

### KAC Road Standard Awards to 24<sup>th</sup> April 2024

#### Men:

AGE Category	Name	5K	10K	10M	Half M	Marathon
M Open	<b>Gold STAR</b>	15.45	32.30	53.00	1.11.00	2.35.00
	Phillip Richardson		30.04			
	<b>Gold</b>	16.45	34.30	57.00	1.17.00	2.50.00
	Callum Tinnion			56.12		
	<b>Silver</b>	18.00	37.00	1.01.00	1.23.00	3.05.00
	Sam Stead	16.06				
	Jacob Tonkin	18.00				
M40+	<b>Gold</b>	17.45	36.00	59.00	1.20.00	2.55.00
	Andy McQue	16.48	36.00			
	Rob Brown	16.42				
	<b>Silver</b>	18.30	38.00	1.03.00	1.26.00	03:10:00
	Max Buttinger					3.09.46
	<b>Bronze</b>	20.15	41.30	1.08.30	1.34.00	3.23.00
	Max Buttinger	18.45			1.28.25	
	Craig Marsh	18.48				
M45+	<b>Silver</b>	19.30	40.00	1.06.30	1.30.00	3.17.00
	Ross Butler	19.02				
	<b>Bronze</b>	21.15	43.30	1.11.30	1.38.00	3.30.00
	Phil Winskill	20.44				
M 50+	<b>Gold STAR</b>	18.00	37.00	1.01.00	1.21.00	2.51.00
	Robert Tansey	17.21	35.59		1.18.35	
	<b>Silver</b>	20.15	41.30	1.10.00	1.34.00	3.25.00
	Lee Smith			1.06.36		
	Graeme Sibson	19.29				
	<b>Bronze</b>	22.15	45.30	1.15.30	1.42.00	3.39.00
	Ben Long	20.39				
	Dave Kearns	21.33				
	Ivan Holroyd	22.02				
M 55+	<b>Gold</b>	20.00	41.00	1.08.00	1.31.00	3.17.00
	Mike James	19.52				
	<b>Silver</b>	21.30	44.00	1.13.00	1.38.00	3.35.00
	Mike James			1.09.36		
	Andy Murphie	21.18				
	<b>Bronze</b>	23.30	48.00	1.19.00	1.47.00	3.49.00
	Andy Murphie	21.32				
	Mike Beechey	23.05				
Andrew Butcher	23.19					
M 60+	<b>Bronze</b>	24.45	50.30	1.23.30	1.52.00	4.00.00
	Rick Cooper	23.34				
M 65+	<b>Bronze</b>	26.09	53.29	1.28.15	2.00.19	4.14.08
	John Cain	24.35				
M 70+	<b>Gold STAR</b>	22.39	46.46	1.16.16	1.42.10	3.41.11
	Paul Morris	20.54			1.37.19	
	<b>Silver</b>	25.54	53.14	1.27.46	1.59.26	4.15.40
	Jim Downie	25.24				

**Ladies:**

AGE Category	Name	5K	10K	10M	Half M	Marathon
F Open	Gold <b>STAR</b>	18.15	37.30	1.01.00	1.22.00	2.58.00
	Holly Wooten		37.23			
	Gold	19.15	39.30	1.05.30	1.29.00	3.16.00
	Betty Richardson	19.15				
F 40+	Silver	21.15	43.30	1.13.00	1.39.00	3.39.00
	Hannah Cole	20.16				
	Bronze	22.45	46.30	1.18.30	1.49.00	3.54.00
	Hannah Cole		43.38			
	Lindsay Walker	22.38		01:17:43		
F 45+	Silver	22.15	45.30	1.17.00	1.44.00	3.47.00
	Trudy Beetham	22.15				
	Bronze	23.45	48.30	1.22.30	1.54.00	4.02.00
	Trudy Beetham	22.48				
F 50+	Silver	23.30	48.00	1.20.30	1.48.00	3.56.00
	Hazel Davies		45.47			
	Emma MckNespiey	22.41				
	Bronze	25.00	51.00	1.27.00	1.59.00	4.12.00
	Jo Rolls	23.38				
F 55+	Gold	23.15	47.30	1.18.30	1.46.00	3.47.00
	Gillian Atkinson	22.47				
	Silver	25.00	51.00	1.24.00	1.53.00	4.07.00
	Hayley Hodgson	23.38				
	Bronze	26.15	53.30	1.31.00	2.04.00	4.24.00
	Michelle Tones	26.10				
F 60+	Silver	26.30	54.00	1.28.30	1.58.00	4.19.00
	Nicky Butler	25.24				
F 65+	Silver	27.44	56.49	1.34.55	2.07.00	4.34.46
	Kathleen Proctor	26.14				