

YAAV Ferruson, R. C. 2019 Age-Graded Race Table - Women

Race ranking is based on your best time in 6 distances, on each of which you can score up 250 points.

*Total Score is the sum of your best 4 distances.

If a tie after best 4 distances, then compare 5th times, where any score below and score-based factor tie, repeat at 6th distance.

*Your age-based times are calculated from your actual times modified by an age and distance-based factor from the International WAVA (World Association of Veteran Athletes) 2015 table.

P	Name	Age	Actual Time	6th Age-Graded				Actual Time	P	7th Age-Graded				Actual Time	P	8th Age-Graded				Actual Time	P	9th Age-Graded								
				Time	Pts	Pace	Pace			Time	Pts	Pace	Pace			Time	Pts	Pace	Pace			Time	Pts	Pace	Pace	Time	Pts	Pace	Pace	
1	Nikki Carter	1000*	0:26:09	0:18:55	230	Bodworth parkrun	0:43:27	0:30:45	250	Cantonment Race 3	0:54:38	0:38:31	230	Drycote Mar	1:10:46	1:03:46	200	Drycote Apr	2:09:38	1:23:50	250	Coventry	4:38:44	3:11:24	240	Manchester	10:46:01	5:13:24	240	Park
2	Cathy McDowell	983	0:26:01	0:19:29	245	Head Trout parkrun					0:49:42	0:42:38	241	MF Fractor					1:47:29	1:35:07	240	Coventry								
3	Julia Milne	973	0:25:56	0:21:12	242	Coventry parkrun					0:49:42	0:41:36	248	Leamington					1:52:59	1:36:41	246	Coventry	4:04:03	3:24:47	247	Milton Keynes				
4	Cathy Key	973	0:26:47	0:23:09	235	Sidley's Upton & Sheffield	0:43:32	0:37:19	246	Cantonment Race 3	0:55:21	0:47:15	238	Head Torch	1:27:52	1:14:30	248	Staverton	1:58:31	1:49:29	241	Mickleover								
5	Lesley Kinghly	964	0:31:26	0:23:20	238	Coventry parkrun					1:08:19	0:58:20	234	MF Fractor	1:42:19	1:12:45	249	Drycote Apr	2:19:32	1:38:15	243	Coventry								
6	Sonia McKeown	956	0:27:07	0:22:32	241	Isabel Trail parkrun	0:48:38	0:38:15	250	Cantonment Race 4	1:08:24	0:55:23	231	MF Fractor	1:38:00	1:19:44	245	Cathedral to Castle	2:12:28	1:47:25	243	Mickleover								
7	Emma White	954	0:26:52	0:24:19	238	Brocton parkrun	0:38:25	0:37:09	247	Action Heart Duley	0:48:51	0:40:22	245	Leamington					1:56:52	1:40:20	248	Coventry								
8	Katie Kingston	958	0:27:40	0:23:12	243	Hodlings parkrun					0:59:42	0:46:53	240	Leamington	1:39:37	1:17:40	247	Rhyl	2:25:12	1:54:22	238	Droghda								
9	Cal Oddy	953	0:32:15	0:22:32	237	Isabel Trail parkrun					1:08:19	0:58:20	234	MF Fractor	1:56:10	1:18:13	246	Drycote Apr	2:34:21	1:64:24	235	Coventry								
10	Alison Love	946	0:26:15	0:24:34	238	Coventry parkrun					1:02:02	0:51:18	239	Drycote Jan	1:58:23	1:39:07	244	Drycote Apr	2:22:25	1:36:57	241	Lakelandsh								
11	Rachel Ross	913	0:26:42	0:23:24	241	Arns Park parkrun					1:05:26	0:52:32	239	Drycote Jan	1:32:26	1:27:46	247	Staverton	2:19:50	1:56:37	241	Coventry								
12	Wendy Foxall	906	0:27:21	0:23:07	239	Stafford parkrun					0:59:35	0:51:59	236	MF Fractor					1:43:54	1:40:27	251	Stafford								
13	Lorraine Harris	891	0:27:34	0:23:01	242	Leamington parkrun	0:59:08	0:50:51	243	Cannonk	1:07:41	0:57:37	236	Leamington	1:56:27	1:38:42	239	Ashbourne	2:08:42	2:08:28	219	Coventry								
14	Rachel Hogg	891	0:27:34	0:23:04	236	Leamington parkrun					0:54:03	0:54:03	217	MF Fractor	1:07:19	1:27:19	243	Drycote Apr	1:54:16	1:54:16	225	Stafford								
15	Nicola Gyles	874	0:26:28	0:24:49	211	Coventry parkrun					1:01:28	0:56:36	211	Drycote Jan	1:44:24	1:35:19	241	Cathedral to Castle	2:18:53	2:08:52	211	Stafford								
16	Sarah Jones	859	0:28:55	0:23:33	193	Coventry parkrun					0:57:47	0:56:29	240	Leamington	1:37:32	1:35:49	240	Ashbourne	2:06:16	2:06:24	211	Coventry								
17	Clare Newman	856	0:30:14	0:24:41	185	Locater Victoria parkrun					1:02:49	0:51:35	199	Drycote Jan	1:49:24	1:31:52	230	Drycote Apr	2:25:34	2:24:54	191	Coventry								
18	Brenda Lee	848	0:32:03	0:27:30	209	Coventry parkrun					1:09:30	0:59:15	201	Maney Trail	1:58:40	1:39:48	248	Cathedral to Castle	2:14:47	2:18:01	200	Coventry								
19	Beebie Draper	856	0:31:26	0:24:19	198	Ernst Project parkrun					1:05:55	1:15:05	229	Rhyl	2:01:55	1:51:55	229	Rhyl	2:25:19	2:25:19	188	Droghda								
20	Helen Rowe	841	0:37:38	0:28:14	186	Bedworth parkrun					1:18:51	0:58:17	200	Head Torch (Feb)	2:30:47	2:41:57	238	Ashbourne	2:49:50	2:17:28	164	London Landmarks								
21	Nicola Hunt	829	0:30:54	0:29:37	187	Coventry parkrun					1:01:34	0:58:39	203	MF Fractor	1:52:20	1:46:25	234	Drycote Apr	2:19:44	2:12:45	205	Stafford								
22	Anne-Marie Goodwin	810	0:29:45	0:26:16	189	Marketon parkrun					1:05:46	1:04:37	187	Drycote Feb					2:21:53	2:11:21	193	Milton Keynes	5:22:24	5:16:31	241	Manchester				
23	Jane Bates	800	0:33:49	0:30:38	179	Coventry parkrun					1:10:21	1:03:02	190	Leamington	2:03:31	1:48:22	232	Drycote Apr	2:39:20	2:16:37	197	Stafford								
24	Samantha Pointhorn(Haines)	796	0:34:53	0:26:58	176	Coventry parkrun					1:14:32	0:58:16	188	Leamington	2:11:56	1:58:12	211	Micklehead	2:51:58	2:26:14	198	Coventry								
25	Emma King	772	0:32:48	0:32:28	170	Locater Victoria parkrun					1:04:34	1:04:05	188	Head Torch (Feb)	1:54:94	1:54:94	234	Drycote Apr	2:23:23	2:21:14	186	Coventry								
26	Jo Pinches	748	0:32:35	0:33:54	167	Coventry parkrun					1:11:03	1:09:52	177	MF Fractor	2:03:36	2:01:03	227	Drycote Apr	2:42:36	2:38:15	178	Coventry								
27	Angela McKay	746	0:27:25	0:19:22	248	Coventry parkrun					1:09:42	0:47:27	248	MF Fractor					2:13:04	1:30:05	248	Mickleover								
28	Zoe Moore	745	0:23:45	0:21:27	247	Bruton parkrun					1:04:28	0:51:42	247	Leamington	1:44:17	1:34:12	241	Drycote Apr	2:14:17	1:54:12	241	Coventry								
29	Marie Edmunds	726	0:32:36	0:23:23	232	Coventry parkrun	0:33:23	0:33:19	249	Cantonment Race 4	0:44:19	0:44:14	240	Temps Waterway Challenge					3:05:15	2:48:58	176	Carsington Water								
30	Nicola Chambers	705	0:42:41	0:39:14	148	Bruton parkrun					1:26:25	1:26:16	163	Winter Hill Race					2:22:21	2:19:45	164	Lakelandsh								
31	Phyllis Douglas	725	0:31:32	0:22:25	239	Coventry parkrun					1:06:31	0:46:05	241	MF Fractor	2:03:31	1:48:22	232	Drycote Apr	2:39:20	2:16:37	197	Stafford								
32	Julia Goullie	725	0:27:28	0:23:29	240	Coventry parkrun					1:02:39	0:51:17	248	Head Torch					2:22:53	1:39:01	242	Coventry								
33	Jill Waterford	710	0:28:10	0:22:23	248	Coventry parkrun					1:06:39	0:49:11	239	MF Fractor					2:22:50	1:49:40	241	Stafford								
34	Cristina Sempia	691	0:26:38	0:24:52	226	Bedworth parkrun					0:55:36	0:51:37	228	MF Fractor					1:54:34	1:45:41	236	Coventry								
35	Fiona Ball	680	0:29:29	0:25:53	217	Coventry parkrun					0:55:42	0:49:53	236	Leamington					2:12:24	1:53:29	227	Warwick								
36	Lizzie Watts	673	0:34:16	0:24:16	229	Coventry parkrun					0:52:01	0:52:01	229	Drycote Mar					2:09:03	2:06:09	219	Coventry								
37	Amanda O'Hare	669	0:29:44	0:22:44	218	Coventry parkrun					0:49:43	0:41:41	221	MF Fractor					1:49:21	1:49:16	232	Coventry								
38	Joanna Kisiala	689	0:27:34	0:23:06	224	Katowice parkrun					0:55:36	0:52:35	222	Drycote Mar					2:09:12	1:53:25	223	Coventry								
39	Kim Davies	689	0:27:46	0:26:15	215	Coventry parkrun					0:55:08	0:51:52	228	MF Fractor					2:02:04	1:54:08	226	Stafford								
40	Diara McMillan	681	0:29:54	0:24:57	225	Coventry parkrun					0:55:05	0:54:42	218	Leamington					2:06:53	2:01:19	218	Coventry								
41	Mia Smith	653	0:27:08	0:23:16	234	Coventry parkrun					1:05:25	0:52:24	244	Coventry parkrun					2:19:59	1:55:25	222	Coventry								
42	Debbie Davis	657	0:26:36	0:23:18	218	Coventry parkrun	0:44:48	0:44:48	244	Action Heart Duley	1:02:30	0:53:37	219	MF Fractor					2:17:58	2:05:29	220	Coventry								
43	Fatima Ali	648	0:28:19	0:26:19	195	Coventry parkrun					0:56:13	0:49:07	232	Leamington					2:06:47	1:58:42	209	Coventry								
44	Jane Daniels	645	0:31:07	0:27:32	207	Coventry parkrun					1:09:31	0:49:05	197	MF Fractor					2:36:33	2:16:19	207	Coventry								
45	Frances Averill	637	0:32:43	0:27:07	214	Coventry parkrun					1:05:48	0:56:29	229	Leamington					2:22:21	2:03:40	243	Lakelandsh								
4																														