

WINDLE VALLEY RUNNERS

ROLANDS TROPHY 2011

PERFORMANCES ARE ADJUSTED FOR AGE AND GENDER USING WMA AGE GRADING STANDARDS

To qualify for this Trophy runners must have competed in a minimum of 3 - WVR 10K Handicap Runs during 2011
Their best time used for the calculation and the result shown as a %. The Winner is the runner with the highest %

Both the Mens & Ladies WVR Championship Prize Winners and 2nd Claim Members are excluded from this Trophy
Their relative positions are listed and shaded blue in this table for interest and comparison purposes only

Pos'n	Name	Age Rating %	Champs Posn	Membership Cat.	Best 10K	Gender	Age at 31/12/10	WMA Age Standard	Age Rating %
	Keith Hull	83.313	3rd Man	1st Claim	0.41.09	Mens	63	0.34.17	83.313
1	GEOFF WILLIAMS	79.601		1st Claim	0.43.28	Mens	64	0.34.36	79.601
	Pete Mannion	79.056	2nd Man	1st Claim	0.38.50	Mens	50	0.30.42	79.056
	Laura Hales	78.211		2nd Claim	0.40.37	Ladies	42	0.31.46	78.211
2	Pete Jones	77.567		1st Claim	0.41.14	Mens	55	0.31.59	77.567
	Dave Nichols	76.628		2nd Claim	0.46.51	Mens	68	0.35.54	76.628
	Danny Mahoney	76.321	1st Man	1st Claim	0.37.14	Mens	40	0.28.25	76.321
3	Lorayne Hockin	74.146		1st Claim	0.46.21	Ladies	50	0.34.22	74.146
4	Gordon Trout	73.612		1st Claim	0.48.19	Mens	67	0.35.34	73.612
5	Jo Obertell	72.961		1st Claim	0.45.59	Ladies	48	0.33.33	72.961
	Duncan Irvine	72.916		2nd Claim	0.44.59	Mens	58	0.32.48	72.916
6	Chris Dent	72.892		1st Claim	0.47.02	Mens	63	0.34.17	72.892
7	Tony Sheridan	69.425		1st Claim	0.48.57	Mens	62	0.33.59	69.425
8	Yvonne Lubbock	69.098		1st Claim	0.52.19	Ladies	54	0.36.09	69.098
9	Pam Berriman	68.853		1st Claim	0.55.23	Ladies	58	0.38.08	68.853
10	Russell Conaway	67.884		1st Claim	0.43.48	Mens	46	0.29.44	67.884
11	Roland Clapton	66.967		1st Claim	0.46.13	Mens	51	0.30.57	66.967
	Dee Green	65.905	2nd Lady	1st Claim	0.50.21	Ladies	47	0.33.11	65.905
12	Dave Pearce	65.698		1st Claim	0.52.11	Mens	63	0.34.17	65.698
	Christelle Gental	65.087	1st Lady	1st Claim	0.48.10	Ladies	40	0.31.21	65.087
13	Robin Wakefield	64.794		1st Claim	0.48.57	Mens	54	0.31.43	64.794
14	Mark Wye	64.190		1st Claim	0.45.59	Mens	45	0.29.31	64.190
15	Robert Littlejohn	64.145		1st Claim	0.48.15	Mens	51	0.30.57	64.145
16	Jane Longworth	63.387		1st Claim	0.53.32	Ladies	49	0.33.56	63.387
17	Martin Cox	62.359		1st Claim	0.47.20	Mens	45	0.29.31	62.359
18	Simon Edwards	62.326		1st Claim	0.44.17	Mens	36	0.27.36	62.326
	Luan Mahoney	62.124	3rd Lady	1st Claim	0.49.54	Ladies	38	0.31.00	62.124
	Mark Coxhead	61.930		2nd Claim	0.50.47	Mens	53	0.31.27	61.930
19	Tony Hatch	60.822		1st Claim	0.56.22	Mens	63	0.34.17	60.822
20	Lyn Taylor	59.698		1st Claim	0.56.12	Ladies	48	0.33.33	59.698
21	Nick Cook	58.092		1st Claim	0.52.25	Mens	49	0.30.27	58.092
22	Amanda Borthwick	54.321		1st Claim	0.58.03	Ladies	41	0.31.32	54.321

WAVA % Ratings

% values are computed using Age Grading Standard for 10K taken from WMA website

90%+ World Class
80%+ National Level

70%+ County Level
60%+ Local Level

[World Masters Athletics Age Grading Standards](#)