

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 00:17:21 11	00:18:44 00:17:08 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	00:18:31 00:19:01 5	00:42:01 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									01:07:11 01:04:22 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													01:42:12 01:36:06 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									01:50:49 01:39:29 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 01:39:29 Age Adj 01:39:29 Pts 4																	