

Lincoln Wellington AC - WOMENS Road Runners League 2010

Rank	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 >	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>