

KAC Road Standard Awards to 30th November 2025

Ladies (New Times)

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	
	Caroline Lambert			1.05.02		
	Erin Barry	18.54				
	Silver	20.45	42.30	1.11.00	1.35.00	3.33.00
	Erin Barry	19.07	42.16			
	Emily Wightman	20.42				
	Bronze	22.15	45.30	1.16.00	1.44.00	3.47.00
	Mel Mustafa				1.43.02	
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
	Jenn Bell	21.26				
	Leanne Barber			1.13.59		
	Hannah Cole				1.40.02	
F 45+	Gold	20.45	42.30	1.11.00	1.37.00	3.29.00
	Hannah Cole	20.35		1.09.55		
	Silver	22.15	45.30	1.17.00	1.44.00	3.47.00
	Hannah Cole		43.37	1.15.00	1.40.41	
	Bronze	23.45	48.30	1.22.30	1.54.00	4.02.00
	Hannah Cole					3.47.06
F 50+	Gold STAR	20.45	42.30	1.10.00	1.33.00	3.17.00
	Lou Osborn	20.02	41.14	1.07.31		
	Gold	22.00	45.00	1.15.00	1.41.00	3.37.00
	Lou Osborn			1.11.40		
	Trudy Beetham			1.14.34		
	Sam Ayers	21.12			1.38.51	
	Silver	23.30	48.00	1.20.30	1.48.00	3.56.00
	Emma MckNespiey	21.32			1.43.51	
	Trudy Beetham	22.37	46.57			
	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	
	Hazel Davies	24.01	49.24			
F 55+	Gold	23.15	47.30	1.18.30	1.46.00	3.47.00
	Hazel Davies	22.51				
	Silver	25.00	51.00	1.24.00	1.53.00	4.07.00
	Louise Brown	23.20				
	Annabel Holmes	23.33				
	Elaine Sargent	24.31				
	Michelle Tones	24.57				
F60+	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			
	Corinne Cummings	23.57				
	Silver	26.30	54.00	1.28.30	1.58.00	4.19.00
	Corinne Cummings			1.24.46	1.52.58	
	Bronze	28.15	57.30	1.36.00	2.10.00	4.36.00
	Fiona Rigg	27.07				
	Nicky Butler	27.36	55.00	1.28.45		
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			

Men: (New Times)

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	15.19		50.44	1.07.40	
	John Battrick	14.54		48.47		
	Harry Bolton	15.45				
	Gold	16.45	34.30	57.00	1.17.00	2.50.00
	Mark Lamb	15.55	33.39			
	Sam Stead			54.08		
	Sam Holding			55.56		
	George Foster	15.50				
	Tom Day	16.11				
	Josh Taylor	16.40				
	Silver	18.00	37.00	1.01.00	1.23.00	3.05.00
	Tom Day	16.55				
	Micah Wightman	17.02				
	Sam Stead	17.23				
	Josh Taylor		35.13			
	Bronze	19.30	40.00	1.06.00	1.30.00	3.17.00
	Daniel Cooper	17.49				
	Craig Scott	18.02				
	James Mattinson		38.11			
M40+	Gold STAR	16.30	34.00	55.30	1.14.00	2.39.00
	Tristan Windley			53.53	1.13.38	
	Rob Brown	16.21		55.12		
	Gold	17.45	36.00	59.00	1.20.00	2.55.00
	Steve Hebblethwaite	17.22				
	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
	Tristan Windley	19.32				
	Matthew Jones			1.04.55		
M45+	Simon West		40.04	1.05.53	1.30.18	
	Silver	19.30	40.00	1.06.00	1.30.00	3.17.00
	Max Buttinger	18.30	37.33	1.02.05	1.24.48	
	Bronze	21.15	43.30	1.11.30	1.38.00	3.30.00
M 50+	Dan Hartley			1.10.45		
	Gold STAR	18.00	37.00	1.01.00	1.21.00	2.52.00
	Robert Tansey		36.49		1.20.09	
	Russell Maddams	17.49				
	Gold	19.00	39.00	1.05.30	1.27.00	3.08.00
	Lee Smith	18.12		1.05.13	1.26.44	3.01.37
	Silver	20.15	41.30	1.10.00	1.34.00	3.25.00
	Simon Blackman	20.13				
	Lee Smith	19.12	39.56	1.08.45	1.27.10	
	Angus Whightman	19.06				
	Paul MckNespiey	19.00				
	Phil Winskill	19.19				
	Lawrence Basham	19.47				
	Carl Bradford	19.46			1.30.33	
	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			
	Owen Mills	21.00				
	Gold STAR	19.00	39.00	1.03.30	1.25.00	3.00.00
M 55+	David Birch	18.21				
	Chris Eland	18.27		1.03.13		
	Guy Illingworth	18.39				
	Gold	20.00	41.00	1.08.00	1.31.00	3.17.00
	Guy Illingworth		40.14			
	Chris Eland		40.51	1.07.54		
	Mike James		40.43	1.06.38		
	Silver	21.30	44.00	1.13.00	1.38.00	3.35.00
	Mike James	20.07	41.39		1.33.26	
	Chris Eland				1.33.50	
	Angus Whightman	20.43				
	Bronze	23.30	48.00	1.19.00	1.47.00	3.49.00
	Mike Beechey	23.10				
	Chris Eland	22.10				
	Andrew Butcher	22.19				
M 60+	Gold	21.00	43.00	1.12.00	1.35.00	3.27.00
	Ed Gamble					3.24.15
	Silver	23.00	47.00	1.17.00	1.43.00	3.45.00
	Andy Murphie	22.09				
	Martin Sluce	20.57				
	Mark Osborne	21.02				
	Craig Dring	24.40				
	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	1.17.17	1.44.20	
	Andrew Butcher	23.59				
	Donald Ferguson	23.59				
	Michael Hey	24.17				
	Stuart Backhouse	23.06				
M 65+	Bronze	26.40	53.29	1.28.15	2.00.19	4.14.08
M 70+	John Cain	24.29				
	Gold STAR	22.39	46.46	1.16.16	1.42.10	3.41.11
	Paul Morris	21.54	42.31	1.09.46	1.38.19	

