

## Gordon Rowe/Charity Relay : Victory Athletic Club: Result 2011

Below are the calculation results for the Gordon Rowe Trophy for 2011, given to the best performer against his/her best 10k time (or factoring 5m, long or short H/C) from the previous year.

As can be seen by the results eight people did, on their best leg, better than 100 percent.

The winners were:-

1. Anita McReynolds at 106.46% and Trophy.
2. Paul Mitchinson with 106.42%
3. Martin Coles with 104.42%

Runners Name	Best Min/Mile time	Leg	Best 10k Min/Mile	Data Used	Percentage	Position
Paul Mitchinson	5.775	3	6.146	10k	106.42%	2
Colin O'Donnell	7.355	4	6.589	L H/C	89.59%	17
Dave Walker	7.796	7	7.230	L H/C	92.74%	16
Jim Clow	7.299	15	6.453	10k	88.41%	21
Bernie Cammell	8.333	17	6.993	L H/C	83.92%	23
Martin Coles	7.015	01/02	7.325	10k	104.42%	3
Damian Hamilton	7.584	3	7.638	10k	100.71%	8
Mike Coles	8.639	4	7.566	5k	87.58%	22
Malcolm Hagan	8.675	14	8.598	10k	99.11%	11
Guy Phelps	8.145	16	6.666	10k	81.84%	24
Graham Foden	7.799	17	7.947	10k	101.90%	5
Jo Gilholm	7.267	01/02	7.329	10k	100.85%	7
Clare Eglin	8.461	3	8.833	5m	104.40%	4
Kate Hart	9.090	4	8.534	5m	93.88%	14
Shelly Butler	7.539	8			0.00%	NR
Anita McReynolds	8.401	15	8.944	5m	106.46%	1
Amanda Godfrey	8.053	17	8.009	5m	99.45%	9
Lucy Smith	7.454	01/02	7.411	10k	99.42%	10
Suzy Walker	9.337	13	9.050	S H/C	96.93%	12
Paul Wilcox	7.705	14	7.149	L H/C	92.78%	15
Ruth Bates	8.985	15			0.00%	NR
Richard Mitchell	8.140	17	7.216	L H/C	88.65%	20
John Gallagher	8.307	18	7.372	L H/C	88.74%	19
Marilyn Crocker	9.430	13	9.105	10k	96.55%	13
Jan MacDonald	9.022	15	9.129	L H/C	101.19%	6
Belinda Harding	9.104	16	8.116	10k	89.15%	18