

KAC Road Standard Awards to 1st March 2025

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				1.07.40	
	John Battrick	15.05				
	Gold	26.45	34.30	57.00	1.17.00	2.50.00
	Mark Lamb		33.39			
	Silver	18.00	37.00	1.01.00	1.23.00	3.05.00
	Tom Day	16.55				
	Sam Stead	17.23				
	Joshua Taylor		35.13			
	Bronze	19.30	40.00	1.06.00	1.30.00	3.17.00
	Sam Stead	19.21				
	Jacob Tonkin				1.28.02	
M40+	Gold STAR	16.30	34.00	55.30	1.14.00	2.39.00
	Tristan Windley				1.13.38	
	Gold	17.45	36.00	59.00	1.20.00	2.55.00
	Rob Brown		34.33			
	Silver	18.30	38.00	1.03.00	1.26.00	3.10.00
	Carl Bell		36.43			
	James Beckingham		37.27			
	Bronze	20.15	41.30	1.08.30	1.34.00	3.23.00
Simon West		40.04				
M45+	Silver	19.30	40.00	1.06.00	1.30.00	3.17.00
	Max Buttinger	19.13	37.33		1.24.48	
M 50+	Gold STAR	18.00	37.00	1.01.00	1.21.00	2.52.00
	Robert Tansey		36.49		1.20.09	
	Silver	20.15	41.30	1.10.00	1.34.00	3.25.00
	Lee Smith				1.29.31	
	Angus Whightman	19.15				
	Graeme Sibson		40.41			
M 55+	Gold	20.00	41.00	1.08.00	1.31.00	3.17.00
	Guy Illingworth		40.14			
	Mike James		40.43			
	Silver	21.30	44.00	1.13.00	1.38.00	3.35.00
	Mike James		41.39		1.33.26	
M 60+	Silver	23.00	47.00	1.17.00	1.43.00	3.45.00
	Mark Osborne	21.44				
	Andy Hitchen		46.49			
	Bronze	24.45	50.30	1.23.3	1.52.00	4.00.00
	Rick Cooper	23.00				
	Andy Murphie	23.49	47.24			
	Michael Hey	24.27				
	Stuart Backhouse	24.39				
M 65+	Bronze	26.40	53.29	1.28.15	2.00.19	4.14.08
	John Cain	25.28				
M 70+	Gold STAR	22.39	46.46	1.16.16	1.42.10	3.41.11
	Paul Morris	21.54	42.31		1.38.19	

Ladies:

AGE Category	Name	5K	10K	10M	Half M	Marathon
F Open	Gold	19.15	39.30	1.05.30	1.29.00	3.16.00
	Holly Wooten				1.24.17	
F 40+	Silver	21.15	43.30	1.13.00	1.39.00	3.39.00
	Hannah Cole	20.45	42.20			
	Bronze	22.45	46.30	1.18.30	1.49.00	3.54.00
	Hannah Cole				1.40.02	
F 50+	Gold STAR	20.45	42.30	1.10.00	1.33.00	3.17.00
	Lou Osborne		41.14			
	Silver	23.30	48.00	1.20.30	1.48.00	3.56.00
	Emma McNespiey	22.50				
	Celia Burbush	23.10				
	Bronze	25.00	51.00	1.27.00	1.59.00	4.12.00
	Jo Rolls				1.50.53	
F 55+	Hael Davies		49.24			
	Silver	25.00	51.00	1.24.00	1.53.00	4.07.00
	Louise Brown	23.20				
	Annabel Holmes	23.33				
	Bronze	26.15	53.30	1.31.00	2.04.00	4.24.00
F 65+	Michelle Tones	25.39				
	Silver	27.44	56.49	1.34.55	2.07.00	4.34.46
	Anna Blackburn	27.38				
F 70+	Gold	27.42	56.50	1.34.15	2.08.04	4.39.41
	Kathleen Proctor		54.25		2.06.52	
	Bronze	32.01	1.05.28	1.49.21	2.29.39	5.23.55
	Lesley Malarkey		1.02.21			