

Keswick AC Road Standard Results to 30th December 2023

Men:

AGE Category	Name	5K	10K	10M	Half M	Marathon
M Open	Gold	16.45	34.30	57.00	1.17.00	2.50.00
	Sam Stead	16.06				
	Tristan Windley			54.10		
	Bronze	19.30	40	1.06.00	1.30.00	3.17.00
	Phil Richardson				1.26.30	
M 40+	Silver	18.30	38.00	1.03.00	1.26.00	3.10.00
	Carl Bell	18.23				
	Bronze	20.15	41.30	1.08.30	1.34.00	3.23.00
	Adam Markinowitz	19.41				
M 45+	Gold	18.15	37.30	1.01.30		3.01.00
	Graham Airey	18.07				
M50+	Gold	19.00	39.00	1.05.30	1.27.00	3.08.00
	Angus Wightman		37.26			
	Graeme Sibson	18.55			1.26.22	
	Silver	20.15	41.30	1.10.00	1.34.00	3.25.00
	Graeme Sibson		40.45			
M 55+	Gold	20.00	41.00	1.08.00	1.31.00	3.17.00
	Mike James		40.13			
	Silver	21.30	44.00	1.13.00	1.38.00	3.35.00
	Mike James			1.11.10	1.31.48	
	Bronze	23.30	48.00	1.19.00	1.47.00	3.49.00
	Mike Beechey	23.26				
M60+	Silver	23.00	47.00	1.17.00	1.43.00	3.45.00
	Stuart Backhouse	22.30				
	Bronze	24.45	50.30	1.23.30	1.52.00	4.00.00
	Stuart Backhouse		49.15			
M65+	Gold STAR	21.03	43.27	1.10.51	1.34.56	3.19.57
	Paul Morris	20.31	42.20			
	Gold	22.23	46.08	1.16.13	1.42.57	3.39.18
	Paul Morris			1.12.51		3.35.27
M70+	Gold	24.06	49.38	1.22.01	1.50.48	4.02.35
	Paul Morris			1.17.04		3.49.54
	Gold STAR	22.39	46.46	1.16.16	1.42.10	3.41.11
	Paul Morris	20.31	43.45		1.40.40	

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
	Holly Wooten	17.57				
	Gold	19.15	39.30	1.05.30	1.29.00	3.16.00
	Michelle Harrison					3.11.30
	Catherine Spurden	18.38				
	Betty Richardson	19.13				
	Holly Wooten			1.01.59		
	Silver	20.45	42.30	1.11.00	1.35.00	3.33.00
	Michelle Harrison		40.49		1.31.32	
	Betty Richardson		39.53			
	Bronze	22.15	45.30	1.16.00	1.44.00	3.47.00
Mel Mustafa				1.40.25		
F 40+	Bronze	22.45	46.30	1.18.30	1.49.00	3.54.00
	Lindsay Walker	22.09	45.36	1.17.55		
	Hannah Cole	21.34				
F 45+	Bronze	23.45	48.30	1.22.30	1.54.00	4.02.00
	Jo Rolls				1.53.26	
F 55+	Gold STAR	22.00	45.00	1.13.30	1.37.00	3.27.00
	Hazel Davies	21.27	44.15			
	Gold	23.15	47.30	1.18.30	1.46.00	3.47.00
	Hazel Davies			1.17.00		
F 60+	Silver	26.30	54.00	1.28.30	1.58.00	4.19.00
	Nicky Butler	25.39	53.26	1.27.48		
F 65+	Silver	27.44	56.49	1.34.55	2.07.00	4.34.46
	Kathleen Proctor		55.37		2.00.56	
	Gold	25.44	52.48	1.27.34	1.58.59	4.12.50
	Kathleen Proctor	25.32		1.25.45		