St Albans Striders Age-Graded Competition 2017/2018
Men's standings

ST ALBANS **STRIDERS**

Position	Member	Cat	Overall	Race 1 Hatfield 5 Time	Age Grade	Race 2 Watford HM Time	Age Grade	Race 3 Chingford MWRRL Time	Age Grade	Race 4 Westminster Mile Time	Age Grade	Race 5 Welwyn 10k Time	Age Grade	Race 6 Robin Hood HM Time	Age Grade	Race 7 Ricky Road Run Time	Age Grade
	Paul Adams	MSEN	81.72%	00:26:20	82.79%	01:13:15	80.66%										
	Jonathan Scott	MV40	81.71%	00:27:10	83.14%			00:35:04	80.28%								
	Colin Singleton	MV60	78.95%					00:43:58	78.95%								
	Phillip Evans	MSEN	78.86%	00:27:30	78.86%												
	Robert Spencer	MSEN	78.66%	00:27:06	78.66%												
	Andy Auld	MV40	78.64%	00:29:52	78.64%												
	Blake Vivian	MV40	78.00%					00:35:32	78.00%								
	Graham Smith	MV40	76.86%	00:28:59	79.76%			00:39:18	73.95%								
	Nigel Aston	MV50	76.56%	00:32:04	75.65%	01:28:50	74.63%	00:39:03	78.27%	00:05:39	75.76%						
	Errol Maginley	MV50	75.70%	00:31:41	77.21%	01:32:40	71.55%	00:39:00	78.34%								
	Colin Braybrook	MV50	75.46%	00:32:38	77.53%	01:32:21	74.42%	00:43:20	73.67%	00:05:59	74.42%						
	Steve Smith	MV50	74.56%			01:31:21	74.56%										
	Si Fraser	#N/A	74.29%			01:18:36	74.29%										
	Graham Foster	MV50	74.01%			01:32:12	75.23%			00:06:10	72.79%						
	Jon Reilly	MSEN	73.69%	00:29:01	73.69%												
	Jim King	MV40	73.67%			01:27:28	71.39%	00:38:31	75.48%	00:05:31	74.15%						
	Tim Searle	MV40	73.14%	00:30:17	72.91%			00:38:18	72.36%	00:05:17	74.14%						
	Edward Bailey	MV40	71.87%			01:28:22	70.08%	00:38:49	73.67%								
	Ian Hirth	MV40	71.46%	00:32:03	69.94%			00:38:16	72.98%								
	Stephen Hosty	MV40	71.28%					00:39:11	71.28%								
	Pablo PlazaLastras	MV40	70.89%	00:29:57	74.28%	01:28:57	67.49%										
	Mike Lancaster	MSEN	70.84%			01:23:43	70.57%										
	Michael Martin	MSEN	70.76%	00:30:24	70.74%			00:37:09	72.35%	00:05:27	69.19%						
	Cameron Clark	MSEN	70.71%	00:30:24	70.71%												
	Jordan Lister	MSEN	70.36%					00:38:12	70.36%								
	Alex Johnston	MSEN	70.17%			01:23:12	70.17%										
	Gareth Beavis	MSEN	69.64%	00:29:55	71.88%	01:28:36	66.07%	00:40:15	66.77%	00:05:22	70.26%						
	Gwynfor Tyley	MV40	69.59%			01:31:34	70.54%	00:43:24	68.64%								
	Anthony Nicolson	MV50	69.56%					00:43:33	69.56%								
	Daniel Langton	MSEN	68.95%	00:31:37	68.95%												
	Tony Brady-Locke	MSEN	68.85%					00:38:48	68.85%								
	Stephen Lambert	MV50	68.83%					00:44:47	68.83%								
	Doug Hobson	#N/A	68.73%			01:25:23	68.38%	00:38:36	69.22%	00:05:25	68.58%						
	Alastair Green	MV50	68.24%			01:37:09	68.24%										
	Gregg Taylor	MSEN	67.94%					00:39:23	67.94%								
	Mark Travers	MV50	67.48%	00:36:52	67.48%												
	mark travers	MV50	67.48%	00:36:52	67.48%												
	Colin Egleton	MV60	66.85%	00:43:05	66.85%												
	Robin Newby	MV40	66.78%			01:35:54	66.78%										
	Richard Todd	MV50	66.77%			01:40:11	66.77%										
	Stuart Middleton	MV40	65.77%	00:35:20	65.43%	01:33:56	66.47%	00:44:04	65.42%								
	Jim Simpson	MV50	65.55%					00:47:01	65.55%								
	Richard Olney	MV50	65.00%	00:36:09	66.56%	01:41:51	63.97%	00:46:36	64.46%								
	Chris Davies	MV50	64.74%			01:41:31	64.74%										
	Roger Murray	MV60	64.69%					00:58:04	64.69%								
	Richard Derrick	MV60	64.54%	00:40:02	66.04%	01:58:47	61.22%	00:50:21	66.36%								
	Marc Phillips	MV50	64.44%							00:06:48	64.44%						
	Jay A'Court	MV40	63.43%			01:35:18	63.43%										
	Jamie Sinclair	MSEN	63.34%	00:32:35	65.42%	01:35:19	61.25%										
	Jonathan White	MSEN	62.98%	00:32:30	67.08%	01:39:12	59.56%			00:06:12	62.30%						
	David Prince	MV60	62.92%					00:55:43	62.92%								

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Position	Member	Cat	Overall	Race 1 Hatfield 5		Race 2 Watford HM		Race 3 Chingford MWRRL		Race 4 Westminster Mile		Race 5 Welwyn 10k		Race 6 Robin Hood HM		Race 7 Ricky Road Run	
				Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade	Time	Age Grade
	Ewan Latham	MSEN	62.85%					00:42:46	62.85%								
	Roger Sant	MV50	62.61%	00:38:11	62.51%			00:49:41	60.46%	00:06:30	64.85%						
	Calum Latham	MSEN	61.98%	00:33:06	65.22%	01:38:35	59.70%	00:44:22	61.02%								
	Matthew Childs	MSEN	61.56%	00:36:07	59.54%	01:33:28	62.63%	00:43:00	62.49%								
	Russell Sessions	MSEN	61.55%			01:35:59	61.55%										
	Matthew Bedford	MV50	61.23%					00:49:29	61.23%								
	Howard Bull	MSEN	61.02%	00:35:09	60.99%					00:06:09	61.05%						
	Shane Ryan	MV50	60.18%					00:52:35	60.18%								
	Anthony Bunker	MV40	60.05%			01:42:41	59.81%	00:47:03	60.30%								
	James Harrison	MSEN	59.67%			01:39:47	58.51%	00:43:56	60.84%								
	David Jackson	MV50	58.93%	00:39:38	61.21%	01:56:00	56.65%										
	Andrew Hull	MV40	58.91%					00:50:09	58.91%								
	Spencer Grant	MV40	58.88%	00:36:48	61.85%	01:47:40	57.52%	00:49:57	57.26%								
	Adam Wallace	MSEN	58.82%			01:42:40	57.81%	00:45:42	59.83%								
	Jack Smissaert	MSEN	58.58%					00:45:36	58.58%								
	Richard Evans	MSEN	58.56%	00:38:28	55.90%	01:35:38	61.21%										
	Martin Medforth	MV50	58.31%	00:44:09	58.31%												
	Michael Jack	MV50	58.18%			02:00:20	58.18%										
	Ben Scott	MSEN	58.00%			01:43:02	56.68%	00:45:06	59.33%								
	Chris Barr	MSEN	57.85%	00:38:27	55.61%			00:44:32	60.08%								
	William Press	MSEN	57.65%					00:46:47	57.65%								
	Richard Vaughan	MSEN	57.09%			01:42:23	57.09%										
	Mike Dando	MV40	57.08%			01:48:29	57.08%										
	Scott Mayes	MSEN	56.52%			01:45:35	56.52%										
	James King	MSEN	55.26%					00:48:26	55.26%								
	Andrew Tickner	MSEN	54.57%			01:47:31	54.57%										
	Andrew Maher	MV40	54.25%					00:53:35	54.25%								
	Jim Hopkins	MV40	53.49%			02:02:17	51.49%	00:52:22	55.50%								
	Duncan Melsom	MV40	53.29%			01:58:09	53.29%										
	Dave Skyrme	MV50	52.72%					01:01:05	52.72%								
	Edward Chaloner	MSEN	52.63%	00:40:44	52.63%												
	Gladstone Thompson	MV50	52.58%			02:07:13	52.58%										
	Paddy Green	MV40	51.85%			01:59:26	51.85%										
	Jaimi Wallin	MSEN	51.73%	00:40:54	52.14%	01:53:36	51.39%	00:51:43	51.66%								
	Adam Mellor	MV50	51.48%					00:58:51	51.48%								
	Neil Mallon	MSEN	50.15%	00:40:22	54.70%	02:07:09	46.93%	00:56:23	48.81%								
	Brendan McKeown	MV60	49.79%							00:10:35	49.79%						
	Soong-Kong Au-Yeong	MSEN	49.62%	00:39:13	55.92%	02:12:08	44.92%			00:08:06	48.02%						
	Joe Beaton	MV40	48.83%	00:45:54	48.83%												
	Rajasingham Sivakumaran	MV40	46.29%			02:18:20	46.29%										