

# St Albans Striders Age-Graded Competition 2016/2017

## Men's standings

| Position | Member              | Cat  | Overall | Race 1<br>Festive 5 |           | Race 2<br>Berkhamstead HM |           | Race 3<br>Royston MWRRL |           | Race 4<br>Bearbrook 10k |           | Race 5<br>Hatfield 5k Race 3 |           | Race 6<br>Great South Run |           |
|----------|---------------------|------|---------|---------------------|-----------|---------------------------|-----------|-------------------------|-----------|-------------------------|-----------|------------------------------|-----------|---------------------------|-----------|
|          |                     |      |         | Time                | Age Grade | Time                      | Age Grade | Time                    | Age Grade | Time                    | Age Grade | Time                         | Age Grade | Time                      | Age Grade |
| 1        | Steve Buckle        | MSEN | 80.19%  |                     |           |                           |           | 00:34:59                | 77.08%    | 00:16:19                | 81.75%    | 00:16:19                     | 81.75%    |                           |           |
| 2        | Graham Smith        | MV40 | 79.01%  | 00:28:22            | 80.86%    | 01:21:16                  | 76.20%    | 00:36:03                | 79.97%    |                         |           |                              |           |                           |           |
| 3        | Andy Auld           | MV40 | 78.01%  | 00:29:31            | 78.95%    | 01:22:07                  | 77.32%    | 00:37:41                | 77.76%    |                         |           |                              |           |                           |           |
| 4        | Phillip Evans       | MSEN | 77.83%  | 00:29:51            | 72.32%    | 01:22:41                  | 70.97%    | 00:35:58                | 74.97%    | 00:16:44                | 79.25%    | 00:16:44                     | 79.25%    |                           |           |
| 5        | Joe Dunn            | MSEN | 76.97%  |                     |           |                           |           | 00:35:55                | 75.73%    | 00:17:18                | 77.59%    | 00:17:18                     | 77.59%    |                           |           |
| 6        | Errol Maginley      | MV50 | 76.52%  |                     |           |                           |           |                         |           | 00:19:06                | 78.43%    | 00:19:06                     | 78.43%    | 01:08:55                  | 72.70%    |
| 7        | Nigel Aston         | MV50 | 75.96%  |                     |           | 01:37:12                  | 67.61%    | 00:41:33                | 72.92%    | 00:19:20                | 76.89%    | 00:19:20                     | 76.89%    | 01:07:02                  | 74.09%    |
| 8        | Robert Spencer      | MSEN | 75.36%  | 00:28:40            | 74.36%    | 01:20:32                  | 72.50%    | 00:35:19                | 75.65%    |                         |           |                              |           | 00:57:50                  | 76.08%    |
| 9        | Colin Braybrook     | MV50 | 74.20%  | 00:34:37            | 72.47%    |                           |           | 00:42:02                | 75.27%    | 00:20:59                | 73.67%    | 00:20:59                     | 73.67%    |                           |           |
| 10       | Stephen Hosty       | MV40 | 73.76%  | 00:30:56            | 71.38%    | 01:23:44                  | 71.26%    | 00:37:51                | 73.22%    | 00:18:31                | 74.03%    | 00:18:31                     | 74.03%    |                           |           |
| 11       | Mike Martin         | MSEN | 73.76%  | 00:29:26            | 72.83%    | 01:39:47                  | 58.57%    | 00:38:17                | 70.02%    | 00:17:42                | 74.23%    | 00:17:42                     | 74.23%    | 01:01:18                  | 72.04%    |
| 12       | Seb Rowe            | MV40 | 73.70%  | 00:32:11            | 72.98%    | 01:27:16                  | 72.76%    | 00:39:38                | 73.94%    | 00:19:36                | 73.59%    | 00:19:36                     | 73.59%    | 01:09:58                  | 68.61%    |
| 13       | Tim Searle          | MSEN | 73.19%  |                     |           |                           |           |                         |           | 00:18:15                | 74.59%    | 00:18:15                     | 74.59%    | 01:04:04                  | 70.38%    |
| 14       | Gareth Beavis       | MSEN | 72.42%  | 00:30:45            | 69.71%    | 01:30:44                  | 64.42%    | 00:37:46                | 70.98%    | 00:18:11                | 72.57%    | 00:18:11                     | 72.57%    | 01:01:14                  | 72.12%    |
| 15       | Ian Hirth           | MV40 | 72.04%  | 00:30:43            | 72.43%    | 01:30:29                  | 66.35%    | 00:40:49                | 67.90%    | 00:19:13                | 71.84%    | 00:19:13                     | 71.84%    | 01:07:49                  | 67.41%    |
| 16       | Stuart Middleton    | MV40 | 71.24%  |                     |           | 01:35:25                  | 64.90%    |                         |           | 00:19:39                | 72.32%    | 00:19:39                     | 72.32%    | 01:08:22                  | 69.06%    |
| 17       | Richard Evans       | MSEN | 69.30%  | 00:32:01            | 66.95%    | 01:31:03                  | 64.30%    | 00:39:39                | 67.78%    | 00:18:50                | 70.07%    | 00:18:50                     | 70.07%    |                           |           |
| 18       | Chris Barr          | MSEN | 66.62%  |                     |           | 01:35:11                  | 61.34%    |                         |           | 00:18:54                | 69.26%    | 00:18:54                     | 69.26%    | 01:17:37                  | 56.72%    |
| 19       | Jonathan White      | MSEN | 66.08%  | 00:31:28            | 68.92%    | 01:35:07                  | 61.88%    | 00:41:09                | 65.79%    |                         |           |                              |           | 01:10:13                  | 63.55%    |
| 20       | Jamie Sinclair      | MSEN | 64.84%  |                     |           |                           |           |                         |           | 00:19:43                | 65.85%    | 00:19:43                     | 65.85%    | 01:10:02                  | 62.83%    |
| 21       | Bill Harding        | MV60 | 64.48%  | 00:42:48            | 64.67%    |                           |           |                         |           | 00:26:19                | 64.39%    | 00:26:19                     | 64.39%    |                           |           |
| 22       | Howard Bull         | MSEN | 64.24%  | 00:34:20            | 62.28%    | 01:39:54                  | 58.45%    | 00:42:17                | 63.29%    | 00:20:18                | 64.72%    | 00:20:18                     | 64.72%    |                           |           |
| 23       | Ben Scott           | MSEN | 62.66%  |                     |           | 01:36:53                  | 60.26%    |                         |           | 00:20:30                | 63.86%    | 00:20:30                     | 63.86%    |                           |           |
| 24       | Robin Newby         | MV40 | 62.01%  | 00:36:48            | 63.32%    | 01:49:55                  | 57.77%    |                         |           |                         |           |                              |           | 01:13:54                  | 64.96%    |
| 25       | Roger Sant          | MV40 | 61.40%  | 00:42:13            | 56.08%    |                           |           | 00:50:54                | 58.53%    | 00:23:18                | 62.84%    | 00:23:18                     | 62.84%    |                           |           |
| 26       | James Harrison      | MSEN | 61.22%  | 00:36:51            | 57.85%    |                           |           |                         |           | 00:20:42                | 62.91%    | 00:20:42                     | 62.91%    |                           |           |
| 27       | Martin Medforth     | MV50 | 60.67%  |                     |           |                           |           |                         |           | 00:25:07                | 62.54%    | 00:25:07                     | 62.54%    | 01:32:54                  | 56.91%    |
| 28       | Andrew Maher        | MV40 | 53.32%  | 00:41:54            | 54.75%    | 01:55:46                  | 53.49%    | 00:55:44                | 51.73%    |                         |           |                              |           |                           |           |
| 29       | Soong-Kong Au-Yeong | MSEN | 52.80%  | 00:36:40            | 59.46%    | 02:04:01                  | 47.64%    | 00:53:19                | 51.29%    |                         |           |                              |           |                           |           |
| 30       | Martin Crisp        | MV50 | 43.81%  | 00:57:38            | 43.53%    | 02:40:03                  | 42.56%    |                         |           |                         |           |                              |           | 01:54:30                  | 45.34%    |

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|----------|--------------------|------|---------|---------------------|-----------|---------------------------|-----------|-------------------------|-----------|-------------------------|-----------|------------------------------|-----------|---------------------------|-----------|
|          |                    |      |         | Time                | Age Grade | Time                      | Age Grade | Time                    | Age Grade | Time                    | Age Grade | Time                         | Age Grade | Time                      | Age Grade |
|          | Colin Singleton    | MV60 | 82.67%  | 00:32:37            | 84.07%    |                           |           | 00:42:18                | 81.28%    |                         |           |                              |           |                           |           |
|          | Graham Foster      | MV50 | 80.96%  | 00:31:04            | 81.44%    |                           |           | 00:39:40                | 80.48%    |                         |           |                              |           |                           |           |
|          | Peter Crowdell     | MV40 | 80.79%  |                     |           |                           |           | 00:35:24                | 80.79%    |                         |           |                              |           |                           |           |
|          | Tom Crouch         | MSEN | 80.69%  | 00:26:55            | 79.64%    |                           |           | 00:32:48                | 81.73%    |                         |           |                              |           |                           |           |
|          | Paul Adams         | MSEN | 80.32%  |                     |           | 01:15:09                  | 78.32%    | 00:32:53                | 82.33%    |                         |           |                              |           |                           |           |
|          | Blake Vivian       | MSEN | 79.84%  |                     |           |                           |           | 00:33:41                | 81.70%    |                         |           |                              |           | 00:57:50                  | 77.97%    |
|          | Gary Warren        | MV40 | 78.93%  | 00:29:33            | 80.12%    |                           |           | 00:38:00                | 77.75%    |                         |           |                              |           |                           |           |
|          | Paddy Brice        | MV40 | 77.99%  | 00:30:07            | 77.99%    |                           |           |                         |           |                         |           |                              |           |                           |           |
|          | Jonathan Scott     | MV40 | 76.02%  |                     |           | 01:21:02                  | 74.60%    | 00:36:04                | 77.44%    |                         |           |                              |           |                           |           |
|          | Michele Besio      | MSEN | 75.08%  | 00:28:53            | 75.08%    |                           |           |                         |           |                         |           |                              |           |                           |           |
|          | Jim King           | MV40 | 74.98%  |                     |           | 01:25:04                  | 72.80%    | 00:37:22                | 77.15%    |                         |           |                              |           |                           |           |
|          | Steve Smith        | MV50 | 74.85%  |                     |           |                           |           | 00:41:32                | 74.85%    |                         |           |                              |           |                           |           |
|          | Simon Fraser       | MSEN | 74.83%  |                     |           |                           |           | 00:35:43                | 74.83%    |                         |           |                              |           |                           |           |
|          | Nick Pattison      | MSEN | 74.25%  |                     |           |                           |           | 00:36:50                | 74.25%    |                         |           |                              |           |                           |           |
|          | Richard Harry      | MV40 | 73.01%  |                     |           | 01:22:48                  | 73.01%    |                         |           |                         |           |                              |           |                           |           |
|          | Mike Lancaster     | MSEN | 72.82%  |                     |           |                           |           |                         |           | 00:18:26                | 72.82%    | 00:18:26                     | 72.82%    |                           |           |
|          | Pablo PlazaLastras | MV40 | 71.49%  | 00:30:01            | 73.56%    | 01:25:58                  | 69.41%    |                         |           |                         |           |                              |           |                           |           |
|          | Anthony Nicolson   | MV50 | 70.46%  |                     |           | 01:34:48                  | 68.73%    | 00:41:37                | 72.19%    |                         |           |                              |           |                           |           |
|          | Tom Neill          | MSEN | 69.95%  |                     |           |                           |           | 00:38:33                | 69.95%    |                         |           |                              |           |                           |           |
|          | Rav Dighe          | MV40 | 69.91%  | 00:33:52            | 69.91%    |                           |           |                         |           |                         |           |                              |           |                           |           |
|          | Jordan Lister      | MSEN | 69.48%  | 00:29:45            | 72.06%    |                           |           |                         |           |                         |           |                              |           | 01:05:53                  | 66.91%    |
|          | Roger Murray       | MV60 | 68.97%  | 00:42:43            | 69.12%    |                           |           | 00:53:50                | 68.82%    |                         |           |                              |           |                           |           |
|          | Steven Cockrell    | MSEN | 68.39%  |                     |           |                           |           |                         |           |                         |           |                              |           | 01:04:22                  | 68.39%    |
|          | Douglas Hobson     | MSEN | 68.32%  | 00:31:12            | 68.32%    |                           |           |                         |           |                         |           |                              |           |                           |           |
|          | Gwynfor Tyley      | MV40 | 68.28%  |                     |           | 01:33:47                  | 68.28%    |                         |           |                         |           |                              |           |                           |           |
|          | Marcus Hooper      | MV40 | 68.18%  |                     |           | 01:35:52                  | 66.23%    | 00:41:47                | 70.13%    |                         |           |                              |           |                           |           |
|          | Michael Jack       | MV50 | 68.18%  | 00:37:26            | 68.18%    |                           |           |                         |           |                         |           |                              |           |                           |           |
|          | Michael Austin     | MSEN | 68.06%  |                     |           |                           |           |                         |           | 00:19:05                | 68.06%    | 00:19:05                     | 68.06%    |                           |           |

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|----------|------------------|------|---------|---------------------|-----------|---------------------------|-----------|-------------------------|-----------|-------------------------|-----------|------------------------------|-----------|---------------------------|-----------|
|          |                  |      |         | Time                | Age Grade | Time                      | Age Grade | Time                    | Age Grade | Time                    | Age Grade | Time                         | Age Grade | Time                      | Age Grade |
|          | John Hope        | MV60 | 67.96%  | 00:41:07            | 67.96%    |                           |           |                         |           |                         |           |                              |           |                           |           |
|          | David Prince     | MV60 | 67.04%  |                     |           |                           |           |                         |           |                         |           |                              |           | 01:25:09                  | 67.04%    |
|          | Anthony Rowlands | MV60 | 66.71%  |                     |           | 01:51:11                  | 66.71%    |                         |           |                         |           |                              |           |                           |           |
|          | Richard Maw      | MV60 | 65.67%  |                     |           | 01:50:45                  | 65.67%    |                         |           |                         |           |                              |           |                           |           |
|          | Mark Travers     | MV50 | 65.49%  | 00:37:00            | 66.67%    | 01:44:00                  | 64.32%    |                         |           |                         |           |                              |           |                           |           |
|          | Trevor Clements  | MV50 | 65.12%  |                     |           | 01:43:39                  | 65.12%    |                         |           |                         |           |                              |           |                           |           |
|          | Craig Dowie      | MV40 | 64.56%  |                     |           | 01:38:21                  | 64.56%    |                         |           |                         |           |                              |           |                           |           |
|          | Onil Biswas      | MV50 | 64.40%  |                     |           |                           |           |                         |           |                         |           |                              |           | 01:16:28                  | 64.40%    |
|          | Shane Ryan       | MV50 | 64.39%  | 00:38:12            | 65.12%    |                           |           | 00:49:16                | 63.66%    |                         |           |                              |           |                           |           |
|          | Richard Olney    | MV50 | 63.99%  |                     |           |                           |           | 00:46:12                | 64.48%    |                         |           |                              |           | 01:17:33                  | 63.50%    |
|          | Jack Brooks      | MV60 | 63.80%  |                     |           |                           |           | 00:53:53                | 63.80%    |                         |           |                              |           |                           |           |
|          | Calum Latham     | MSEN | 63.71%  |                     |           |                           |           |                         |           | 00:20:49                | 63.71%    | 00:20:49                     | 63.71%    |                           |           |
|          | Ivan Ghouse      | MV40 | 63.58%  |                     |           |                           |           |                         |           |                         |           |                              |           | 01:14:16                  | 63.58%    |
|          | Richard Derrick  | MV60 | 63.47%  |                     |           |                           |           |                         |           |                         |           |                              |           | 01:25:40                  | 63.47%    |
|          | Scott Mayes      | MSEN | 63.41%  | 00:33:49            | 64.85%    | 01:35:47                  | 61.96%    |                         |           |                         |           |                              |           |                           |           |
|          | Paul Earnshaw    | MV50 | 63.11%  | 00:40:19            | 63.86%    |                           |           | 00:52:07                | 62.36%    |                         |           |                              |           |                           |           |
|          | Chris Davies     | MV50 | 62.66%  |                     |           | 01:43:59                  | 62.66%    |                         |           |                         |           |                              |           |                           |           |
|          | Anthony Bunker   | MV40 | 62.62%  |                     |           |                           |           | 00:44:57                | 62.62%    |                         |           |                              |           |                           |           |
|          | Mike McClean     | MSEN | 62.18%  |                     |           |                           |           | 00:43:02                | 62.18%    |                         |           |                              |           |                           |           |
|          | Jonathan Poole   | MV50 | 60.89%  | 00:38:19            | 62.80%    | 01:50:27                  | 58.99%    |                         |           |                         |           |                              |           |                           |           |
|          | Andy Normile     | MV50 | 60.55%  | 00:37:37            | 63.45%    | 01:52:03                  | 57.64%    |                         |           |                         |           |                              |           |                           |           |
|          | Andrew Hull      | MV40 | 59.54%  |                     |           |                           |           | 00:49:13                | 59.54%    |                         |           |                              |           |                           |           |
|          | David Holcroft   | MSEN | 59.54%  | 00:36:47            | 57.95%    |                           |           |                         |           |                         |           |                              |           | 01:11:59                  | 61.13%    |
|          | Martin Whitworth | MV40 | 58.95%  | 00:38:19            | 58.95%    |                           |           |                         |           |                         |           |                              |           |                           |           |
|          | Spencer Grant    | MV40 | 58.53%  |                     |           |                           |           |                         |           |                         |           |                              |           | 01:19:22                  | 58.53%    |
|          | Richard Vaughan  | MSEN | 58.25%  | 00:37:02            | 57.74%    |                           |           | 00:45:32                | 58.77%    |                         |           |                              |           |                           |           |
|          | Tony Barr        | MV50 | 58.01%  |                     |           |                           |           |                         |           |                         |           |                              |           | 01:32:00                  | 58.01%    |
|          | Pat Higgins      | MV60 | 57.56%  |                     |           |                           |           | 00:56:59                | 57.56%    |                         |           |                              |           |                           |           |
|          | Dave Skyrme      | MV50 | 57.35%  | 00:44:49            | 56.95%    |                           |           | 00:55:17                | 57.75%    |                         |           |                              |           |                           |           |
|          | Ian Simpson      | MSEN | 57.11%  |                     |           | 01:42:15                  | 57.11%    |                         |           |                         |           |                              |           |                           |           |
|          | Chris Curran     | MSEN | 57.03%  |                     |           |                           |           | 00:46:51                | 57.03%    |                         |           |                              |           |                           |           |

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|----------|-------------------------|------|---------|---------------------|-----------|---------------------------|-----------|-------------------------|-----------|-------------------------|-----------|------------------------------|-----------|---------------------------|-----------|
|          |                         |      |         | Time                | Age Grade | Time                      | Age Grade | Time                    | Age Grade | Time                    | Age Grade | Time                         | Age Grade | Time                      | Age Grade |
|          | David Jackson           | MV50 | 54.89%  |                     |           |                           |           |                         |           |                         |           |                              |           | 01:30:29                  | 54.89%    |
|          | Duncan Melsom           | MV40 | 53.66%  |                     |           |                           |           | 00:54:26                | 53.40%    |                         |           |                              |           | 01:28:17                  | 53.93%    |
|          | Matthew Childs          | MSEN | 53.40%  |                     |           | 01:53:47                  | 51.37%    | 00:48:22                | 55.43%    |                         |           |                              |           |                           |           |
|          | Ben Thomas              | MV40 | 52.81%  |                     |           |                           |           | 00:52:29                | 52.81%    |                         |           |                              |           |                           |           |
|          | Adam Mellor             | MV50 | 52.80%  |                     |           | 02:02:20                  | 52.80%    |                         |           |                         |           |                              |           |                           |           |
|          | Ed Chaloner             | MSEN | 51.01%  |                     |           |                           |           | 00:52:33                | 51.01%    |                         |           |                              |           |                           |           |
|          | Jaimi Wallin            | MSEN | 50.96%  | 00:41:50            | 50.96%    |                           |           |                         |           |                         |           |                              |           |                           |           |
|          | Tony Lillico            | MV50 | 50.22%  |                     |           |                           |           | 01:01:22                | 50.22%    |                         |           |                              |           |                           |           |
|          | Joe Beaton              | MV40 | 49.62%  |                     |           |                           |           |                         |           |                         |           |                              |           | 01:32:08                  | 49.62%    |
|          | Clifford Jones          | MV40 | 48.96%  |                     |           |                           |           |                         |           |                         |           |                              |           | 01:37:14                  | 48.96%    |
|          | Michael Attree          | MSEN | 48.77%  |                     |           |                           |           |                         |           | 00:26:50                | 48.77%    | 00:26:50                     | 48.77%    |                           |           |
|          | Jonathan Milne          | MV40 | 48.08%  |                     |           | 02:12:03                  | 48.08%    |                         |           |                         |           |                              |           |                           |           |
|          | Neil Mallon             | MSEN | 46.74%  | 00:46:55            | 46.74%    |                           |           |                         |           |                         |           |                              |           |                           |           |
|          | David Martin            | MV60 | 45.06%  |                     |           |                           |           | 01:13:28                | 45.06%    |                         |           |                              |           |                           |           |
|          | Rajasingham Sivakumaran | MV40 | 43.29%  |                     |           | 02:26:41                  | 43.29%    |                         |           |                         |           |                              |           |                           |           |