

Howden 10k 05/08/2026

Name		Target	Actual	Difference	Difference %	Age Grade %	Points
EMMS	Laura	00:49:49	00:46:49	00:03:00	-6.02	65.97	10
CLAYTON	Daniel	00:46:58	00:44:49	00:02:09	-4.58	61.80	10
DAWSON	John	00:41:32	00:39:58	00:01:34	-3.77	72.96	9
HAYWARD	Allison	01:02:05	01:00:04	00:02:01	-3.25	63.50	9
RILEY	Nicola	00:58:44	00:56:58	00:01:46	-3.01	70.82	9
MARSHALL	Patrick	00:49:43	00:48:42	00:01:01	-2.04	73.26	8
PEARSON	Ken	00:48:25	00:47:36	00:00:49	-1.69	72.93	7
MCGRATH	Michael	00:40:39	00:40:05	00:00:34	-1.39	69.08	7
PEARSON	Sarah	01:03:57	01:03:05	00:00:52	-1.36	63.04	7
BARRY	Matt	* 00:47:35	00:47:35	00:00:00	0.00	59.49	6
WOODFORD	Bruce	00:45:23	00:45:24	-00:00:01	0.04	67.86	5
BUNN	Calum	00:36:41	00:36:52	-00:00:11	0.50	77.30	5
DALTON	Mark	00:45:05	00:45:46	-00:00:41	1.52	76.53	4
STOWELL	Jade	00:44:46	00:45:52	-00:01:06	2.46	66.37	3

Number of runners with a race time = 14

Average % variance 2.13 %