

KAC Road Standard Awards to 17th November 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
	David Brigham			59.33		
	Jacob Tonkin	18.00				
M40+	Bronze	19.30	40.00	1.06.00	1.30.00	3.17.00
	Jacob Tonkin		38.43			
	Ian Elsby			1.03.13		
	Gold STAR	16.30	34.00	55.30	1.14.00	2.39.00
	Tristan Windley		33.58	52.52		
	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
	Max Buttinger	18.47		1.05.40	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	40.57			
	M 50+	Gold STAR	18.00	37.00	1.01.00	1.21.00
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				1.04.47		2.58.33
Silver		20.15	41.30	1.10.00	1.34.00	3.25.00
Lee Smith			40.55	1.06.36	1.31.35	
Graeme Sibson		19.29		1.09.59	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			1.34.15	
Ben Long		20.39				
Dave Kearns		21.33				
Steve Angus					1.10.35	
Ivan Holroyd	22.02					
M 55+	Gold	20.00	41.00	1.08.00	1.31.00	3.17.00
	Steve Angus			1.05.48		
	Mike James	19.52		1.07.38		
	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				
Andrew Butcher	23.19					
M 60+	Silver	23.00	47.00	1.17.00	1.43.00	3.45.00
	Martin Sluce			1.14.34		
	Bronze	24.45	50.30	1.23.30	1.52.00	4.00.00
	Rick Cooper	23.34				
M 65+	Andy Hitchen			1.19.08		
	Bronze	26.04	53.29	1.28.15	2.00.19	4.14.08
M 70+	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	1.14.05	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
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		1.17.43		
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+	Gold	22	1.45.00	1.15.00	1.41.00	1.37.00
	Sam Ayres			1.14.30		
	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		1.23.19	1.58.37	
	Corinne Cummings			1.25.46		
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		1.17.37	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	1.25.24		
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	