LINCOLN WELLINGTON ROAD RUNNERS' LEAGUE 2013																										
	Ferriby	Sleaford	Grantham	Lincoln	Scunthorpe	LWAC Race 1	Hull	Woodh	all Spa	LWAC Race 2	Eccup		Heckingt	ton	LWAC Race 3	LWAC Race 4	Lines	Wolds	East Coast	Worksop					Half Maratho	DO if you don't run one of Overall Results
None of	27/01/2013	24/02/2013	10/03/2013	07/04/2013	28/04/2013	29/05/2013	19/05/2013	02/06	2013	26/06/2013	07/07/201	13	27/07/20	013	31/07/2013	28/08/2013	31/0	8/2013	08/09/2013	28/10/2013	5 km Resul	10 k		10 Mile Results	Results	each distance by the end [top 10 races]
01/11/2013	10 miles	Half Marathon	Half Marathon	10 km	Half Marathon	5 km	VOID DISTANCE	10	km	5 km	10 Miles		10 Mile	es	5 km	5 km	101	Miles	10 km	Half Marathon						of the season
																					Best	Best		Best	Best	DO DO 10M DO Point
© Jimbo, 2013	Time PB %	Pts Time PB % Pt	s Time PB% Pt	Time PB% Pts	Time PB %	Pts Time PB % Pts	Time PB % Pts	Time	PB % Pts	Time PB%	Pts Time PB 9	6 Pts T	Time PB	1% Pt	ets Time PB % Pts Ti	ne PB% Pts	Time	PB % Pts Tim	e PB% Pt	Time PB%	ets Time Points	Rank Time 8	oints Ran	Time Points Rani	Time Points	Rank Sk? 10k? ? HM? s Rank
Jim Aram	01:25:17 99%	20 01:49:19 99% 1	3 0%	0 00:46:47 105% 2:	3 01:44:51 104%	20 00:22:33 105% 2	1 00:47:40 98% 23	00:45:45	102% 20	00:22:21 101%	13 01:23:48 100	ni 25 0	11:18:28 10	07%	24 00:22:05 100% 25 00	21:36 103% 2	5 01:16:15	103% 24 00:45	E31 101% 2	24 01:42:17 103%	24 00:21:36 84	1 00:45:31	90	1 01:16:15 93	1 01:42:17 57	6 0 0 0 0 238 1
Vic Otter	01:16:46 94%	9 0%	0 01:37:38 99% 2	10 00:41:52 104% 21	9 01:32:49 104%	21 00:19:24 108% 2	5 0% 0	00:39:58	105% 23	00:18:52 103%	20 0	ni 0 0	11:08:29 11	12%	25 00:18:55 100% 18 00	19:04 99% 1	9 01:09:30	99% 20 00:30	101% 2	25 01:29:04 104%	25 00:18:52 82	2 00:39:40	67	4 01:08:29 54	5 01:29:04 66	3 0 0 0 0 223 2
Sean Barkes	0%	0 01:23:48 101% 1	4 0%	0 00:37:27 101% 1	3 01:21:58 102%	16 00:17:48 103% 1	6 00:36:17 103N 25	00:36:00	104% 22	00:17:38 103%	14 01:04:43 98	% 23 0	11:01:50	03%	22 00:17:39 100% 21 00	17:29 101% 2	4 01:02:38	99% 21 00:30	1:20 99% 2	23 01:22:52 99%	22 00:17:29 75	4 00:16:00	83	2 01:01:50 66	3 01:21:58 52	8 0 0 0 0 219 3
David Wilson	01:09:11 103%	25 01:32:23 103% 1	9 01:32:01 100% 2	14 00:39:40 108% 25	5 0%	0 00:19:56 105% 11	8 00:40:47 97% 22	00:40:19	98% 12	00:19:33 102%		24 0		99%	19 00:20:16 96% 15 00	21:20 92% 1	5	0% 0 00:40	545 93% 3		0 00:19:33 64	9 00:39:40	76	3 01:09:11 68	2 01:32:01 43	13 0 0 0 0 209 4
Leigh Smith	01:20:37 100%	22 01:42:30 106% 2	13 01:42:36 100% 2	12 00:44:48 104% 20	01:41:11 101%	13 00:21:30 102% 1	5 0% 0	00:44:43	100% 14	00:20:50 103%	22 0	ns 0 0	11:15:10 10	07%	23 00:21:02 99% 17 00	21:19 98% 1	7 01:20:46	93% 15	0%	0 0%	0 00:20:50 71	5 00:44:43	34	11 01:15:30 60	4 01:41:11 57	6 0 0 0 0 295 5
Mick Ramsden	01:11:16 98%	16 01:32:26 102% 1	IS 0%	0 0% 0	0 01:30:22 102%	17 00:19:44 100% 1	4 00:41:04 100% 24	00:40:50	100% 16	00:19:38 100%	11 0	ns 0 0	21:10:33	99%	18 00:19:41 100% 19 00	19:46 99% 2	2	0% 0	0%		23 00:19:38 66	8 00:40:50	40	8 01:10:33 34 :	12 01:30:22 58	5 0 0 0 0 187 6
Glenn Moore	01:06:06 96%	11 01:25:11 102% 1	7 01:26:10 99% 1	19 00:36:31 102% 1	5 0%	0 00:18:32 98% 1	3 0% 0		0% 0	00:17:44 102%		ns 0 0		00%	20 00:18:09 98% 16 00	17:44 100% 2	3 01:02:15	102% 23 00:33	540 97% 2		0 00:17:44 69	6 00:16:31	36	10 01:02:15 54	5 01:25:11 36	15 0 0 0 0 184 7
Helen Pavey	01:13:05 103%	24 01:35:24 102% 1	6 01:37:15 98% 1	IS 00:42:08 105% 22	2 01:33:33 102%	15 0% 0	0 0% 0	00:42:03	100% 15	00:20:59 101%	12 0	ns 0		0%	0 0% 0	0% (0 01:13:02	100% 22 00:41	1:37 96% 1		20 00:20:59 12	22 00:42:03	56	6 01:13:02 46	E 01:33:33 69	2 0 0 0 0 183 8
Peter Wass	01:08:05 98%	14 01:26:23 104% 2	2 01:28:40 97% 1	7 00:38:24 100N 1	9 0%	0 0% 0	0 0% 0	00:38:28	100% 13	0%		ns 0 0		98%	16 00:18:51 100% 22	0%	0 01:07:45	98% 19	0%		21 00:18:53 22	18 00:38:24		15 01:07:40 49	7 01:26:23 60	4 0 0 0 0 253 9
Adrian Dodds	0%	0 01.43.20 93.4 2	1 01:47:58 91% 1			14 00:21:04 105% 1	9 0% 0	00:42:41	100% 17	00:21:25 98%		n: 0		0%		0% (0 01:12:29	103% 25 00:41	1:06 99% 2		0 00:21:04 29	15 00:42:41	57		15 01:36:51 35	17 0 0 0 0 146 10
Chris Bayliss	01:23:32 95%	10 01:42:41 107% 2	5 0%	O 00:45:03 106% 24	4 01:39:46 103%	19 00:21:40 107% 2:	2 0% 0	00:43:38	103% 21	00:20:54 204%		ni 0	_	0%	0 0% 0	0% 1	0	0% 0	0%		0 00:20:54 46	10 00:43:38	45	7 01:23:32 10	16 01:39:46 44	11 0 0 0 0 145 11
Parn Baxter	0%	0 02:05:41 101% 1	5 02:09:09 97% 1	16 ON 6	0 02:00:25 104%	22 0% 0	0 0% 0		0% 0	CNG		ns 0 0		94%	14 0% 0 00	29:48 90% 1	3 01:41:57	97% 18 00.57	1:11 93% 1	18 02:14:00 90%	18 00:29:48 13	21 00:57:11	18	20 01:41:57 32	13 02:00:25 71	1 0 0 0 0 134 12
Louise Crowther	01:30:48 98%	15 01:57:06 104% 2	1 02:06:32 93% 1	12 00:52:05 102% 1	7 01:56:02 101%	11 0% 0	0 0% 0		0% 0	00:25:17 104% 00:22:16 95%	25 0	ns 0 0		93%	13 0% 0	0% (0 01:38:12	92% 14	C% 92% 2	0 0%	0 00:25:17 25	16 00:52:05		22 01:30:48 42	9 01:56:02 44	11 0 0 0 0 128 13
Richard Titchmarsh	0%		8 01:47:59 91%		0%	0 0% 0	0 0% 0	00:47:04	93% 8			n 0 0			12 00:22:51 92% 14 00	23:13 92% 1	4 01:18:55	92% 12 00:41			19 00:22:16 37	14 00:47:04			16 01:44:09 36	15 0 0 0 0 121 14
Chris Waters	01:25:30 100%		0 02:00:17 94% 1		0 01:52:55 100%	10 00:23:39 103% 1	7 0% 0	00:47:13	108% 25	cns		ns o		0%	0 0% 0 00	23:51 99% 2	1	0% 0	ON.		0 00:23:39 38	13 00:47:13			7 01:52:55 25	19 0 0 0 0 109 15
Sean Baster	0%		0 0%			23 0% 0	0 0% 0		0% 0	00:20:12 103%		n 0 0		96%	15 0% 0 00	20:23 99% 2	10	0% 0 00:41	1:37 99% 2		0 00:20:12 41	11 00:43:37			14 01:39:01 23	21 0 0 0 0 100 16
Deb Daly	01:19:00 97%	12 0%	0 01:43:11 100% 2		0 0%	0 0% 0	0 0% 0	00:45:21	100% 18	00:22:25 102%		ns 0 0		90%	11 0% 0	0%	0 01:23:16	92% 13	0%		0 00:22:25 18	19 00:46:21			11 01:43:11 22	22 0 0 0 0 94 17
Mark Thorpe	0%		0%		8 01:23:45 99%	9 0% 0	0 0% 0	00:37:33	98% 11	0%	0 0	n 0 0		00%		0% (0	0% 0	20%	0 0%	0 00:17:53 25	16 00:16:56			17 01:23:45 19	24 0 0 0 0 84 18
Dave Smith	01:39:22 98%	18 02:11:14 95%	9 02:18:27 91% 1	11 00:57:33 96% 1	5 02:09:18 98%	8 0% 0	0 0% 0		0% 0			ns 0		0%	0 0% 0 00	29:48 92% 1	5	0% 0 01:0:			0 00:29:48 16	20 00:57:33	20	18 01.39.22 18	11 02:09:18 28	18 0 0 0 0 82 19
Lyrate Flerring	0%	0 01:59:06 96% 1	2 0%	0 00:51:55 101% 14	4 0%	0 0% 0	0 0% 0	00:51:38	100% 19	CNG		n 0 0	31:40:18	88%	9 0% 0 00	28:17 88% 1:	2	0% 0	CN4	0 0%	0 00:28:17 12	22 00:51:38	33	12 01:40:18 9 :	17 01:59:05 12	26 0 0 0 0 66 20
John Maplethorpe	01:26:00 84%	4 01:49:46 94%	7 01:51:22 93% 1	13 ON 0	0%	0 0% 0	0 0% 0		0% 0	0%		ni 0		0%	0 0% 0	0% 1	0 01:16:44	94% 17	0%	0 0%	0 00:00:00 0	24 00:00:00	0	29 01:16:44 21	17 01:49:46 20	23 1 1 0 0 0 21
Dan Hogg			0 0%		1 0%	0 0% 0	0 0% 0		0% 0	0%		ns o		0%		0% (0		0% 0%		0 00:00:00	24 00:33:03			11 00:00:00 0	28 1 0 1 1 0 21
Jon Brayshaw	01:07:54 98%	19 0%	0 0%	0 00:39:24 101% 12	2 01:28:13 101%	0 0% 0	0 0% 0		0% 0	0%		ns o		0%	0 0% 0	0%	0	0% 0 94% 16	0%		0 00:00:00 0	24 00:39:24			0 01:28:13 12	25 1 0 0 0 0 21
Kerry Riddel	01:15:50 101%	5 0%	0 0%	0 00:48:50 ESN 4	4 0%	0 0% 0	0 0% 0		93% 9	0%		ns 0		0%	0 0% 0	0%	0 01:20:45	94% 16	0%		0 00:00:00 0	24 00:46:20			9 00:00:00 0	28 1 1 0 1 0 21
Mark Turner	01:24:41 91%		0 0%	0 00:48:50 ESS 4	6 0%	0 0% 0	0% 0	00:46:20	93% 9	0%		ns o		0%	0 0% 0	0%	0	0% 0	0%			24 00:46:20	13		10 00:00:00	28 1 0 0 1 0 21
Jane Ramsden	01:30:51 91%	0 01-41-28 104% 2	0 0%		0%	0 00-22-04 105% 20	0% 0		0% 0	00:21:22 103%		ni 0 0		0%	17 00:21:24 100% 20 00	21-40 98% 1		0% 0	0%		0 00:00:00 0	3 00:00:00	U		12 01:42:40 45	28 1 1 0 1 0 21
MatthewTodd	05.		0 01:42:40 101% 2	0 004914 100% 10	0%	0 00:22:04 105% 20	0% 0		0% 0	00:21:22 103%		ns 0 0		SON.	17 00:21:24 100% 20 00	ZE-97 98% 1		0% 0 89% 11	0%			3 00:00:00		29 01:23:33 17 2	2 0194290 45	10 0 1 0 0 0 21
Anne Gáray	01120111 93%	/ 0%	0 0%	0 00:49:14 100% 10	0%	0 0% 0	000 0		98% 10	0%		ns 0 0		OV.	0 0% 0	000	01:30:48	0% 0	0%			24 00:49:14			2 01-53-24 14	28 1 0 0 1 0 21
Margaret Morris	01:24:39 985 01:11:31 985	17 0%	0 01:53:24 94% 1		6 0%	0 0% 0	0 0% 0	00:48:51	98% 10	0%		ns o		0%	0 0% 0	0%	0	0% 0	0%			24 00:48:36		21 01:24:19 17	12 01:53:24 14	25 1 0 0 0 0 21
Rob Butler Rob Smith	01:11:33 94% 01:18:45 98%	8 0%	0 01:42:21 100% 2	O 00:39:20 98%	7 0% 0 01:39:41 103%	0 0% 0 16 0% 0	0% 0		0% 0	0%		ns 0		0%	0 0% 0	0%	0	0% 0	0%		0 00:00:00 0	24 00:39:20			15 01:39:41 41	28 1 0 0 1 0 21
Rob Smith Sarah Smith	01:18:45 98%	2.0	0 01:42:21 100% 2	0 00-53-08 102% 15		24 00:24:13 108% 2	0% 0		107% 24	00:23:55 2025		ns 0		0%		0%	0	0% 0	0%		0 00:00:00 0	12 00:00:00			11 01:51:15 48	14 1 1 0 0 0 21
	0%	0 01:5706 106% 2	94 0%	0 00:53:08 102% 15	1 01:25:45 105%	24 00:24:13 108% 2: 25 00:18:21 102% 2:	9 0% 0	00:49:52	0% 0	00:23:55 203%	15 0	Ox O		ON:	0 00:17:24 100% 25	0%		0% 0	0%	0 0%	0 00:23:55 39	7 00:17:45			11 01:51:15 48	9 0 0 1 0 0 21
Torn Corlett	0%	0 0%	0%	U UK37:45 105% 2:	1 01:25:95 106%	25 WHEZI 107% 2	3 0% 0		UN- 1 0	00:17:51 103%	291 0	n 0		UN	U 00:17:24 100% 25	0%	01	UN- 0	0%	U 0%	0 00:17:24 67	/ 100:37:45	41	10 000000 0	11 01:25:05 25	19 0 0 1 0 0 21