

## KAC Road Standard Awards to 31<sup>st</sup> December 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	15.06				2.29.00
	Gold	16.45	34.30	57.00	1.17.00	2.50.00
	Sam Stead	16.06	34.08			
	Mark Lamb	15.48				
	Jacob Hiom		33.50			
	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				
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	52.52		
	Gold	17.45	36.00	59.00	1.20.00	2.55.00
	Tristan Windley					2.44.58
	Steve Hebblethwaite	16.57				
	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
	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
M 50+	Phil Winskill	20.44	40.57			
	Gold STAR	18.00	37.00	1.01.00	1.21.00	2.51.00
	Robert Tansey	17.21	35.59		1.18.35	
	Russell Maddams	16.55				
	Gold	19.00	39.00	1.05.30	1.27.00	3.08.00
	Robert Tansey			1.01.48		
	Lee Smith	18.29		1.04.47		2.58.33
	Silver	20.15	41.30	1.10.00	1.34.00	3.25.00
	Lee Smith		39.15	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				
Carl Bradford		41.51				
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
M 65+	Rick Cooper	23.34				
	Gold	22.23	46.08	1.16.13	1.42.57	3.39.18
	Andy Hitchen		45.54			
	Silver	24.04	49.28	1.21.33	1.50.58	3.58.39
	Andy Hitchen	22.42		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 <b>STAR</b>	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 <b>STAR</b>	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		
	Bronze	28.15	57.30	1.36.00	2.10.00	4.36.00
	Gillian Atkinson	27.19				
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	