

Race	12 Stage Relays
Distance	Approx 5k lap / 10k lap
Date	15/03/2014

Men

Leg No		Leg dist	Race Time	Age	short leg or equivalent	5k RW age grading	Points
5	John Greenall	Long	34:20	50	18:02	15:46	14
1	Luke Towers	Long	30:19	?	15:56	15:56	13
3	Calum Lockett	Long	31:18	?	16:27	16:27	12
9	Barry Graney	Long	35:36	45	18:42	17:01	11
7	Andrew Wilson	Long	34:54	40	18:20	17:20	10
10	Ian Costello	Short	18:38	42	18:38	17:21	9
12	Ian Hayburn	Short	19:54	45	19:54	18:06	8
6	Alan McNally	Short	21:32	45?	21:32	19:36	7
4	Gary Oldham	Short	21:27	43	21:27	19:49	6
11	Ian Roberts	Long	41:19	40	21:43	20:31	5
2	Wayne Joyce	Short	21:25	?	21:25	21:25	4
8	Anthony Doyle	Short	26:30	45?	26:30	24:07	3

Note

To compare different distances we took the average of the fastest three short and long leg times and ratioed them. This gave us the factor that the top runners took 1.9 times longer to run a long leg compared with a short one. Used this factor (1.9 short laps = 1 long lap) to convert the long into equivalent short legs. Age grading applied on a 5k distance (approximately the length of the short leg).

Fill in your age to get more accurate age grading result.