

		Women's Age Grading 2021/22																								either 5K or 10 mile																			
		5K				Open Standard 14:46				10K				Open Standard 30:20				10 Mile				Open Standard 49:21				Half Mara				Open Standard 1:05:12				Marathon				Open Standard 2:15:25							
Ranking		Event	5K	time	Factor	Age Grading	Rank	Event	10K	time	Factor	Age Grading	Rank	Event	10M	time	Factor	Age Grading	Rank	Event	HM	time	Factor	Age Grading	Rank	Event	Mara	time	Factor	Age Grading	Rank	Event	Mara	time	Factor	Age Grading	Rank	Best 3 from 5							
1	Nikki Javan	Sri Chimmo	0	21	36	0.9616	71.06	1	Northampton	1	4	47		2	Lee Valley	1	21	21	0.9989	60.73	1	Paddock Wood	1	39	4	0.9602	68.54	1	Yorkshire	3	29	26	0.9635	67.11	1	3									
2	Ellw Evans	Sri Chimmo	0	22	32	0.9998	65.53	2	Sri Chimmo	0	45	0	0.9998	67.41	2	Brighton	4	0	26	0.9998	56.34	2	2	5																					
3	Jen Gutteridge							Battersea	0	42	20	0.9975	71.85	1	Victoria Park	1	36	42	0.9956	67.72	2	Manchester	4	12	26	0.9974	53.78	3	6																
4	Jane Hughes							Sutton	1	2	6	0.9433	51.77	3	Dorking	1	44	7	0.9378	50.54	2	Watford	2	26	36	0.9378	47.42	3	Southampton	5	23	19	0.9406	44.53	4	8									
Calculations based on WMA Age-grading calculator 2015. http://www.howardgrubb.co.uk/athletics/wmalookup15.html																																													