

**Seniors Championship
Summer 2013**

Race	Wavertree Mystery 5K
Distance	5KM
Date	09/07/2013

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*	Points
1	Maurice Colins	50	47	20.50	17.93	5
2	Jonathan Ford	44	40	20.30	18.61	4
3	Ian Roberts	39	39	20.27	19.30	3
4	Gary Oldham	43	75	22.38	20.68	2
5	Dave Thornton	46	85	23.26	21.00	1

Notes

approximate ages used, please inform us / scribble on your actual age for a more accurate adj race time

This race was not in the Championship Fixture List but now qualifies as 5 members raced.

* Adj Race Times are calculated using Running World Age Grade Calculator.
Championship positions are then calculated using this time.