



Shrewsbury Athletic Club 'Road Running' Championships 2018 Results and Rankings



Name	5km		10km		Half Marathon		Total Actual	Total Age Graded
	Actual Time	Age Graded Time	Actual Time	Age Graded Time	Actual Time	Age Graded Time		
Paul Jones (M45)	15:45	14:20	32:46	29:49	71:59	66:23	120:30	110:32 SAC RRC 1st
Kevin Francis (M50)	18:32	16:13	37:01	32:23	82:42	73:08	138:15	121:44 SAC RRC 2nd

Richard McKenna (M40)	16:42	15:47	33:58	32:06	79:37	76:25	130:17	124:18 SAC RRC 3rd
Peter Middleton (M35)	17:37	17:15	35:10	34:25	74:33	73:59	127:20	125:39
Haydn Jones (M55)	19:24	16:17	41:33	34:53	92:00	77:54	152:57	129:04
Luke Butler (Sen)	16:48	16:48	35:56	35:56	77:06	77:06	129:50	129:50
Steve Waters (Sen)	16:55	16:55	34:56	34:56	78:35	78:35	130:26	130:26

Rob Fox (M35)	16:54	16:33	38:25	37:36	77:52	77:17	133:11	131:26
Charlie Rogers (U23)	16:50	16:50	34:39	34:39	83:04	83:04	134:33	134:33
Connor Middleton (U23)	17:01	17:01	35:32	35:32	82:08	82:08	134:41	134:41
Dan Elliot (U23)	17:46	17:46	37:31	37:31	83:32	83:32	138:49	138:49
Grant Lloyd (M40)	19:00	17:57	39:47	37:36	87:28	83:57	146:15	139:30
Stewart Farley (M35)	17:52	17:29	36:50	36:03	87:11	86:32	141:53	140:04

Peter Hughes (M35)	19:19	18:54	39:30	38:40	95:35	94:52	154:24	152:26
James Hickinbottom (M35)	16:15	15:54			73:49	72:56		
Matt Hall (Sen)	15:32	15:32	32:14	32:14				
Gabe Morris (M35)	16:54	16:33	36:24	35:38				
Jamie Lambie	16:41	16:41	34:33	34:33				

(Sen)								
Alan Dean (M45)	19:21	17:36	39:45	36:10				
Simon Cole (M45)	19:40	17:54	39:29	35:56				
Carl Aveyard (M35)					77:14	76:39		
Graham Jones (M60)	20:29	16:28						
Richard Jones (M55)	19:08	16:04	39:25	33:05				

Duncan Rose (M60)	22:18	17:56	50:43	40:47				
Scott Hall (M35)	16:47	16:26	36:07	36:07				
Chris Hedley (M40)			46:41	44:07				
Peter Savill (M65)	20:09	15:30	40:52	31:26				
Chris Wakeman (M60)	20:43	16:40	42:35	34:15				

Peter Butler (M60)					104:35	84:36		
Andy Lewis (M60)	21:16	17:06						

WMA Age Grade Calculator: <http://www.howardgrubb.co.uk/athletics/wmalookup06.html>

For age grading, each athlete's age has been taken from 'Power of 10', meaning current ages have been used. As ages on the 'Power of 10' site are only given in 5 year age bands the lower age has been used in all cases. For example, for an athlete in the 40 - 45 age band, age grading has been based on the factors for 40 years of age. Likewise for an athlete in the 55 - 60 band, the age 55 factors have been applied. No age grading has been applied for seniors (i.e. runners under 35) or runners in the U23 band as the differences between actual times and age graded times are negligible.

5km (Actual) Male Rankings

Matt Hall (Sen)	15.32
Paul Jones (M45)	15.45
James Hickenbottom (M35)	16.15
Jamie Lambie (Sen)	16.41
Richard McKenna (M40)	16.42
Scott Hall (M35)	16.47
Luke Butler (Sen)	16.48
Charlie Rogers (U23)	16.50
Rob Fox (M35)	16.54
Gabe Morris (M35)	16.54
Steve Waters (Sen)	16.55
Connor Middleton (U23)	17.01
Peter Middleton (M35)	17.37

Dan Elliot (U23)	17.46
Stewart Farley (M35)	17.52
Kevin Francis (M50)	18.32
Grant Lloyd (M40)	19.00
Richard Jones (M55)	19.08
Peter Hughes (M35)	19.19
Alan Dean (M45)	19.21
Haydn Jones (M55)	19.24
Simon Cole (M45)	19.40
Peter Savill (M65)	20.09
Graham Jones (M60)	20.29
Chris Wakeman (M60)	20.43
Andy Lewis (M60)	21.16
Duncan Rose (M60)	22.18

5km (Age Graded) Male Rankings

Paul Jones (M45)	14.20
Peter Savill (M65)	15.30
Matt Hall (Sen)	15.32
Richard McKenna (M40)	15.47
James Hickenbottom (M35)	15.54
Richard Jones (M55)	16.04
Kevin Francis (M50)	16.13
Haydn Jones (M55)	16.17
Scott Hall (M35)	16.26
Graham Jones (M60)	16.28
Rob Fox (M35)	16.33
Gabe Morris (M35)	16.33

Chris Wakeman (M60)	16.40
Jamie Lambie (Sen)	16.41
Luke Butler (Sen)	16.48
Charlie Rogers (U23)	16.50
Steve Waters (Sen)	16.55
Connor Middleton (U23)	17.01
Andy Lewis (M60)	17.06
Peter Middleton (M35)	17.15
Stewart Farley (M35)	17.29
Alan Dean (M45)	17.36
Dan Elliot (U23)	17.46
Simon Cole (M45)	17.54
Duncan Rose (M60)	17.56
Grant Lloyd (M40)	17.57
Peter Hughes (M35)	18.54

10KM (Actual) Male Rankings

Matt Hall (Sen)	32.14
Paul Jones (M45)	32.46
Richard McKenna (M40)	33.58
Jamie Lambie (Sen)	34.33
Charlie Rogers (U23)	34.39
Steve Waters (Sen)	34.56
Peter Middleton (M35)	35.10
Connor Middleton (U23)	35.32
Luke Butler (Sen)	35.56
Scott Hall (M35)	36.07
Gabe Morris (M35)	36.24
Stewart Farley (M35)	36.50

Kevin Francis (M50)	37.01
Dan Elliot (U23)	37:31
Rob Fox (M35)	38.25
Richard Jones (M55)	39.25
Simon Cole (M45)	39.29
Peter Hughes(M35)	39.30
Alan Dean (M45)	39.45
Grant Lloyd (M40)	39.47
Peter Savill (M65)	40.52
Haydn Jones (M55)	41.33
Chris Wakeman (M60)	42.35
Chris Hedley (M40)	46.41
Duncan Rose (M60)	50.43

10Km (Age Graded) Male Rankings

Paul Jones (M45)	29:49
Peter Savill (M65)	31.26
Richard McKenna (M40)	32.06
Matt Hall (Sen)	32.14
Kevin Francis (M50)	32.23
Richard Jones (M55)	33.05
Chris Wakeman (M60)	34.15
Peter Middleton (M35)	34.25
Jamie Lambie (Sen)	34.33
Charlie Rogers (U23)	34.39
Haydn Jones (M55)	34.53
Steve Waters (Sen)	34.56
Connor Middleton (U23)	35.32

Gabe Morris (M35)	35.38
Luke Butler (Sen)	35.56
Simon Cole (M45)	35.56
Stewart Farley (M35)	36.03
Scott Hall (M35)	36.07
Alan Dean (M45)	36.10
Rob Fox (M35)	37.36
Grant Lloyd (M40)	37.36
Dan Elliot (U23)	37.31
Peter Hughes(M35)	38.40
Duncan Rose (M60)	40.47
Chris Hedley (M40)	44.07

Half Marathon (Actual) Male Rankings

Paul Jones (M45)	71.59
James Hickinbottom (M35)	73.49
Peter Middleton (M35)	74.33
Luke Butler (Sen)	77.06
Carl Aveyard (M35)	77.14
Rob Fox (M35)	77.52
Steve Waters (Sen)	78.35
Richard McKenna (M40)	79.37
Connor Middleton (U23)	82.08
Kevin Francis (M50)	82.42
Charlie Rogers (U23)	83.04
Dan Elliot (U23)	83.32
Stewart Farley (M35)	87.11

Grant Lloyd (M40)	87.28
Haydn Jones (M55)	92.00
Peter Hughes(M35)	95.35
Peter Butler (M60)	104.35

Half Marathon (Age Graded) Male Rankings

Paul Jones (M45)	66.23
James Hickinbottom (M35)	72.56
Kevin Francis (M50)	73.08
Peter Middleton (M35)	73.59
Richard McKenna (M40)	76.25
Carl Aveyard (M35)	76.39
Luke Butler (Sen)	77.06
Rob Fox (M35)	77.17

Haydn Jones (M55)	77.54
Steve Waters (Sen)	78.35
Connor Middleton (U23)	82.08
Charlie Rogers (U23)	83.04
Dan Elliot (U23)	83.32
Grant Lloyd (M40)	83.57
Peter Butler (M60)	84.36
Stewart Farley (M35)	86.32
Peter Hughes(M35)	94.52

Ladies Championships 2018

5km (Actual) Ladies Rankings

1. Sara Willhoit (Sen)	18:10
2. Lauren Morley (Sen)	20:28
3. Jenna Middleton (F35)	21:40
4. Jo Dean (F40)	21:47
5. Gill Evans (F55)	22:39
6. Grace Hough (F65)	34:59

5km (Age Graded) Ladies Rankings

1. Sara Willhoit	18:10
2. Gill Evans	18:46
3. Lauren Morley	20:28

4. Jo Dean	21:05
5. Jenna Middleton	21:28
6. Grace Hough	25:10

10k (Actual) Ladies Rankings

1. Sara Willhoit	36:31
2. Lauren Morley	43:00
3. Jenna Middleton	44:18
4. Jo Dean	45:40
5. Gill Evans	49:40

10k (Age Graded) Ladies Rankings

1. Sara Willhoit	36:31
2. Gill Evans	41:08

3. Lauren Morley	43:00
4. Jenna Middleton	43:52
5. Jo Dean	44:12

Half Marathon (Actual) Ladies Rankings

1. Sara Willhoit	88:57
2. Naomi Cook	94:40
3. Lauren Morley	94:54
4. Jenna Middleton	96:41

Half Marathon (Age Graded) Ladies

1. Sara Willhoit	88:57
2. Naomi Cook	94:40

3. Lauren Morley	94:54
4. Jenna Middleton	95:45

Ladies overall championship Winner 2018: Sara Willhoit

Ladies overall championship runner up 2018: Lauren Morley

Ladies overall championship 3rd place 2018: Jenna Middleton