

Autumn / winter virtual club championship 2020 – final results Dec. 16th

WINNERS IN RED

Winners of the photo competitions

What running means to me

Ros Blackmore
Heather Hodgson
Roger Brisley/Martin Randall

Yuckiest runner's foot

Anonymous
Simon Hewitt
Ros Blackmore

Strava art

Simon Hewitt
Iain Kerr
Jess Young

Calculator used for aged-graded results: <http://www.howardgrubb.co.uk/athletics/wmaroad15.html> except for the mile, where I have used <http://www.mastersathletics.net/index.php?id=2595>. Please ask if you are not sure how age-grading works.

Age graded mile

Percentage	Name	Time
78.74	Grace Gilpin	7.15
78.68	Annelie Whitfield	7.03

73.16	Julia Spittle	8.33
72.33	Jess Young	5.56
71.21	Liz Sowter	8.01
70.66	Helen Nicholson	7.51
70.52	Tim Grimwood	5.34
69.61	Iain Kerr	5.57
69.38	Andrew Fletcher	6.46
64.07	Heather Hodgson	7.35
63.17	Rebecca Pickles	7.25

Age graded 5K

Percentage	Name	Time
80.09	Annelie Whitfield	22.36
79.71	Grace Gilpin	23.15
77.3	Andrew Fletcher	21.00
74.55	Tim Grimwood	18.24
73.04	Jess Young	20.24
71.77	Roger Brisley	23:37
71.73	Helen Nicholson	25.14
71.55	Iain Kerr	20.09
70.42	Julia Spittle	28.24
66.21	Ros Blackmore	25.48
62.22	Heather Hodgson	25.59
53.96	Robert Dashwood	25.03

Age graded 10K

Percentage	Name	Time
80.85	Annelie Whitfield	46.50
78.29	Grace Gilpin	49.40
74.81	Andrew Fletcher	44.40
72.82	Liz Sowter	53.26
72.37	Julia Spittle	58.27

71.7	Roger Brisley	48.53
70.54	Helen Nicholson	53.41
70.18	Ros Blackmore	50.38
69.69	Jess Young	43.59
63.86	Iain Kerr	45.53
61.72	Heather Hodgson	54.15
61.22	Rebecca Pickles	52.31
60.41	Jan IIsley	1.02.41
60.41	Tim Grimwood	45.53
59.41	Martin Randall	50.35
50.38	Melanie Scott	1.09.40
49.84	Chris Muston	1.04.02
45.73	Niall Cheyne	1.06.15
44.32	Zabi Dashwood	1.08.31
44.32	Carissa-marie Jackson	1.08.31
36.1	Claire Hewitt	1.32.45

Age graded 10 miles

Percentage	Name	Time
77.45	Annelie Whitfield	1.20.07
74.25	Julia Spittle	1.33.27
73.54	Grace Gilpin	1.26.40
71.53	Liz Sowter	1.29.06
70.79	Roger Brisley	1.21.28
70.16	Andrew Fletcher	1.18.15
67.4	Helen Nicholson	1.32.04
66.71	Iain Kerr	1.11.57
59.67	Rebecca Pickles	1.28.59
57.85	Jan IIsley	1.47.16
47.38	Niall Cheyne	1.44.50
42.43	Caroline Graham	2.02.00
40.13	Heather Hodgson	2.16.36

Age graded half marathon

Percentage	Name	Time
70.87	Grace Gilpin	1.58.49
69.68	Annelie Whitfield	1.57.39
65.89	Helen Nicholson	2.04.26
65.82	Roger Brisley	1.56.07
64.49	Ros Blackmore	1.59.15
63.92	Iain Kerr	1.39.21
63.8	Julia Spittle	2.23.41
60.35	Martin Randall	1.47.57
40.88	Niall Cheyne	2.40.45
36.82	Heather Hodgson	3.16.41 (well over distance)

Age graded marathon

Percentage	Name	Time
53.16	Roger Brisley	4.59.42
39.17	Martin Randall	5.50.17

Fastest downhill mile – male

Time	Name
4.51	Tim Grimwood
5.14	Martin Randall
5.48	Iain Kerr
6.40	Gary Young
6.41	Andrew Fletcher, Stuart Clarkson

Fastest downhill mile – female

Time	Name
5.11	Jess Young
6.15	Liz Sowter
6.17	Ros Blackmore
6.20	Heather Hodgson, Rebecca Pickles
6.56	Grace Gilpin

Most ascent in 30 minutes – male

Distance (feet)	Name
1090	Iain Kerr
1073	Roger Brisley
1039	Andrew Fletcher
770	Stuart Clarkosn

Most ascent in 30 minutes – female

Distance (feet)	Name
1227	Jess Young
1076	Ros Blackmore
1070	Helen Nicholson
1062	Heather Hodgson
1042	Rebecca Pickles
986	Liz Sowter
860	Grace Gilpin
616	Caroline Graham

Most distance covered in 24 hours (male or female)

Distance (miles)	Name
53.69	Ian Oldham
53.44	Tony Taylor
50.71	Vicki Howe
33+ TBC	Stuart Clarkson
33.06	Jess Young
32.73	Ros Blackmore
15.09	Heather Hodgson

Couple: fastest 10K

Time	Names
53.11	Jess and Gary Young
1.28	Sheila and John Cantrell

Family, including at least one under 18: fastest 5K

Time	Name
29.17	Heather Hodgson
38.24	Rebecca Pickles

Family, including at least one of primary school age: fastest 3K

Time	Name
16.20	Heather and Clari Hodgson
23.22	Gary and Arthur Young
28.34	Jess and Daisy Young
29.13	Heather and Jo Hodgson

Canicross: most distance covered in 30 minutes with a dog under 10 years old on lead

Distance (miles)	Name
3.49	Annelie Whitfield and Jasper
3.12	Jan Ilsley and Bella
2.98	Grace Gilpin and Kira

Senior canicross: most distance covered in 30 minutes with a dog aged 10 years or over on lead

Distance (miles)	Name
2.69	Heather Hodgson and Brie
1.61	Liz Sowter and Millie

Open canicross: most distance covered in one hour.

Distance (miles)	Name
6.7	Jan Ilsley and Bella
5.84	Annelie Whitfield and Jasper
5.1	Grace Gilpin and Kira
2.48	Liz Sowter and Millie