

KAC Road Standard Awards to 1st October 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 |
| | Sam Stead | | | | | 2.29.00 |
| | Phillip Richardson | | 30.04 | | | |
| | Gold | 16.45 | 34.30 | 57.00 | 1.17.00 | 2.50.00 |
| | Sam Stead | 16.06 | 34.08 | | | |
| | Phillip Richardson | | | | | 2.49.03 |
| | Callum Tinnion | | | 56.12 | | |
| | Silver | 18.00 | 37.00 | 1.01.00 | 1.23.00 | 3.05.00 |
| | Jacob Tonkin | 18.00 | | | | |
| M40+ | Bronze | 19.30 | 40.00 | 1.06.00 | 1.30.00 | 3.17.00 |
| | Jacob Tonkin | | 38.43 | | | |
| | 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 |
| | Tristan Windley | | | | | 2.44.58 |
| | Andy McQue | 16.48 | 35.32 | | | |
| | Rob Brown | 16.42 | | | | |
| | Silver | 18.30 | 38.00 | 1.03.00 | 1.26.00 | 03:10:00 |
| M45+ | 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 | | | | |
| | Silver | 19.30 | 40.00 | 1.06.30 | 1.30.00 | 3.17.00 |
| M50+ | Max Buttinger | 18.47 | | | 1.27.10 | |
| | Ross Butler | 19.02 | | | | |
| | Bronze | 21.15 | 43.30 | 1.11.30 | 1.38.00 | 3.30.00 |
| | Phil Winskill | 20.44 | | | | |
| | Silver | 18.00 | 37.00 | 1.01.00 | 1.21.00 | 2.51.00 |
| M55+ | 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 | | | 1.27.38 | |
| | Bronze | 22.15 | 45.30 | 1.15.30 | 1.42.00 | 3.39.00 |
| | Owen Mills | 22.13 | | | | |
| | Lee Smith | 20.26 | | | | |
| | Ben Long | 20.39 | | | | |
| | Dave Kearns | 21.33 | | | | |
| | Ivan Holroyd | 22.02 | | | | |
| M60+ | 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 | | 41.19 | 1.09.36 | 1.33.21 | |
| | Andy Murphie | 21.18 | | | | |
| | Bronze | 23.30 | 48.00 | 1.19.00 | 1.47.00 | 3.49.00 |
| | Andy Murphie | 21.32 | 47.44 | | | |
| | Mike Beechey | 23.05 | | | | |
| M65+ | Andrew Butcher | 23.19 | | | | |
| | Bronze | 24.45 | 50.30 | 1.23.30 | 1.52.00 | 4.00.00 |
| M70+ | Rick Cooper | 23.34 | | | | |
| | Bronze | 26.04 | 53.29 | 1.28.15 | 2.00.19 | 4.14.08 |
| M75+ | John Cain | 24.22 | | | | |
| | Gold STAR | 22.39 | 46.46 | 1.16.16 | 1.42.10 | 3.41.11 |
| | Paul Morris | 20.54 | 44.44 | | 1.34.20 | |
| | Silver | 25.54 | 53.14 | 1.27.46 | 1.59.26 | 4.15.40 |
| | Jim Downie | 25.24 | | | | |
| | Bronze | 28.03 | 57.34 | 1.34.58 | 2.09.31 | 4.41.07 |
| M80+ | Jim Downie | 26.25 | | | | |
| | Paul Titley | 26.46 | | | | |

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 |
| | Caroline Lambert | | | | 1.22.05 | |
| | Betty Richardson | 19.15 | | | | |
| F 40+ | Gold | 19.45 | 40.30 | 1.08.00 | 1.33.00 | 3.22.00 |
| | Philippa Wakefield | | 39.53 | | | |
| | Silver | 21.15 | 43.30 | 1.13.00 | 1.39.00 | 3.39.00 |
| | Hannah Cole | 20.16 | | | 1.36.15 | |
| | Bronze | 22.45 | 46.30 | 1.18.30 | 1.49.00 | 3.54.00 |
| | Hannah Cole | 21.01 | 43.31 | | | |
| | Lindsay Walker | 22.12 | | 01:17:43 | | |
| F 45+ | Silver | 22.15 | 45.30 | 1.17.00 | 1.44.00 | 3.47.00 |
| | Trudy Beetham | 21.47 | | | | |
| | 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 | 22.14 | | | | |
| | Bronze | 25.00 | 51.00 | 1.27.00 | 1.59.00 | 4.12.00 |
| | Jo Rolls | 23.38 | | | | |
| F 55+ | Gold STAR | 22.00 | 45.00 | 1.13.30 | 1.37.00 | 3.27.00 |
| | Hazel Davies | 21.51 | | | | |
| | Gold | 23.15 | 47.30 | 1.18.30 | 1.46.00 | 3.47.00 |
| | Hazel Davies | 22.02 | | | 1.42.39 | |
| | 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 | 24.59 | 53.04 | | | |
| F 65+ | Silver | 27.44 | 56.49 | 1.34.55 | 2.07.00 | 4.34.46 |
| | Kathleen Proctor | 26.14 | | | | |
| | Bronze | 29.44 | 1.00.50 | 1.41.36 | 2.19.02 | 4.52.49 |
| | Kathleen Proctor | | | | 2.17.29 | |