

		Women's Age Grading 2022/23																																													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	Best 3 from 5																													
1	Maria	Gabriel Battersea Park	0	22	42	0.8354	77.9	1						Dorking	1	25	6	0.8163	71.03	2	Hampton Court	1	48	0	0.8163	73.95	1	Boston	3	51	8	0.8136	72.01	1	3																										
2	Niamh	Vincent Battersea Park	0	19	50	0.9785	76.05	2	Asics London	0	42	24	0.9768	73.23	1						Paddock Wood	1	30	38	0.9776	73.59	2	London	3	14	2	0.9808	71.16	2	5																										
3	Linda	Daniel Boscombe							0	54	54	0.7695	71.8	2	Wimborne	1	29	28	0.7638	72.22	1	Winchester	2	6	2	0.7638	67.73	5							8																										
4	Nikki	Javan Hyde Park	0	22	4	0.9616	69.56	4												Northampton	1	36	4	0.9533	71.2	3	Valencia	3	23	6	0.9565	69.71	3	10																											
5	Jen	Gutteridge Battersea Park	0	20	34	0.9959	72.12	3	Croydon	0	43	37	0.9955	69.85	4						Victoria Park	1	32	30	0.9931	70.97	4	London	3	30	36	0.9953	64.6	4	11																										
6	Ellyw	Eyans Battersea Park	0	21	16	0.9999	69.51	5	Battersea Park	0	43	7	0.9989	70.43	3						Richmond	1	41	11	0.9975	64.6	6								14																										
7	Cindy	Sui Croydon							0	51	8	0.9652	61.47	5	Dorking	1	24	42	0.9602	60.68	3	Richmond	1	46	54	0.9602	63.52	7								15																									
8	Anna	O'Sullivan Pride							0	54	34	1	55.59	6							Reigate	1	52	3	0.9981	58.29	8	Manchester	3	58	12	1	56.85	5	19																										
8	Sara	Rahmani Battersea Park	0	28	16	0.9678	53.95	6	Battersea Park	0	57	41	0.9713	54.15	7						Battersea Park	2	9	10	0.9666	52.22	9	Edinburgh	6	27	8	0.9699	36.06	6																											
Calculations based on WMA Age-grading calculator 2015. http://www.howardgrubb.co.uk/athletics/wmalookup15.html																																																													