

KAC Road Standard Awards to 21st April 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				
	James Mattinson		38.11			
	Jacob Tonkin				1.26.15	
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	18.30	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				1.30.20	
	Angus Whightman	19.15				
	Graeme Sibson		40.41			
	Bronze	22.15	45.30	1.15.30	1.42.00	3.39.00
	Angus Whightman		42.04			
Scott White	21.48	45.02				
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	
	Bronze	23.30	48.00	1.19.00	1.47.00	3.49.00
	Andrew Butcher	22.19				
M 60+	Silver	23.00	47.00	1.17.00	1.43.00	3.45.00
	Andy Murphie	22.20				
	Martin Sluce	21.41				
	Mark Osborne	21.44				
	Rick Cooper	22.45				
	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	24.18					
M 65+	Bronze	26.40	53.29	1.28.15	2.00.19	4.14.08
	John Cain	24.29				
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 45+	Silver	22.15	45.30	1.17.00	1.44.00	3.47.00
	Hannah Cole	20.54	43.37			
F 50+	Gold STAR	20.45	42.30	1.10.00	1.33.00	3.17.00
	Lou Osborne		41.14			
	Gold	22.00	45.00	1.15.00	1.41.00	3.37.00
	Sam Ayers				1.38.51	
	Silver	23.30	48.00	1.20.30	1.48.00	3.56.00
	Emma McNespiey	22.38				
	Celia Burbush	23.10				
	Bronze	25.00	51.00	1.27.00	1.59.00	4.12.00
	Jo Rolls	24.57			1.50.53	
F 55+	Hazel 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
F60+	Michelle Tones	25.39				
	Gold STAR	23.00	47.00	1.17.00	1.42.00	3.36.00
	Gillian Atkinson	22.44				
	Gold	24.30	50.00	1.23.00	1.51.00	3.58.00
	Gillian Atkinson		47.51			
	Bronze	28.15	47.30	1.36.00	2.10.00	4.36.00
	Fiona Rigg	27.07				
Nicky Butler	27.37					
F 65+	Silver	27.44	56.49	1.34.55	2.07.00	4.34.46
	Anna Blackburn	27.18				
F 70+	Gold	27.42	56.50	1.34.15	2.08.04	4.39.41
	Kathleen Proctor	27.38	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			