

Lincoln Wellington AC - MENS Road Runners League 2010

Posn	Move	Name	Ferriby 10	Sleaford HM	Lincoln 10K	LWAC 5K Series Race 1	Woodhall Spa 10K	Humber Bridge HM	Heckington 10	LWAC 5K Series Race 3	LWAC 5K Series Race 4	Lincs Wolds 10	Nottingham HM	Clumber 10K	Robin Hood 10K	Worksop HM	Lincs XC Round 2	Lincs XC Round 4	Ave Pace/Km		
			Date > Km >	31-Jan-10 16.09	28-Feb-10 21.10	21-Mar-10 10.00	26-May-10 5.00	06-Jun-10 10.00	27-Jun-10 21.10	24-Jul-10 16.09	28-Jul-10 5.00	25-Aug-10 5.00	04-Sep-10 16.09	12-Sep-10 21.10	26-Sep-10 10.00	10-Oct-10 10.00	31-Oct-10 21.10	07-Nov-10 9.69	12-Dec-10	Total Pts	
1	-	Richard Titchmarsh	Time 01:12:58 Age Adj 00:56:49 Pts 15	01:37:36 01:16:16 14	00:42:55 00:33:15 14	00:21:29 00:16:34 14	00:44:49 00:34:43 15	01:42:31 01:20:07 15	01:13:45 00:57:25 15	00:21:20 00:16:27 15	00:21:32 00:16:36 15	01:16:13 00:59:21 15		00:43:59 00:34:05 15		01:37:25 01:16:08 15	00:44:57 00:34:50 15		03:35 147		
2	-	Pete Duncan	Time 01:02:34 Age Adj 00:56:53 Pts 14	01:23:16 01:15:57 15	00:36:40 00:33:11 15	00:17:41 00:15:55 15	00:37:24 00:33:51 15	01:32:17 01:24:10 14	01:06:44 01:00:40 14	00:18:34 00:16:43 14	00:18:27 00:16:36 14	01:08:00 01:01:49 14		00:39:31 00:35:46 14			00:40:18 00:36:29 14		03:38 144		
3	+1	Geoff Hall	Time 01:12:15 Age Adj 01:02:33 Pts 14	01:38:38 01:25:40 15	00:41:20 00:35:37 11	00:19:44 00:16:55 12	00:40:58 00:35:18 13		01:12:13 01:02:31 11	00:20:29 00:17:33 10	00:20:38 01:12:54 13	01:12:54 01:03:06 13		00:42:14 00:36:23 14	00:42:27 00:36:35 14	01:41:47 01:28:24 13	00:41:47 00:36:00 12		03:42 119		
4	-1	Glenn Moore	Time 01:05:01 Age Adj 01:00:01 Pts 11	01:30:29 01:23:49 11	00:38:42 00:35:34 12	00:18:31 00:16:56 11	00:39:34 00:36:22 13	01:40:18 01:32:54 13		00:18:59 01:05:23 11	00:18:44 00:17:21 12	01:09:49 01:04:27 12		00:40:07 00:36:52 12	00:39:28 00:36:17 15	01:29:28 01:22:52 13	00:39:39 00:36:27 11		03:45 119		
5	+1	Neil Coney	Time 01:01:58 Age Adj 00:58:57 Pts 12	01:23:06 01:19:19 12	00:36:24 00:34:29 13	00:17:50 00:16:48 13	00:37:25 00:35:26 12		01:04:43 01:01:34 12	00:17:48 00:16:46 13	00:17:18 00:16:18 15						00:36:21 00:34:26 14		03:37 116		
6	-1	Marc Thorpe	Time 00:37:19 Age Adj 00:37:19 Pts 9		00:37:19 00:37:19 9	00:18:06 00:18:06 9	00:37:35 00:37:35 9	01:32:31 01:32:31 12	01:05:23 01:05:23 9	00:18:16 00:18:16 9	00:18:11 00:18:11 10	01:06:46 01:29:39 10	01:29:39 00:38:44 14	00:38:44 00:38:44 11		01:22:45 01:22:45 14	00:36:48 00:36:48 8		04:02 106		
7	-	Ian Mair	Time 01:27:24 Age Adj 01:27:24 Pts 8	01:42:27 01:27:24 8	00:44:45 00:37:53 8	00:23:05 00:19:26 4	00:44:54 00:38:00 8	01:48:20 01:32:26 13	01:16:24 01:04:58 10			01:18:39 01:06:52 9	01:42:55 01:27:48 15			01:40:41 01:25:54 12	00:45:36 00:38:36 6		04:06 93		
8	-	John Burton	Time 01:28:32 Age Adj 01:23:52 Pts 10	00:43:18 01:23:52 10	00:20:20 00:40:43 5	00:42:01 00:19:01 6	00:39:30 00:39:30 6	01:42:25 01:37:01 10	01:13:17 01:09:12 7	00:20:57 00:19:35 6	00:20:43 00:19:22 5	01:12:44 01:08:41 8		00:43:03 00:40:29 9		01:34:46 01:29:46 7	00:41:21 00:38:53 8		04:11 73		
9	-1	Dan Hogg	Time 01:01:45 Age Adj 01:01:45 Pts 9		00:36:47 00:36:47 10	00:17:14 00:17:14 10	00:36:08 00:36:08 11		01:01:27 01:01:27 13	00:17:52 00:17:52 9							00:37:39 00:37:39 8		03:44 70		
10	+4	Richard Bateson	Time 00:58:18 Age Adj 00:58:18 Pts 13	01:18:24 01:18:24 13						00:17:15 00:17:15 12	00:17:12 00:17:12 11						00:33:50 00:33:50 15		03:36 64		
11	+1	Jim Davies	Time 01:14:39 Age Adj 01:05:42 Pts 6			00:21:44 00:18:56 7				00:21:39 00:18:52 7	00:21:54 00:19:05 6			00:45:01 00:39:27 10	00:44:59 00:39:25 12	01:40:59 01:29:10 8	00:43:19 00:37:57 7		04:01 63		
12	-2	Mick Ramsden	Time 01:16:18 Age Adj 01:08:50 Pts 5	01:43:12 01:33:23 5	00:44:09 00:39:39 5				01:13:51 01:06:37 8	00:20:34 00:18:22 8	01:17:56 01:10:18 7			00:42:09 00:37:51 13	01:35:48 01:26:42 11				04:10 62		
13	-2	Pete Wass	Time 01:08:50 Age Adj 01:05:29 Pts 7	01:33:50 01:29:33 7	00:40:03 00:38:46 6	00:19:23 00:18:15 8	00:40:33 00:38:24 7			00:19:45 00:18:36 7				00:43:01 00:40:45 8		01:31:21 01:27:11 10			04:02 60		
14	-	David Wilson	Time 01:11:05 Age Adj 01:10:05 Pts 3	01:31:37 01:30:36 6	00:39:29 00:38:45 7	00:19:28 00:19:00 6	00:41:22 00:40:36 5													04:10 27	
15	-	Steve Bullivant	Time 01:15:41 Age Adj 01:14:38 Pts 2	01:40:14 01:39:08 3			00:46:42 00:45:51 1	02:07:30 02:02:34 9	01:32:51 01:31:33 5											05:08 20	
16	-	David Hall	Time 00:41:18 Age Adj 00:41:18 Pts 2		00:41:18 00:41:18 2	00:19:40 00:19:40 3	00:41:31 00:41:31 4							00:41:42 00:41:42 11						04:07 20	
17	-	Gary Fenwick	Time 01:45:21 Age Adj 01:36:50 Pts 4	00:47:17 00:43:08 4			00:45:33 00:41:33 3		01:19:18 01:12:39 6							01:42:55 01:34:35 6				04:27 19	
18	-	Andy Grimwood	Time 01:12:50 Age Adj 01:09:47 Pts 4	01:43:15 01:39:15 2	00:42:36 00:40:39 4	00:20:59 00:19:54 2	00:45:39 00:43:33 2													04:24 14	
19	-	Rob Butler	Time 01:07:11 Age Adj 01:04:22 Pts 12																		04:00 12
20	-	Steve Campion	Time 01:04:13 Age Adj 01:00:38 Pts 10																		03:46 10
21	-	Adrian Dodds	Time 01:42:12 Age Adj 01:36:06 Pts 5	00:45:25 00:42:23 4																	0 9
22	-	Martyn Lee	Time 01:50:49 Age Adj 01:39:29 Pts 4				00:51:36 00:45:58 4														04:41 4
23	-	Mark Lovett	Time 01:14:57 Age Adj 01:14:57 Pts 1		00:42:07 00:42:07 1																04:29 2
24	-	Dave Smith	Time 01:36:57 Age Adj 01:21:42 Pts 1	02:06:52 01:47:17 1	00:58:40 00:49:13 1	00:26:49 00:22:23 1	00:56:14 00:47:10 1														04:57 2
25	-	Gary Heath	Time 00:00:00 Age Adj 00:00:00 Pts 0																		

Lincoln Wellington AC - WOMENS Road Runners League 2010

Pos	Move	Name	Ferriby 10	Sleaford HM	Lincoln 10K	LWAC 5K Series Race 1	Woodhall Spa 10K	Humber Bridge HM	Heckington 10	LWAC 5K Series Race 3	LWAC 5K Series Race 4	Lincs Wolds 10	Nottingham HM	Clumber 10K	Robin Hood 10K	Worksop HM	Lincs XC Round 2	Lincs XC Round 4	Ave Pace/Km	
			Date >	31-Jan-10	28-Feb-10	21-Mar-10	26-May-10	06-Jun-10	27-Jun-10	24-Jul-10	28-Jul-10	25-Aug-10	04-Sep-10	12-Sep-10	26-Sep-10	10-Oct-10	31-Oct-10	07-Nov-10	TBN	Total Pts
			Km >	16.09	21.10	10.00	5.00	10.00	21.10	16.09	5.00	5.00	16.09	10.00	10.00	21.10	5.55			
1	+1	Anne Gilroy	Time 01:21:51 Age Adj 01:09:38 Pts 15	01:48:00 01:32:09 15	00:47:28 00:40:10 15		00:51:01 00:43:11 14	02:07:46 01:49:01 15	01:24:26 01:11:50 15		00:23:36 00:19:50 15	01:23:11 01:10:46 15				01:48:59 01:32:59 15	00:29:18 00:24:38 15		04:28 149	
2	-1	Netty Wasyliw	Time 01:18:04 Age Adj 01:13:20 Pts 14	01:43:45 01:37:44 14		00:22:10 00:20:36 15	00:45:39 00:42:41 15	01:51:55 01:45:26 14		00:22:13 00:20:38 15	00:22:12 00:20:37 14	01:17:57 01:13:14 14			00:50:12 00:46:56 12	01:53:02 01:46:29 9			04:39 136	
3	-	Deb Daly	Time 01:19:25 Age Adj 01:15:51 Pts 11	01:46:11 01:41:42 13		00:22:25 00:21:11 14	00:46:43 00:44:25 12		01:21:47 01:18:07 13	00:23:01 00:21:45 13	00:23:09 00:21:52 12				00:48:16 00:45:53 14	01:44:36 01:40:11 12			04:40 114	
4	-	Sylvia Strangeway	Time 01:15:28 Age Adj 01:15:28 Pts 12		00:44:24 00:44:24 14	00:21:30 00:21:30 13	00:45:08 00:45:08 11			00:21:37 00:21:37 14	00:21:42 00:21:42 13					01:39:41 01:39:41 14	00:25:41 00:25:41 14		04:34 105	
5	-	Jane Ramsden	Time 01:24:10 Age Adj 01:14:23 Pts 13	01:55:43 01:42:33 12					01:26:49 01:16:43 14			01:25:39 01:15:41 13			00:51:57 00:45:41 15	01:53:02 01:40:10 13			04:44 80	
6	-	Jane Charlesworth	Time Age Adj Pts				00:45:46 00:44:13 13			00:23:18 00:22:23 12	00:22:55 00:22:00 11	01:22:56 01:20:31 12			00:47:30 00:45:54 13	01:44:34 01:41:48 11			04:43 72	
7	-	Lucy Titchmarsh	Time Age Adj Pts	01:53:35 01:53:14 11	00:50:24 00:49:53 12	00:24:44 00:24:20 12	00:49:19 00:48:48 9		01:22:40 01:22:10 12										05:07 56	
8	-	Jackie Clarney	Time Age Adj Pts		00:50:24 00:46:43 13		00:49:31 00:45:54 10						00:49:35 00:45:58 15						04:37 38	
9	+2	Jo Gilroy	Time Age Adj Pts													01:50:30 01:50:30 8	00:28:08 00:28:08 13		05:12 21	
10	-1	Helen Lister	Time Age Adj Pts		00:50:19 00:50:19 11		00:52:28 00:52:28 8												05:08 19	
11	-1	Kerry McCall	Time Age Adj Pts													01:44:14 01:44:14 10			04:56 10	

Wava Calculator - <http://www.marlbroughrunningclub.co.uk/agegradingcalc.shtml>