

# EMAC Road Running Championship 2016 - Emerging Results

Sname	Fname	Club	AG	Half	10k	10m	5m	Half %	10k %	10m%	5m%	Agg %
Tuff	Malcolm	Ryston Runners AC	M50	01:21:34		00:59:37	00:29:09	80.7		83.2	83.3	247.2
Hemingway	Maurice	Riverside Runners	M60	01:32:29		1:11:01	0:34:26	77.7		76.5	76.6	230.9
Martin	Phil	Bushfield Joggers	M35		00:37:17	00:57:13	00:27:28		72.5	77.6	78.8	228.9
Winstone	Eric	Bushfield Joggers	M60		00:48:51	01:16:34	00:36:06		70.0	73.8	75.5	219.3
Skelton	John	Marshall Milton Keynes	M60	01:27:58			00:30:04	84.9			90.9	175.8
McCullough	Ron	Ipswich Jaffa	M70			01:08:59	00:33:10			87.1	87.1	174.2
Herring	Steve	Marshall Milton Keynes	M45	01:17:36			0:28:23	82.2			83.9	166.1
Coombes	Simon	Leighton Buzzard AC	M40		00:36:40		00:26:32		77.7		86.1	163.8
Rogers	Brian	Ipswich Jaffa	M60			01:07:30	00:32:46			80.5	80.4	160.9
McLellan	Keith	Luton AC	M55		0:45:06		00:33:25		72.3		77.9	150.2
Richardson	Ian	Cambridge & Coleridge AC	M50			01:10:16	00:31:06			70.6	78.1	148.7
Meah	Gerald	Luton AC	M55		00:47:40		00:34:58		67.8		73.8	141.6
Mason	Matthew	Ely Road Runners	M45			01:17:01	00:33:28			62.3	70.1	132.4
Brooks	Paul	Luton AC	M50	01:58:36			0:42:31	56.0			57.6	113.6
Duckworth	Gail	Leighton Buzzard AC	F60				0:33:41				92.2	92.2
Taylor	Phillipa	Nene Valley Harriers	F45				00:30:34				87.7	87.7
Anthony	Christine	West Suffolk AC	F50				00:33:43				83.6	83.6
Austin	Julia	Vale of Aylesbury AC	F50				0:33:27				83.3	83.3
Thompson	Peter	Walden Tri	M55			01:03:54				82.7		82.7
Green	Andy	Team East Haddon	M50				00:29:40				82.5	82.5
Newton	Tim	Ipswich Jaffa	M65			01:08:53				82.0		82.0
Corleys	Brian	Bushfield Joggers	M40			00:56:13				81.9		81.9
Farrer	Ty	Hunts AC	M40			00:57:18				81.0		81.0
Malpeli	Nick	North Herts RR	M50			01:00:58				80.7		80.7
Bensley	Nicholas	Ryston Runners AC	M45			00:59:54				79.4		79.4
Grimley	Bruce	Hunts AC	M60	01:32:55				77.4				77.4
Harris	Peter	Ely Road Runners	M65			01:14:26				76.6		76.6
Doherty	Dan	Higham Harriers	M35	01:18:26				76.5				76.5
Haining	William	Harwich Runners	M60	01:33:30				76.4				76.4
Gill	David	Warrington AC	M55		00:42:19			76.3				76.3
Keenan	Jacky	Bedford Harriers	F65				0:44:17				76.2	76.2
Ward	Peter	Thorney AC	M50			01:05:44				76.2		76.2
Smith	Glyn	Cambridge & Coleridge AC	M70		00:49:04			75.8				75.8
Belsom	Robin	Ipswich Jaffa	M55			01:09:05				75.1		75.1
Manning	Carl	Ryston Runners AC	M55			01:10:04				74.0		74.0
Dorling	Eamonn	Thorney AC	M60			01:13:43				73.7		73.7
Lathwell	Christine	Stropsley Striders	F40		00:42:31			73.3				73.3
Bush	Nigel	Biggleswade AC	M65				0:39:00				72.1	72.1
Stocker	Pauline	Hunts AC	F55			01:24:41				71.3		71.3
Marshall	Linda	Ryston Runners AC	F50			01:18:45				71.1		71.1
Manning	Jan	Ryston Runners AC	F35			01:12:04				69.6		69.6
Smith	Lionel	Ely Road Runners	M60			01:19:55				69.3		69.3
Kirschner-Heavens		Marshall Milton Keynes	M35				00:31:38				68.6	68.6
Casbard	Eve	Bushfield Joggers	F40	01:40:09				68.0				68.0
Pyatt	Lisa	Ryston Runners AC	F35				00:36:19				68.0	68.0
Watson	Neil	West Norfolk AC	M40			01:09:06				67.7		67.7
Turner	John	Ely Road Runners	M70			01:28:56				67.6		67.6
Gray	Neil	Higham Harries	M40			01:07:39				67.0		67.0
Cheatham	Janette	Bedford Harriers	F50				0:41:41				66.3	66.3
Fallaize	Heather	Vale of Aylesbury AC	F55	02:06:09				64.7				64.7
Horne	Jacinta	Bedford Harriers	F50				0:43:17				63.9	63.9
Milnes	Christopher	Ryston Runners AC	M55			01:25:44				62.2		62.2
Morris	Keith	Ryston Runners AC	M55			01:25:44				61.0		61.0
Lands	Robert	Bedford & County	M55				00:42:23				60.6	60.6
Lane	David	Ryston Runners AC	M50			01:25:19				58.2		58.2
Rawlins	Linda	Werrington Joggers	F50				00:45:17				57.0	57.0
Lawrence	Jim	Marshall Milton Keynes	M60				00:46:07				56.5	56.5
Unsworth	Andrew	Cambridge & Coleridge AC	M50				00:44:24				56.0	56.0
Hough	Patrick	Stropsley Striders	M75		01:14:43			55.9				55.9
Richardson	Karen	Cambridge & Coleridge AC	F50				0:49:45				55.2	55.2

Age Graded percentage calculated using age (to one decimal place) on 1 Jan 2016 and Howard Grubb Tables with 2015 factors

Best three percentages from four events used to determine winner

Age Group for year determined by that on 1 Jan 2016