

**SOUTH WEST VETS AC GRAND PRIX 2010 (based on best four age graded percentages on the road in 2010)**

<b>LADIES</b>	5k	5m	10k	10k	10m	10m	20k	Half M	Half M	50k	Marathon	Odd Distance	Details	Average
Zina Marchant	21:26.0 89.94		43:28.0 90.19	42:25.0 91.13				01:32:47 90.42						90.42%
Emma Stallard		29:24.0 85.04	0:35:46 87.13		01:01:58 82.35	01:01:47 82.59								84.28%
Lynne Whitaker	20:40 82.13	33:14.0 83.52	41:12.0 84.44		01:07:33 84.34									83.61%
Helen Ambrosen				44:01.0 81.06	01:12:56 81.16						03:18:31 84.29	46:04.0 81.82%	1/4 Mar	82.08%
Aileen Brown	19:08 83.00	31:46.0 81.73	0:39:32 81.61					01:28:02 80.25						81.67%
Sarah Urwin-Mann			38:23.0 81.19		01:02:44 81.34			01:23:21 81.14			02:58:54 79.00			80.66%
Karen Rushton								01:26:57 79.27		03:41:47 79.42	03:01:27 80.32	02:12:21 81.95	20 miles	80.24%
Tracey Halliday	21:36 73.53	0:36:17 71.56						01:40:12 70.50	01:41:08 69.85					70.61%
Jenny Moloney		39:08.0 62.32	48:37.0 62.64		01:19:35 62.80							02:59:55 69.18	20 miles	64.23%
<b>MEN</b>														
Malcolm Renyard	18:15 91.08	30:14.0 90.92	38:40.0 90.29	39:51.0 86.82										89.78%
Mike Grist	17:00.0 88.44	27:04.0 87.99	33:18.0 90.01		56.45 86.64									88.27%
Peter Willoughby	19:25 84.08			0:40:46 83.35				01:29:19 83.51	01:24:29 88.29					84.81%
John Perratt	21:26 85.60	35:22.0 84.55	45:15.0 84.39									30:49.0 77.77	4 Miles	83.07%
Ed Shillabeer	0:30:36 81.86						02:10:42 80.60			05:34:10 83.17		02:10:36 80.66	20k	81.57%
John Goulding		0:40:08 78.08	0:48:38 81.09		01:20:41 80.42			01:53:18 76.19						78.94%
Bruce Davidson		01:09:24 67.84	01:29:42 66.06	01:27:54 67.42				03:16:43 65.31						66.65%