

ERICS on July 4, 2017**Distance 4.4 miles**

Pos	Runner	M/F	Age	Handicap	Handicap Position	Elapsed Time	Running Time	How did I do?	Pace per mile	Handicap Pace	H/Cap %	Age %	Club Standard
1	Sean Connolly	M	48	21:34	3	49:11	27:37	Beats your previous best of 28:35 by 0:58	06:17	06:39	106%	78.1%	Gold
2	Stuart Webb	M	39	21:34	19	51:28	29:54	Welcome to your first run of the season	06:48	06:39	98%	67.4%	Bronze
3	Richard Aggar	M	40	20:47	20	51:37	30:50	Welcome to your first run of the season	07:00	06:50	97%	65.8%	Bronze
4	Andre Pittock	M	51	19:15	8	50:14	30:59	Welcome to your first run of the season	07:02	07:10	102%	71.3%	Silver
5	Ann Trett	F	34	17:43	15	50:56	33:13	Season best stays at 32:54	07:33	07:31	100%	66.7%	Bronze
6	Maire Irlam	F	52	17:43	16	51:00	33:17	Season best stays at 32:31	07:34	07:31	99%	76.8%	Silver
7	Paul Wiegand	M	57	16:56	9	50:21	33:25	Beats your previous best of 33:53 by 0:28	07:36	07:42	101%	69.5%	Silver
8	Andy Wicklen	M	42	18:29	21	52:11	33:42	Welcome to your first run of the season	07:40	07:21	96%	61.1%	Bronze
9	Max Pearson	M	41	16:56	17	51:10	34:14	Welcome to your first run of the season	07:47	07:42	99%	59.7%	Bronze
10	Carol Bowett	F	37	16:10	11	50:36	34:26	Welcome to your first run of the season	07:50	07:52	101%	65.0%	Bronze
11	Ian Milburn	M	72	16:10	14	50:48	34:38	Season best stays at 34:06	07:52	07:52	100%	77.6%	Silver
12	Paul Griffin	M	52	10:47	1	45:59	35:12	Beats your previous best of 37:23 by 2:11	08:00	09:06	114%	63.3%	Bronze
13	Steve Bennington	M	49	13:52	7	50:03	36:11	Welcome to your first run of the season	08:13	08:24	102%	60.1%	Bronze
14	Philip England	M	58	13:52	10	50:29	36:37	Welcome to your first run of the season	08:19	08:24	101%	64.0%	Bronze
15	Jane Greenwood	F	61	13:52	12	50:42	36:50	Season best stays at 36:31	08:22	08:24	100%	78.3%	Gold
16	Carly Read	F	36	10:01	5	49:52	39:51	Beats your previous best of 41:12 by 1:21	09:03	09:16	102%	55.9%	
17	Gemma Read	F	37	12:19	22	52:12	39:53	Season best stays at 38:31	09:04	08:45	97%	56.1%	
18	Carol Slater-Garner	F	40	09:14	6	49:58	40:44	Beats your previous best of 41:26 by 0:42	09:15	09:27	102%	55.8%	
19	Neil Bailey	M	41	13:05	27	55:13	42:08	Welcome to your first run of the season	09:34	08:34	90%	48.5%	
20	Liam O'Rourke	M	43	06:56	4	49:34	42:38	Welcome to your first run of the season	09:41	09:59	103%	48.7%	
21	Lucy Hicks	F	35	05:23	2	48:55	43:32	Beats your previous best of 44:46 by 1:14	09:54	10:20	104%	51.0%	
22	Hannah Ryan	F	41	09:14	24	52:49	43:35	Welcome to your first run of the season	09:54	09:27	95%	52.5%	
23	Judy Seale	F	54	06:10	13	50:45	44:35	Welcome to your first run of the season	10:08	10:09	100%	58.8%	Bronze
24	Gilly Anderson	F	35	08:28	25	53:26	44:58	Welcome to your first run of the season	10:13	09:37	94%	49.4%	
25	Joanne Clarke	F	38	08:28	26	55:07	46:39	Welcome to your first run of the season	10:36	09:37	91%	48.2%	
26	Debbie Wate	F	54	04:37	23	52:25	47:48	Welcome to your first run of the season	10:52	10:30	97%	54.9%	
27	Gayna O'Rourke	F	45	00:00	18	51:17	51:17	Welcome to your first run of the season	11:39	11:33	99%	46.0%	