

KAC Road Standard Awards to 3rd May 2024

Men:

AGE Category	Name	5K	10K	10M	Half M	Marathon
M Open	Gold STAR	15.45	32.30	53.00	1.11.00	2.35.00
	Phillip Richardson		30.04			
	Gold	16.45	34.30	57.00	1.17.00	2.50.00
	Phillip Richardson					2.49.03
	Callum Tinnion			56.12		
	Sam Stead		34.08			
	Silver	18.00	37.00	1.01.00	1.23.00	3.05.00
	Sam Stead	16.06				
	Jacob Tonkin	18.00				
	Bronze	19.30	40.00	1.06.00	1.30.00	3.17.00
Jacob Tonkin		38.43				
M40+	Gold STAR	16.30	34.00	55.30	1.14.00	2.39.00
	Tristan Windley		33.58			
	Gold	17.45	36.00	59.00	1.20.00	2.55.00
	Andy McQue	16.48	35.32			
	Rob Brown	16.42				
	Silver	18.30	38.00	1.03.00	1.26.00	03:10:00
	Max Buttinger					3.09.46
	Bronze	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+	Silver	19.30	40.00	1.06.30	1.30.00	3.17.00
	Ross Butler	19.02				
	Bronze	21.15	43.30	1.11.30	1.38.00	3.30.00
	Phil Winskill	20.44				
M 50+	Gold STAR	18.00	37.00	1.01.00	1.21.00	2.51.00
	Robert Tansey	17.21	35.59		1.18.35	
	Gold	19.00	39.00	1.05.30	1.27.00	3.08.00
	Lee Smith					2.58.33
	Silver	20.15	41.30	1.10.00	1.34.00	3.25.00
	Lee Smith			1.06.36		
	Graeme Sibson	19.29				
	Bronze	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+	Gold	20.00	41.00	1.08.00	1.31.00	3.17.00
	Mike James	19.52				
	Silver	21.30	44.00	1.13.00	1.38.00	3.35.00
	Mike James			1.09.36		
	Andy Murphie	21.18				
	Bronze	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+	Bronze	24.45	50.30	1.23.30	1.52.00	4.00.00
	Rick Cooper	23.34				
M 65+	Bronze	26.04	53.29	1.28.15	2.00.19	4.14.08
	John Cain	24.35				
M 70+	Gold STAR	22.39	46.46	1.16.16	1.42.10	3.41.11
	Paul Morris	20.54	44.44		1.37.19	
	Silver	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 STAR	18.15	37.30	1.01.00	1.22.00	2.58.00
	Caroline Lambert		36.06			
	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				