 | 61.67 |
| 82 | Mike Brehaut         | M45 | 0:40.06 | 61.55 |
| 83 | Sam Ingrouille       | W50 | 0:47.22 | 61.51 |
| 84 | Emma Shearer         | W45 | 0:43.59 | 61.24 |
| 85 | Emma Downes          | W35 | 0:41.33 | 61.17 |
| 86 | Steve Langlois       | M40 | 0:39.05 | 60.81 |

|     |                         |      |         |       |
|-----|-------------------------|------|---------|-------|
| 87  | Matthew Jameson         | M40  | 0:38.13 | 60.75 |
| 88  | Sharon Gill             | W40  | 0:43.53 | 60.65 |
| 89  | Debbie Barton           | W    | 0:40.53 | 60.54 |
| 90  | Rebecca Loveridge       | W    | 0:41.30 | 60.52 |
| 91  | Nathan Ward             | M40  | 0:37.44 | 60.47 |
| 92  | Tonderai Kahuni         | M    | 0:37.07 | 60.40 |
| 93  | Doug Belford            | M45  | 0:39.52 | 60.16 |
| 94  | Berni Gilman            | W45  | 0:47.05 | 60.14 |
| 95  | Daz Carre               | M    | 0:37.17 | 59.99 |
| 96  | Javan Isabelle          | M40  | 0:39.51 | 59.64 |
| 97  | Julia Dando             | W55  | 0:51.37 | 59.48 |
| 98  | Brett Bewey             | M40  | 0:38.23 | 59.44 |
| 99  | Francis Snoding         | M50  | 0:42.44 | 59.40 |
| 100 | Rick Mann               | M65  | 0:48.45 | 59.38 |
| 101 | Jean Guilbert           | W    | 0:42.14 | 59.19 |
| 102 | Kaely Wilmer            | W    | 0:42.15 | 59.17 |
| 103 | Chris Morris            | M40  | 0:38.30 | 58.83 |
| 104 | Jon Downes              | M45  | 0:41.33 | 58.36 |
| 105 | Richard Pattimore       | M40  | 0:40.54 | 57.95 |
| 106 | Charlene Carter         | W55  | 0:53.08 | 57.78 |
| 107 | Derek Gillman           | M50  | 0:43.21 | 57.67 |
| 108 | Lisa Evans              | W50  | 0:46.33 | 57.32 |
| 109 | Munyaradzi Munzwembiri  | M    | 0:39.16 | 57.09 |
| 110 | John Dedman             | M45  | 0:43.38 | 56.57 |
| 111 | Carol Le Carpentier     | W50  | 0:52.53 | 56.32 |
| 112 | Patrick Cummins         | M45  | 0:42.10 | 56.25 |
| 113 | Laura Clayton           | W35  | 0:46.43 | 56.01 |
| 114 | Rachael Cumberland-Dodd | W40  | 0:47.34 | 54.98 |
| 115 | Itayi Chibaya           | M    | 0:41.09 | 54.48 |
| 116 | Gareth O'Neill          | M    | 0:41.25 | 54.41 |
| 117 | Steve McCracken         | M    | 0:41.25 | 54.41 |
| 118 | Adam Clayton            | M    | 0:41.33 | 54.23 |
| 119 | Monique Search          | W    | 0:47.47 | 54.06 |
| 120 | Gregory Josey           | M45  | 0:44.32 | 53.85 |
| 121 | Bruce Dovey             | M50  | 0:46.56 | 53.52 |
| 122 | Marisa Robilliard       | W50  | 0:56.19 | 51.73 |
| 123 | Dec Gilman              | U20M | 0:43.28 | 50.92 |
| 124 | Zoe Ward                | W35  | 0:49.30 | 50.03 |
| 125 | Kirsy Gauvain           | W35  | 0:52.05 | 49.38 |
| 126 | Martyn Roberts          | M40  | 0:46.33 | 49.02 |
| 127 | Emma Caseby             | W    | 0:51.16 | 48.76 |
| 128 | Sarah Porter            | W    | 0:54.15 | 46.79 |
| 129 | Kara Lucas              | W45  | 0:56.35 | 46.07 |
| 130 | Jessica Savident        | W    | 0:54.17 | 45.59 |
| 131 | James Spittal           | M    | 0:51.16 | 42.98 |
| 132 | Lee Hammond             | M40  | 0:54.17 | 41.73 |
| 133 | Margaret Kahuni         | W    | 1:04.14 | 39.00 |
| 134 | Excluded :Headphones    |      |         |       |

**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.

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