

AGE GRADING 2021-2022 at 13-3-2023

	5K	5 Miles	10K	10 Miles	Half Marathon	20 Miles	Marathon	Best 5 Total
Jonathan Alford-Smith								
Georgios Antikatzides								
Petros Bades			53.81					
Wayne Balmer								
Matt Baker							56.88	
Mick Barstow		68.16	74.10					
Matt Botten			63.55		66.49			
Rachel Bremner								
Carmen Caldwell					68.29			
Phil Case					55.95			
Colin Castle			62.94	65.30	63.76			
Steve Chivers					65.01			
Noel Davy								
Robert Day								
Nick Denbow								
Carol Emery								
Heidi Evans								
Terry Felvus								
Melissa Ferns				48.00	65.33			
Christina Flinn					40.86			
Charles George					81.77			
Michael Gibbs							49.77	
Joe Gower								
Dan Grimwood			68.66		73.56			
Terry Grimwood			61.02					
Darren Hendley								
James Hoad								
Maggie Hoad			58.50					
Victoria Holden								
Joe Holland					78.56			
Mark Horne					60.88			

Tracey Horne					79.01			
Dave Lawrence								
Steve Lindsey					57.22			
Tom Livesey			62.40		62.43		57.64	
John Markham								
Vanessa Markham								
Sean McQuillan					74.13			
Becky Morrish					73.16			
Gary Nichols								
Phil Northfield								
Jackie O'Reilly				70.85	73.31			
Shannon O'Reilly					57.80			
Eleanor Parks	38.30		45.33					
Simon Perks								
Lisa Reid								
Mark Rich					57.34			
James Ridger			71.12					
Duncan Riordan								
Rebecca Roberts								
Sara Rowan				70.34	68.74			
David Sampson							51.79	
Andrew Saunders					66.03			
Lorraine Shepheard								
Harriet Sinclair								
Kim Stanley								
Ian Sutherland			64.57		59.56		64.57	
John Tolhurst	80.72		79.02	79.79	79.02			
Tomas Vnucak			77.05		74.57			
Mike Walter			70.56		73.83			
Mark Wild							41.56	
Natasha Wild							45.37	
Jennifer Wood				76.81	79.45			
Steve Wright	89.35		81.96	84.11	83.76			
Harry Young								