

DDAC VIRTUAL ROAD RUNNING CHAMPIONSHIP 2020

Race	Windmill 6 (6 miles)		Shepley 10 (5.6 miles)		Travellers 6 (6.1 miles)		Joe Percy (6.1 miles)		Birds Edge Challenge (7.1 miles)		Denby Dale ~Half Marathon (12.9 miles)		Total WAVA	Age Category
	Date	8th - 21st Nov	22nd Nov - 5th Dec	6th -19th Dec	20th Dec - 2nd Jan	3rd Jan - 24th Apr	17th Jan - 24th Apr							
	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA		
Ralph Barker	00:43:54	74.90	00:43:28	70.60	00:46:21	72.12	00:46:29	71.91	00:56:07	70.63	01:40:00	73.76	433.92	Male Super Vet
Johnny Ridge	00:35:59	75.54	00:39:23	64.42	00:38:04	72.59	00:36:43	75.26	00:46:07	70.25	01:24:29	71.01	429.07	Male Vet
Pete Ramsden	00:46:08	73.38	00:45:25	68.89	00:48:35	70.15	00:46:50	72.77	00:57:17	70.56	01:55:26	65.20	420.95	Male Super Vet
Richard Brook	00:49:50	65.36	00:50:51	59.78	00:50:25	64.28	00:51:57	65.62	01:03:55	60.83	01:56:08	62.27	378.14	Male Super Vet
Stu Nutting	00:36:38	72.54	00:34:06	72.73	00:37:06	72.82	00:36:22	74.29					292.38	Male
Tom Shelton			00:40:57	58.89	00:45:19	57.97	00:45:54	57.23					174.09	Male
Mathew Radbourne	00:43:44	65.78	00:42:25	63.30									129.08	Male Vet
Graham Guest	01:12:29	39.04	01:14:43	35.35	01:23:35	34.42							108.81	Male Vet
Karl-Eric Devaux	00:48:36	58.70											58.70	Male Vet
Anne Middleton	00:50:32	73.32	00:48:59	71.55	00:51:59	73.44	00:51:49	73.68	01:07:40	65.97	02:03:42	67.03	424.99	Lady Super Vet
Liz Willoughby	01:01:00	65.06	00:58:12	63.65	01:04:00	63.05	01:01:00	66.15	01:14:00	64.68	02:24:08	61.71	384.30	Lady Super Vet
Samara Wood	00:48:35	62.54	00:48:12	58.06	00:51:21	59.37	00:49:26	61.67	01:02:00	57.49	01:54:41	57.57	356.70	Lady
Clara Carr	01:00:49	51.51	00:58:49	49.72	01:03:00	50.56	01:01:24	51.88	01:10:52	52.55	02:23:32	48.13	304.35	Lady Vet
Sally Campbell	00:50:47	62.29			00:53:30	60.11	00:50:30	63.69	01:06:20	56.69	01:58:23	58.94	301.72	Lady Vet
Rosalind Bedford	00:54:19	69.13	00:54:13	64.64	00:56:25	67.67	00:56:21	67.75					269.19	Lady Super Vet
Julie Sykes	01:01:58	63.15	00:55:30	65.81	01:08:00	58.51	01:02:46	63.38					250.85	Lady Super Vet
Katie Sharp	00:58:20	50.44	00:44:47	61.32	00:48:33	61.61	00:46:38	64.14					237.51	Lady
Stella Taylor	01:01:52	60.70	01:00:35	57.85	01:09:27	54.97	01:02:53	60.71					234.23	Lady Super Vet
Jen Probert	00:50:36	59.97	00:49:48	56.87	00:57:25	53.73	00:54:01	57.12					227.69	Lady Vet
Jen Nutting	00:58:20	52.39	00:58:16	48.95	00:59:50	51.92	00:54:03	57.48					210.74	Lady Vet
Abbie Dagg			01:11:46	40.74	01:07:48	46.98							87.72	Lady Vet

based on elapsed times <https://www.fetcheveryone.com/training-calculators-wava.php?d=3.1&u=miles&h=0&m=35&s=24&g=m&a=47>