St Albans Striders Age-Graded Competition 2018/2019

Women's standings

ST ALBANS STRIDERS

Position	Member	Cat	Overall	Race 1 Hatfield 5 Time	Age Grade	Race 2 Berkhamsted HM Time	Age Grade	Race 3 Royston MWRRL Time	Age Grade	Race 4 St Albans 10k Time	Age Grade	Race 5 Great Bristol Half Time	Age Grade	Race 6 Standalone 10k Time	Age Grade
1	Deirdre Heydecker	FV55	84.26%					00:47:57	84.52%			01:47:06	83.13%	00:48:17	85.13%
2	Wendy Walsh	FV45	79.81%	00:33:01	80.71%			00:43:27	77.96%	00:44:01	77.38%	01:36:30	75.93%	00:41:56	80.78%
3	Nicky Laitner	FV45	76.21%	00:35:39	76.47%	01:39:21	74.64%							00:44:45	77.51%
5	Karen Sheard	FV45	71.78%			01:38:29	71.24%	00:44:29	73.65%	00:46:41	70.45%				
6	Ruth Kent	FV35	66.97%	00:36:29	67.54%	01:48:23	61.54%	00:50:12	61.86%			01:43:26	64.82%	00:45:18	68.55%
7	Kate Tettmar	FV45	64.94%	00:40:36	64.92%	01:56:57	61.23%			00:48:59	68.68%				
8	Kate Burn	FV35	64.39%	00:37:35	65.28%	01:45:52	62.70%	00:48:28	63.75%			01:43:59	64.14%		
9	Jo Puttock	FV55	62.76%	00:44:59	63.54%	02:12:30	59.52%					02:09:31	60.89%	00:57:03	63.87%
10	Denise Tinant	FV55	62.60%	00:46:23	64.76%							02:23:00	58.10%	00:59:05	64.95%
11	Alison Massey	FV35	61.91%			02:01:59	54.41%	00:47:42	64.78%	00:54:25	56.83%			00:48:12	64.11%
12	Anna Jones	FSEN	61.12%					00:47:19	64.11%	00:50:19	60.28%	01:50:33	58.98%		
13	jean webb	FV55	60.99%	00:51:55	62.64%							02:35:33	58.07%	01:06:58	62.26%
14	Katie Bunting	FV35	59.08%	00:41:34	61.14%			00:55:01	57.96%					00:55:18	58.15%
15	Magdalena Petrus	FV35	57.76%	00:41:16	59.05%	02:10:23	50.69%	00:53:23	57.41%					00:53:56	56.82%
16	Rachel Aldridge	FV35	56.70%	00:43:47	56.28%			00:55:20	55.84%	00:55:05	56.15%			00:53:51	57.67%
17	Joanne Tang	FV45	55.05%	00:47:19	55.14%	02:10:25	54.91%	01:00:05	55.10%			02:26:45	48.80%	01:04:01	51.72%
	Deborah Steer	FV55	82.23%	00:35:11	82.23%										
	Zoe Lowe	FV45	79.58%	00:35:29	79.58%										
	Anna Ward	FV35	78.67%							00:40:38	78.67%				
	christine pout	FV55	77.67%	00:38:11	77.67%										
	Lucy Jones	FSEN	76.13%									01:27:06	76.16%	00:39:58	76.10%
	Claire Kremer	FV35	74.05%					00:42:50	74.45%					00:43:18	73.65%
	Helen Cartlidge	FV35	73.16%	00:33:14	75.38%			00:44:18	70.94%						
	Judy Willits	FV45	73.12%			01:43:53	73.12%								
	Eileen Sindole	FV55	71.69%					00:56:02	73.35%			02:07:09	70.02%		
	Jen Conway	FSEN	71.66%	00:32:44	73.93%							01:33:59	69.39%		
	Ellen Mayes	FV45	71.49%	00:36:07	70.93%	01:36:30	72.05%								
	Kathryn Penfold	FV35	71.00%							00:44:40	71.00%				
	Mandy Attree	FV45	70.95%			01:54:51	66.96%							00:48:01	74.94%
	Fleur Harvey-Keenan	FV45	70.65%			01:43:43	70.65%								
	nicola Halloran	FV45	70.07%					00:47:47	70.07%						
	Diane Hunt	FV55	69.26%	00:42:22	69.14%									00:53:52	69.39%
	Dawn Robson	FV55	67.30%	00:45:12	67.30%										

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	Julianne Nightingale	FV45	67.10%					00:50:29	67.10%						
	Sarah Mumford	FV55	66.93%					00:55:51	66.93%						
	Rachel Dixon	FV35	65.50%			01:42:59	65.50%								
	sybil pearson	FV55	65.05%											01:01:26	65.05%
	Nicola Carter	FV45	64.94%			01:49:07	64.94%								
	ruth martin	FV35	64.55%			01:42:50	64.55%								
	Linda Green	FV45	64.12%											00:54:45	64.12%
	Claire Hobson	FSEN	64.12%	00:37:25	64.68%					00:47:43	63.57%				
	Kyla Murphy	FSEN	64.08%	00:37:46	64.08%										
	Lorna Evans	FV45	64.00%							00:53:13	64.00%				
	Penny Rainford	FV45	63.97%					00:52:57	63.97%						
	Allie Park-Crowne	FV35	63.56%	00:39:41	63.56%										
	Clare Stephen	FSEN	63.02%					00:48:08	63.02%						
	Stephanie Phelan	FSEN	62.41%							00:48:36	62.41%				
	Stephanie Jones	FSEN	62.26%							00:48:43	62.26%				
	Katie Chilton	FV55	62.12%	00:47:09	62.12%										
	Ali Hills	FV35	62.07%					00:49:47	62.07%						
	Beverley Sullivan	FV45	61.81%	00:39:45	66.30%	02:04:57	57.31%								
	Lehna Gardiner	FSEN	61.42%							00:49:31	61.42%				
	Linda Powell	FV45	60.99%	00:44:03	63.35%			00:59:53	58.63%						
	Veronica Bodell	FV35	60.91%	00:40:43	61.15%			00:51:48	60.67%						
	Lucy Stern	FV45	60.23%			02:06:07	60.23%								
	Julie Manson	FV45	60.18%	00:45:48	58.18%					00:54:46	62.19%				
	Philippa Walton	FV35	59.22%					00:53:04	59.22%						
	Anne-Marie Bullivant	FV35	58.82%	00:42:20	58.82%										
	Becky Kelway	FV35	58.46%											00:54:33	58.46%
	Emma Hosty	FV45	58.23%	00:44:06	58.09%			00:55:35	58.37%						
	Suzi Alexander	FV35	57.81%							00:53:15	57.81%				
	Roisin Marrett	FV35	57.68%	00:43:10	57.68%										
	Petra Grosse-Hull	FV45	57.60%					00:59:30	57.60%						
	Gill Hudnott	FV45	57.50%			02:10:29	57.51%	01:00:20	57.49%						
	Amy Heap	FSEN	57.39%	00:41:32	58.27%					00:53:40	56.52%				
	Clair Drage	FV35	57.24%							00:53:02	57.47%	01:55:29	57.02%		
	Tanya Wallman	FV35	56.91%	00:44:51	55.86%					00:54:19	57.96%				

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				Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade
	Denise MORGAN	FV45	56.86%	00:45:03	56.86%										
	Tracey MOSTYN	FV45	55.38%			02:05:56	56.27%	01:00:07	54.50%						
	Nicki Francis	FV45	55.38%	00:48:07	55.38%										
	Cristina Loureiro	FV45	55.25%									02:12:37	55.25%		
	Helen Giffen	FV45	55.16%	00:47:18	55.16%										
	Emma Halldearn	FV35	55.04%									02:03:22	55.04%		
	Jessica Macgregor	FSEN	54.48%	00:44:25	54.48%										
	Sue Edwards	FV45	53.66%	00:48:35	53.70%									01:01:45	53.62%
	Jennie Blissett	FSEN	53.51%											00:56:41	53.51%
	Linda Cassidy	FV45	53.27%					01:01:30	53.27%						
	Charlotte Holloway	FV35	52.73%	00:46:44	52.73%										
	Sandra Vucevic	FV55	52.45%	00:57:16	52.45%										
	Lizzy Steer	FSEN	52.42%	00:46:33	51.99%			00:57:23	52.86%						
	Binh Tang	FV35	52.32%	00:48:34	52.32%										
	Jennifer Blissett	FSEN	51.88%	00:46:39	51.88%										
	Isla Hopkins	FV45	51.22%	00:48:56	53.32%	02:24:15	49.12%								
	Jean Lee	FV35	51.17%											01:00:23	51.17%
	Bernadette Newby	FV45	51.03%					01:04:38	52.41%					01:09:01	49.66%
	Gemma Searle	FV35	50.59%											01:00:23	50.59%
	Julie Oshea	FV45	50.29%					01:09:49	50.29%						
	Julie Curtis	FV45	49.06%	00:58:27	48.31%									01:12:15	49.80%
	Jenna Pickering	FSEN	48.97%	00:52:19	46.37%			00:59:05	51.57%						
	Helen Stephen	FSEN	47.92%					01:03:19	47.92%						
	Michelle Martin	FV35	45.19%											01:09:33	45.19%
	Wai Meng Au-Yeong	FSEN	41.59%											01:13:16	41.59%
	Christine McIntyre	FV35	39.12%									02:56:13	39.12%		