

WINDLE VALLEY RUNNERS LADIES CHAMPIONSHIP 2010

Posn	Name	RESULT		METHOD A				METHODS B AND C					Total 5 10Ks
		Total Time	Method used	Best 10K	Best 10M	Best HM	Total 10K 10m & HM	10K No.1	10K No.2	10K No.3	10K No.4	10K No.5	
1	LAURA HALES	3:14:04	A	0:39:55	1:06:12	1:27:57	3:14:04	0:39:55	0:40:25	0:40:34	0:40:38	0:41:20	3:22:52
				WVR 09	Great South	Gosport		WVR 09	WVR 02	Staines	Yateley 3	Elmbridge	
2	CHRISTELLE GENTAL	4:08:01	B				Use Method B	0:49:21	0:49:22	0:49:29	0:49:50	0:49:59	4:08:01
								WVR 07	WVR 11	WVR 08	WVR 05	WVR 10	
3	DEE GREEN	4:09:02	A	1:53:21	1:24:52	0:50:49	4:09:02	0:50:49	0:50:50	0:50:54	0:50:57	0:51:35	4:15:05
				W'ham	M'Head	WVR 02		WVR 02	WVR 03	WVR 05	WVR 01	WVR 04	
4	Jane Longworth	4:28:25	C				Use Method C	0:52:58	0:53:31	0:53:46	0:53:55	0:54:15	4:28:25
								WVR 11	WVR 09	WVR 04	WVR 10	WVR 05	

The Ladies Championship is decided on the lowest aggregate time achieved during 2010 calendar year by one of the following methods. Chip times used where applicable.

Method A	Submission of best 1-10K , 1-10 Mile and 1-Half Marathon times.	WVR Monthly 10K Handicap Runs are accepted.
Method B	Submission of best 5-10K's.	
Method C	WVR Championship Committee collated 5-10ks from results obtained from published data inc. WVR Monthly Handicap Runs	