

## KAC Road Standard Awards to 31<sup>st</sup> January 2026

### Men:

AGE Category	Name	5K	10K	10M	Half M	Marathon
M 50+	Silver	20.15	41.30	1.10.00	1.34.00	3.25.00
	Paul McNeispiy	19.40				
M 55+	Gold STAR	19.00	39.00	1.03.30	1.25.00	3.00.00
	Chris Eland	18.38				
	Gold	20.00	41.00	1.08.00	1.31.00	3.17.00
	Chris Eland		39.26			
	Silver	21.30	44.00	1.13.00	1.38.00	3.35.00
	Mike James		41.12			
M 60+	Silver	23.00	47.00	1.17.00	1.43.00	3.45.00
	Mark Osborne	21.25				
	Bronze	24.45	50.30	1.23.3	1.52.00	4.00.00
	Andy Murphie	23.03				
M 70+	Gold STAR	22.39	46.46	1.16.16	1.42.10	3.41.11
	Paul Morris	22.11				
	Bronze	28.03	57.34	1.34.58	2.09.31	4.41.07
	Paul Titley		56.45			

### Ladies:

AGE Category	Name	5K	10K	10M	Half M	Marathon
F 40+	Bronze	22.45	46.30	1.18.30	1.49.00	3.54.00
	Leann Barber		46.20			
	Jenn Bell	21.23				
F 50+	Gold	22.00	45.00	1.15.00	1.41.00	3.37.00
	Emma McNespiy	21.23				
F 55+	Gold	23.15	47.30	1.18.30	1.46.00	3.47.00
	Hazel Davis		46.19			
	Silver	25.00	51.00	1.24.00	1.53.00	4.07.00
	Elaine Sargent	23.23				
F60+	Silver	26.30	54.00	1.28.30	1.58.00	4.19.00
	Nicky Butler		53.42			