**Manx Harriers Virtual Time Trial One - 1 Mile and 1Km**

**Time 1 mile**

1. Rachael Franklin Sen 4.45.0
2. Chris Reynolds V40 4.52.0
3. Macy Hillier U15 5.08.0
4. Luke Phair U20 5.09.0
5. Paul Rodgers V40 5.09.0
6. Andrew Falconer Sen 5.31.0
7. Elissa Morris Sen 5.32.5
8. Caroline Mayers V45 5.34.1
9. Ryan Corrin U15 5.36.0
10. Andy Fox V60 5.45.4
11. Mairi Harrison U17 5.47.0
12. Gail Griffiths V55 5.55.0
13. Guy Wood Sen 5.56.0
14. Laura Dickinson Sen 5.58.0
15. Jake Ashton U17 6.43.0
16. Abi Clayton U11 6.54.0
17. Laura Carson V45 7.08.0
18. Florence Griffin U15 7.14.0
19. Steve Taylor V50 7.19.0
20. Nigel Armstrong V50 7.22.0
21. Poppy Clayton U9 8.09.0
22. Samantha Franklin V45 8.48.0

**Age Grading 1 mile**

1. Macy Hillier U15 90.94%
2. Rachael Franklin Sen 88.54%
3. Gail Griffiths V55 86.50%
4. Caroline Mayers V45 83.46%
5. Andy Fox V60 81.13%
6. Chris Reynolds V40 80.19%
7. Mairi Harrison U17 79.54%
8. Elissa Morris Sen 75.89%
9. Paul Rodgers V40 75.78%
10. Luke Phair U20 74.85%
11. Ryan Corrin U15 74.05%
12. Abi Clayton U11 73.48%
13. Laura Dickinson Sen 70.48%
14. Poppy Clayton U9 70.24%
15. Jake Ashton U17 68.49%
16. Andrew Falconer Sen 67.41%
17. Florence Griffin U15 65.61%
18. Laura Carson V45 65.15%
19. Guy Wood Sen 62.68%
20. Steve Taylor V50 58.11%
21. Samantha Franklin V45 57.79%
22. Nigel Armstrong V50 57.71%

**Time 1km**

1. Kayleigh-Dee Corrin U13 3.44.0
2. Regan Corrin U15 3.50.1
3. Ethan Watt U11 4-09.0
4. Lucy Cartwright U13 4.25.0
5. Summer Craig U13 4.36.0
6. Ryan Cartwright U9 5.24.0

**Age Grading 1km**

1. Kayleigh-Dee Corrin U13 77.50%
2. Ethan Watt U11 69.19%
3. Regan Corrin U15 65.82%
4. Lucy Cartwright U13 65.09%
5. Summer Craig U13 62.50%
6. Ryan Cartwright U9 62.40%

**Age Grading Interpretation.**

 100% World record for age

 90% International class

 80% National class

 70% Regional class

 60% Local class