

SOUTH WEST VETS AC

ROAD RACE GRAND PRIX 2009 - RESULTS

MEN

Name		5k	5k	5k	5m	5m	10k	10k	10m	10m	Half M	Marathon	Average
Malcolm Renyard		17.49			29.28		37.11				87.40		
M60		92.45%			93.28%		92.20%				86.73%		91.16%
John Shapland	M55						34.41	35.36	57.51	59.02	79.46		
							93.00%	90.61%	91.73%		87.68%		90.75%
Richard Drage	M50	16.34	16.52				33.54	35.26					
		89.02%	87.44%				90.55%	86.63%					88.41%
Mike Grist	M45	16.30					33.17	33.25	56.14				
		87.28%					89.36%	89.00%	86.73%				88.09%
Kevin Sparey	M50						36.32	36.47	59.5		81.28		
							86.82%	86.23%	86.82%		85.10%		86.24%
Peter Young	M60	18.49					38.28		63.49		89.25		
		86.76%					87.56%		86.98%		83.42%		86.18%
Julian Emery	M40	15.57			26.35	26.36	32.04						
		85.58%			84.91%	85.50%	88.60%						86.14%
Arthur Johns	M60				30.56		38.35	39.23	64.07				
					85.75%		85.78%	84.76%	85.01%				85.32%
Peter Newton	M65	19.58	20.21	20.53								3.08.28	
		84.00%	82.42%	80.30%								85.48%	83.05%
John Perratt	M70	22.19			35.22		44.59		75.03				
		79.95%			83.43%		82.56%		82.66%				82.15%
Alwyn Pickard	M65						44.33	43.35	75.17		100.57		
							81.42%	83.23%	79.59%		79.16%		80.85%
Ian Snow	M55	19.51					39.11		66.23		89.07		
		79.41%					83.73%		81.37%		80.63%		81.28%

SOUTH WEST VETS AC ROAD RACE GRAND PRIX 2009 - RESULTS

LADIES

Name		5k	5k	5k	5m	5m	10k	10k	10m	10m	Half M	Marathon	Average
Ann Luke	W50						37.26	37.58	62.25		83.57		
							95.01%	93.67%	92.15%		93.69%		93.63%
Jenny Mills	W60						41.44		69.44		91.58	3.26.35	
							94.92%		93.05%		95.47%	88.86%	93.07%
Zina Marchant	W55	21.14					42.49		73.05		92.25		
		88.51%					89.96%		87.54%		92.32%		89.58%
Jenny Moore	W45	17.58					36.5		62.53		82.26	2.57.18	
		88.05%					88.88%				87.44%	84.73%	87.27%
Karen Rushton	W40				29.59		36.59	37.27	62.17				
					84.19%		85.55%	85.13%	83.21%				84.52%
Lynne Whitaker	W50	20.07			32.27		40.37		67.28				
		84.11%			86.34%		85.38%		84.19%				85.00%
Caroline Hewitt	W45	19.11	19.13				38.28				87.08		
		83.26%	83.12%				85.10%				82.73%		83.55%

The series runs over the full calendar from January to December and 4 Road Races are needed in order to qualify.

They can be any distance from 5k up to 100k but they must include at least 2 different distances

As long as they are licensed events with a Certificate of Course Accuracy we will accept them.

The times are then graded in accordance with the World Masters Age Graded Percentage tables and an average percentage is calculated

The tables incidentally are based on each individual year and not the normal 5 year Age Groups.