

Keswick AC Road Standards Awards – 1st Jan 2022 – 5th December 2022

- Men's Awards

AGE Category	Name	5K	10K	10M	Half M	Marathon
M Open	Gold STAR Standard	15.45	32.30	53.00	1.11.00	2.35.00
	Sam Stead		31.12			
	Callum Tinnion		31.24			
	Bronze Standard	19.30	40.00	1.06.00	1.30.00	3.17.00
	Jacob Tonkin	18.28	36.51	1.01.54		
	Sam Stead	19.23				
M 40+	Gold STAR Standard	16.30	34.00	53.00	1.14.00	2.39.00
	Mark Walsh		30.26			
	Silver Standard	18.30	38.00	1.03.00	1.26.00	3.10.00
	Graham Airey	17.50				
	Carl Bell	18.03				
	Bronze Standard	20.15	41.30	1.08.30	1.34.00	3.23.00
	Simon Thompson					3.12.00
M 45+	Gold Standard	18.15	37.30	1.01.30	1.23.00	3.01.00
	Phil Winskill	18.03				
	Silver Standard	19.30	40.00	1.06.30	1.30.00	3.17.00
	Graeme Sibson	18.26	38.11		1.29.21	
M 50+	Gold Standard	19.00	39.00	1.05.30	1.27.00	3.08.00
	Graeme Sibson	18.42		1.02.48		
	Silver Standard	20.15	41.30	1.10.00	1.34.00	3.25.00
	Mike James	19.18				
	Steve Angus			1.05.59		
	Bronze Standard	22.15	45.30	1.15.30	1.42.00	3.39.00
M 55+	Ivan Holroyd	22.10				
	Bronze Standard	23.30	48.00	1.19.00	1.47.00	3.49.00
	Mike Beechey	22.16	46.54		1.44.55	
M 65+	Gold STAR Standard	21.03	43.27	1.10.51	1.34.56	3.19.57
	Paul Morris	20.47				
	Gold Standard	22.23	46.08	1.16.13	1.42.57	3.39.18
	Paul Morris	20.47		1.15.52	1.37.33	
	Bronze Standard	26.04	53.29	1.28.15	2.00.19	4.14.08
	Mike Mallon	25.36				
M 70+	Silver Standard	25.54	53.14	1.27.46	1.59.26	4.15.40
	Jim Downie	24.23				
	Bronze Standard	28.03	57.34	1.34.58	2.09.31	4.41.07
	Jim Downie	27.55				

- Ladies Awards

AGE Category	Name	5K	10K	10M	Half M	Marathon
F Open	Gold Standard	19.15	39.30	1.05.30	1.29.00	3.16.00
	Catherine Spurden	19.06				
	Silver Standard	20.45	42.30	1.11.00	1.35.00	3.33.00
	Michelle Harrison			1.08.19	1.34.35	3.22.54
	Jenn Bell	20.44				
F40+	Bronze Standard	22.45	46.30	1.18.30	1.49.00	3.54.00
	Lindsay Walker		45.36	1.17.50	1.44.17	
	Leeann Barber	21.51	45.52	1.14.12	1.42.38	
F 45+	Bronze Standard	23.45	48.30	1.22.30	1.54.00	4.02.00
	Celia Dring			1.17.55		
	Jo Rolls			1.20.10		
F 50+	Bronze Standard	25.00	51.00	1.27.00	1.59.00	4.12.00
	Linda Jubb	24.39	50.25	1.23.51	1.54.31	
F 55+	Gold STAR Standard	22.00	45.00	1.13.30	1.37.00	3.27
	Hazel Davies	20.40	42.52	1.09.38		
F 60+	Silver Standard	26.30	54.00	1.28.30	1.58.00	4.19.00
	Nicky Butler	24.52	52.51			
F 65+	Gold Standard	25.44	52.48	1.27.34	1.58.59	4.12.50
	Kathleen Proctor	25.13	51.18	1.26.22	1.57.05	