

		Women's Age Grading 2018/19																			either 5K or 10 mile													
		5K			OS 886			10K			OS 1820			10 Mile			OS 2961			Half Mara			OS 3912			Marathon			OS 8125					
Ranking		Event	Seconds	Factor	Age Grading	Rank	Event	Seconds	Factor	Age Grading	Rank	Event	Seconds	Factor	Age Grading	Rank	Event	Seconds	Factor	Age Grading	Rank	Event	Seconds	Factor	Age Grading	Rank	Event	Seconds	Factor	Age Grading	Rank	Best 3 from 5		
1	Jemma	Zakarivvau		0			Richmond	2439	0.9955	74.95	1	Harry Hawkes	4160	0.9931	71.68	1	Amsterdam	5341	0.9931	73.75	1	London	11836	0.9953	68.97	1				1	3			
2	Niamh	Vincent	1208	0.9935	73.84	1	Brockwell Park	2583	0.993	70.96	3		0				Big Half	5779	0.9931	68.16	3	London	12552	0.9953	65.03	2				2	6			
2	Nikki	Javan	1287	0.9785	70.32	2	Olympic Park	2595	0.9817	71.45	2	Harry Hawkes	4653	0.9724	65.44	3	Paddock Wd	5831	0.9724	68.99	2	Berlin	12997	0.9808	63.74	3				3	6			
4	Debra	Bourne		0				0				Tadworth	4941	0.8688	68.97	2	Croydon	7005	0.8688	64.28	5	Boston (UK)	15638	0.8686	59.82	5				5	12			
5	Laura	Fell		0			Croydon	2774	0.9860	66.55	5		0				Croydon	5945	0.9823	66.98	4	Edinburgh	13919	0.9808	59.52	6				6	15			
5	Sophia	Sachedina		0			Olympic Park	2715	1	67.03	4	Dorking	5157	1	57.42	4	Paddock Wd	6134	1	63.78	7		0								7	15		
7	Nicole	Woods		0			Vitality	3332	0.8955	60.98	8		0				Surrey	6851	0.8898	64.17	6	Dublin	14429	0.8906	63.23	4				4	18			
7	Alex	Legge	Sri Chimnoy	1509	0.9476	61.96	3	Battersea	3068	0.9433	62.87	7	Dorking	5730	0.9378	55.10	7	Croydon	7150	0.9378	58.34	11	London	17188	0.9406	50.26	8				8	18		
9	Susanna	Lutman		0			Olympic Park	2814	1	64.68	6	Dorking	5402	1	54.81	8	Brighton	6514	1	60.06	8	Brighton	14385	1	56.48	7				7	21			
10	Jessica	Polva		0				0				Dorking	5221	1	56.71	5	Croydon	6645	1	58.87	9	Brighton	16709	1	48.63	9				9	23			
11	Isabelle	Kita		0			Brighton	3673	0.8220	60.28	9	Tadworth	6519	0.8058	56.37	6	Worthing	8316	0.8058	58.38	10	Brighton	23495	0.8026	43.09	13				13	25			
12	Samantha	Kenyon	Olympic Park	1664	0.9935	53.61	4	Olympic Park	3654	0.9930	50.16	13		0			Hastings	8012	0.9901	49.31	13	London	18337	0.9926	44.64	11				11	28			
13	Victoria	Legge	Wimbledon	1987	0.9034	49.37	5	Vitality	3709	0.8955	54.79	10		0			Beckenham	9728	0.9003	44.66	14		0								14	29		
14	Michelle	Klein		0			Sutton	3477	0.9652	54.24	11	Dorking	6371	0.9602	48.41	9		0					London	19060	0.9635	44.24	12				12	32		
15	Jay	Brzask-Makiela		0			Vitality	3545	0.9585	53.57	12		0				Big Half	7970	0.9533	51.49	12	London	18186	0.9565	46.71	10				10	34			