

Age Grading December 2011

<i>Name</i>	<i>5k</i>	<i>5m</i>	<i>10k</i>	<i>7m</i>	<i>10m</i>	<i>20km</i>	<i>half marathon</i>	<i>20m</i>	<i>full marathon</i>
Leo Altarelli	Silver		Gold		Silver	Gold			
Simon Asher	Silver		Silver						
Liz Battle	Bronze								
Jackie Bell	Bronze		Bronze		Silver				
Shona Bendix	Silver		Silver		Silver	Bronze	Silver	Silver	Bronze
Brenda Bennett	Bronze								
Laura Betts			Gold				Silver		
Alice Blower	Silver								
Jim Bidnall	Silver		Silver						
Hannah Brock	Tungsten		Bronze						
Hazel Brock	Bronze		Tungsten						
Rebecca Brock	Tungsten		Tungsten						
Hannah Brown	Silver		Silver						
Jayne Capps-Jenner			Silver						
Steve Cant	Bronze		Bronze						
Michelle Carnwell	Silver		Silver						
Sue Carter	Tungsten								
Peter Chapman	Gold						Gold		
Paul Chilver									Bronze
Chris Chorley	Gold	Gold	Gold	Gold	Gold	Gold	Gold	Bronze	Silver
Phillip Clarke	Bronze		Bronze						
Mike Collins	Gold		Gold						
Sarah Conellan			Silver		Bronze				
David Cook	Tungsten		Tungsten						
Joanne Cox	Gold		Gold						
Adam Craske	Gold		Gold		Gold	Gold	Gold		
Michelle Crawley	Tungsten								
Nat Creegan	Bronze								
Sam Curry	Tungsten		Tungsten						
Laura Devereaux					Silver		Silver		
Richard Dye			Gold		Silver		Gold	Silver	Silver
Mariella Elissen	Silver		Tungsten						
Lynn Emmett	Diamond		Diamond		Diamond				
Robin Farrar	Silver	Silver	Gold		Silver	Silver	Silver	Silver	Bronze
Lewis Flatt	Gold		Gold			Silver	Silver		
Maggie Flatt	Bronze	Tungsten	Bronze		Bronze		Tungsten		
Darryl Futter			Silver		Gold	Gold	Silver		
Merriel Gardiner	Bronze								
Hazel Garrity			Gold				Gold		
Terry Garrity	Gold		Gold		Gold		Silver		
Karen Gedge	Silver	Silver	Silver		Silver		Silver		Bronze

David Gilbert			Silver				Bronze		Bronze
Nigel Gilham		Gold	Gold		Gold		Silver		
Doug Gladwin	Bronze		Bronze		Tungsten		Tungsten		
Claire Graham	Silver		Bronze			Bronze			
Jaques Groen			Bronze				Bronze		
Tricia Hagan			Silver				Bronze		
Chris Harbord	Tungsten		Tungsten						
Colleen Harvey	Silver		Bronze						
David Henshaw	Bronze				Tungsten				
Jenny Hill			Bronze						
Helen Hornsey		Silver	Gold						
Joe Hornsey		Silver					Silver		
Nikki Hunting	Bronze	Bronze	Bronze		Bronze	Bronze	Bronze		
Bob Jack	Bronze		Tungsten						
Katy James			Silver						
Robbie James	Gold	Gold	Gold		Silver		Silver		
Louise Jordan	Tungsten		Tungsten						
Mike King					Diamond				
Matthew Lawes	Gold								Gold
Caroline Lester	Bronze		Tungsten		Tungsten	Tungsten			
Dave Lines	Silver		Bronze		Bronze		Tungsten		
Tom Livermore	Tungsten								
Sue Lowther							Bronze		
Gary McMorran			Tungsten						
Karen McMorran			Bronze						
Annette Manning			Gold			Gold	Gold		
Judith Masters	Silver								
Lindsay Matthews	Bronze								
Ann Matthewson	Bronze		Bronze						
Carol Maycock	Gold		Silver						
Belinda Mickleburgh	Bronze								
Ali Morton	Gold		Gold						
Christine Muttitt	Diamond								
Terry Mulcahy	Diamond		Diamond						
Julie Myhill			Bronze			Bronze	Bronze		
Philip Neave	Gold	Gold	Gold		Gold		Silver		
Sally Nicholls	Silver		Silver						
Darrell Oldman	Gold	Gold	Gold		Gold		Gold		
Steve Oldman	Silver		Silver						
Bob Paul	Gold		Silver		Silver		Silver	Silver	Bronze
Gill Petts-Hannant			Tungsten						
Judy Potter	Diamond		Diamond		Diamond		Diamond		
Sue Potter	Silver		Silver		Bronze		Silver		
Andy Prime			Silver						

Tom Pullinger	Gold		Gold		Silver	Silver	Silver		Bronze
David Punt	Gold		Silver			Silver			
Rachel Roper	Bronze		Tungsten						
Bruce Rayner	Gold	Gold	Gold				Bronze		
Louise Reed		Bronze	Bronze		Bronze	Bronze			
Richard Rhodes		Diamond	Diamond		Diamond				
Hugh Roberts	Gold						Gold		
Angela Sait-Stewart	Bronze								
Bobbie Sauerzapf	Diamond	Diamond	Diamond	Diamond	Diamond	Gold	Gold	Silver	Gold
Paul Seary	Tungsten								
Lou Sewell	Tungsten		Tungsten						
Roland Shaw	Gold	Gold	Gold				Gold		
Marcus Sladden	Gold	Gold	Gold						
Katy Slater	Tungsten								
Nathan Slater	Gold						Tungsten		
Andrew Smith			Bronze						
David Spashett			Diamond				Gold		
Gail Sprake	Bronze								
Dan Steggles					Silver				
Becky Sturgeon			Bronze		Bronze				
Sally Summerfield	Bronze								
Etienne Swarts			Silver			Silver	Silver		
Ian Taylor	Diamond		Diamond		Gold		Diamond		Silver
Joanne Taylor	Tungsten								
Neil Thomas	Silver	Silver	Silver		Silver		Bronze		
David Waterman			Gold		Silver	Silver	Silver		
Karen Waters	Bronze	Bronze	Bronze				Bronze		
Nikki Watson		Silver					Silver		
Colin Whale			Bronze		Silver		Bronze		Bronze
John Wharton	Gold	Diamond	Diamond		Gold		Gold		
John White	Silver		Silver						
Nat Whyte	Bronze	Bronze	Tungsten						
Steph Whyte	Tungsten								
Jon Wiles	Gold		Gold		Gold	Gold	Gold		Bronze
Rachael Williams	Tungsten		Tungsten		Tungsten				
Robin Wilson			Gold						
Sue Wright	Bronze								

To gain an age grading certificate you need to complete at least three different distances.

It is easier if you are female, and, especially, as you get older!

Any errors, please let Bobbie know.