

## Wessex Club Championships - November Classic 2018

Men's Championship 2018									
Long Course - Eligible for club championship					Results				
Forename	Surname	Age Class	Speed Ratio	Distance	Time	min/km	Adjusted	Position	
John	Cook	M60	0.70	7.3	58:01	07:57	05:34	1	
Jason	Falconer	M45	0.86	8.9	74:56	08:25	07:14	2	
Roger	Crickmore	M55	0.77	7.3	70:35	09:40	07:27	3	
Jolyon	Medlock	M40	0.89	10.9	91:43	08:25	07:29	4	
Rob	Hick	M55	0.77	7.3	71:26	09:47	07:32	5	
Bill	Brown	M80	0.41	4.2	78:08	18:36	07:38	6	
Graham	Whiffen	M45	0.86	8.9	79:57	08:59	07:44	7	
Jon	Brooke	M50	0.82	8.9	84:05	09:27	07:45	8	
Ian	Middlebrook	M50	0.82	8.9	85:28	09:36	07:52	9	
Alan	Blanchflower	M21	1.00	12.8	104:59	08:12	08:12	10	
Alan	Hooper	M75	0.50	4.2	104:59	25:00	12:30	11	
Arthur	Brooke	M14	0.80	4.1	MP				
<i>Short Course - Not eligible</i>					<i>Results</i>				
Forename	Surname	Age Class	Speed Ratio	Distance	Time	min/km	Adjusted		
Tim	Houlder	M60	0.70	5.0	48:58	09:48	06:51		
James	Crickmore	M21	1.00	8.9	68:15	07:40	07:40		
Ladies' Championship 2018									
Long Course - Eligible for club championship					Results				
Forename	Surname	Age Class	Speed Ratio	Distance	Time	min/km	Adjusted	Position	
Lyra	Medlock*	W12	0.62	4.1	40:52	09:58	06:11	1	
Nicola	Brooke	W50	0.63	6.1	74:02	12:08	07:39	2	
Agnes	Brooke	W16	0.67	5.0	60:04	12:01	08:03	3	
Sarah	Houlder	W55	0.58	5.0	83:31	16:42	09:41	4	
Eskarina	Medlock	W10	0.73	2.8	37:27	13:23	09:46	5	
Laura	Wilcox	W55	0.58	5.0	101:54	20:23	11:49	6	
<i>Short Course - Not eligible</i>					<i>Results</i>				
Forename	Surname	Age Class	Speed Ratio	Distance	Time	min/km	Adjusted		
Rebecca	Medlock	W40	0.69	5.0	88:46	17:45	12:15		

\*Note: Lyra ran up an age category (W14A) but has been scored using the slower W12 speed, not the W14 one. This is still a disadvantage, but even using the W14 speed ratio of 0.65 gives an adjusted pace of 06:29, which still wins.

The long-distance speed ratios are calculated by BOF and are listed in the course planning section of the BOF Rules