

WINDLE VALLEY RUNNERS MENS CHAMPIONSHIP 2010

Posn	Name	RESULT		METHOD A				METHODS B AND C					
		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	Total 5 10Ks
1	PETER MANNION	3:09:04	A	0:38:41	1:03:15	1:27:08	3:09:04	0:38:41	0:38:47	0:38:56	0:39:04	0:39:08	3:14:36
				WVR 02	Cabbage P	Bedford		WVR 02	WVR 04	Yateley 3	WVR 01	WVR 11	
2	PETER JONES	3:18:58	A	0:41:17	1:09:02	1:28:39	3:18:58	0:41:17	0:41:27	0:42:33	0:42:45		Use Method A
				WVR 11	Tadley	Gosport		WVR 11	WVR10	WVR 08	WVR 05		
3	KEITH HULL	3:19:12	A	0:40:46	1:07:32	1:30:54	3:19:12	0:40:46	0:40:55	0:41:24	0:41:28	0:41:28	3:26:01
				WVR 02	M'Head	W'ham		WVR 02	FPH	Staines	Dorney	WVR 09	
4	Geoff Williams	3:26:19	A	0:42:10	1:09:29	1:34:40	3:26:19	0:42:10	0:42:18	0:42:20	0:42:21	0:42:52	3:32:01
				WVR 07	Cabbage P	Wokingham		WVR 07	WVR 02	Yateley 3	WVR 09	Yateley 1	
5	Chris Dent	3:48:50	B	0:45:19	1:21:44	1:48:10	3:55:13	0:45:19	0:45:32	0:45:48	0:45:59	0:46:12	3:48:50
				WVR 08	Tempest	Fleet		WVR 08	WVR07	FPH	WVR01	Yateley 3	
6	Mark Wye	3:53:15	A	0:45:32	1:18:05	1:49:38	3:53:15	0:45:32	0:46:04	0:47:31	0:48:53	0:49:53	3:57:53
				WVR 01	M'Head	Fleet		WVR 01	WVR 04	Yateley 2	Yateley 3	WVR 10	
7	Richard Sherlock	3:58:31	A	0:49:25	1:22:34	1:46:32	3:58:31	0:49:25	0:49:54	0:50:11	0:50:38	0:50:51	4:10:59
				Yateley 3	Bramley 10	Gosport		Yateley 3	L'Head	FPH	Yateley 2	Cranleigh	
8	Tony Sheridan	4:05:22	B	0:48:18	1:20:42		Use Method B	0:48:18	0:48:26	0:48:46	0:49:21	0:50:31	4:05:22
				WVR 09	Cabbage P			WVR 09	WVR 10	WVR 08	WVR 05	WVR 03	
9	Robin Wakefield	4:10:37	B	0:48:33		1:50:20	Use Method B	0:48:33	0:49:35	0:50:39	0:50:55	0:50:55	4:10:37
				WVR 10		Windsor		WVR 10	WVR 01	WVR 08	WVR 03	WVR 07	
10	Paul Conlan	4:15:51	C			1:53:57	Use Method C	0:48:29	0:49:51	0:50:20	0:53:28	0:53:43	4:15:51
						Fleet		WVR 02	WVR 10	WVR 01	WVR 07	WVR 11	
11	John Williamson	4:20:51	C	0:49:31	1:33:50	2:19:55	4:43:16	0:49:31	0:50:30	0:51:59	0:52:04	0:56:47	4:20:51
				WVR 01	Bramley 10	Henley		WVR 01	WVR 11	WVR 09	WVR 02	WVR 04	
12	Colin Woods	4:20:57	A	2:01:48	1:27:08	0:52:01	4:20:57	0:52:01	0:52:07	0:52:17	0:52:41	0:52:45	4:21:51
				Fleet	Salisbury	Elmbridge		Elmbridge	Dorney	Yateley 2	Richmond	Chichester	
13	Nathan Green	4:26:30	B	0:52:16	1:30:10	2:14:20	4:36:46	0:52:16	0:52:25	0:52:32	0:54:10	0:55:07	4:26:30
				WVR 07	M'Head	Cardiff		WVR 07	WVR 05	WVR 08	WVR 04	WVR 02	
14	Dave Pearce	4:30:46	C	0:52:12	1:30:54		Use Method C	0:52:12	0:53:21	0:53:23	0:55:47	0:56:03	4:30:46
				Riverside	Cabbage P			Riverside	WVR 03	WVR 02	JF	WVR 01	
15	Nick Cook	4:32:56	A	0:53:36	1:31:40	2:07:40	4:32:56	0:53:36	0:54:16	0:54:27	0:55:42	0:55:43	4:33:44
				WVR 07	M'Head	Wokingham		WVR 07	Yateley 2	WVR 04	Yateley 1	WVR 09	

The Mens 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	