

## KAC Road Standard Awards to 28<sup>th</sup> January 2025

### 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
	Sam Stead				1.07.40	
	<b>Silver</b>	18.00	37.00	1.01.00	1.23.00	3.05.00
	Tom Day	16.55				
M 50+	<b>Silver</b>	20.15	41.30	1.10.00	1.34.00	3.25.00
	Lee Smith				1.29.31	
M 55+	<b>Gold</b>	20.00	41.00	1.08.00	1.31.00	3.17.00
	Mike James		40.43			
M 60+	<b>Silver</b>	23.00	47.00	1.17.00	1.43.00	3.45.00
	Mark Osborne	21.44				
	<b>Bronze</b>	24.45	50.30	1.23.3	1.52.00	4.00.00
	Rick Cooper	23.19				
	Michael Hey	24.26				
M 65+	<b>Bronze</b>	26.40	53.29	1.28.15	2.00.19	4.14.08
	John Cain	25.40				

### Ladies:

AGE Category	Name	5K	10K	10M	Half M	Marathon
F 50+	<b>Gold STAR</b>	20.45	42.30	1.10.00	1.33.00	3.17.00
	Lou Osborne		41.26			
F 55+	<b>Silver</b>	25.00	51.00	1.24.00	1.53.00	4.07.00
	Louise Brown	23.20				
	Annabel Holmes	24.20				
	<b>Bronze</b>	26.15	53.30	1.31.00	2.04.00	4.24.00
	Michelle Tones	25.39				