

ERICS on May 4, 2016**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	Martin Jennings	M	46	19:15	6	45:03	25:48	Welcome to your first run of the season	05:52	06:18	107%	82.3%	Gold
2	Sean Connolly	M	47	18:29	21	47:04	28:35	Welcome to your first run of the season	06:30	06:29	100%	74.9%	Silver
3	Graham Milham	M	41	17:43	17	46:37	28:54	Welcome to your first run of the season	06:34	06:39	101%	70.7%	Silver
4	John Chapman	M	49	16:10	11	46:09	29:59	Welcome to your first run of the season	06:49	07:00	103%	72.6%	Silver
5	Tim Chapman	M	52	17:43	25	47:50	30:07	Welcome to your first run of the season	06:51	06:39	97%	74.0%	Silver
6	Maire Irlam	F	52	13:52	14	46:23	32:31	Welcome to your first run of the season	07:24	07:31	102%	78.6%	Gold
7	Ann Trett	F	34	13:52	18	46:46	32:54	Welcome to your first run of the season	07:29	07:31	101%	67.3%	Bronze
8	Nigel Seale	M	57	14:38	24	47:46	33:08	Welcome to your first run of the season	07:32	07:21	98%	70.1%	Silver
9	Paul Wiegand	M	57	13:05	20	46:58	33:53	Welcome to your first run of the season	07:42	07:42	100%	68.6%	Silver
10	Ian Milburn	M	72	13:05	22	47:11	34:06	Welcome to your first run of the season	07:45	07:42	99%	78.9%	Gold
11	Ian King	M	48	07:42	1	43:37	35:55	Welcome to your first run of the season	08:10	08:55	109%	60.1%	Bronze
12	Jane Greenwood	F	61	10:47	23	47:18	36:31	Welcome to your first run of the season	08:18	08:13	99%	79.0%	Gold
13	Paul Griffin	M	52	08:51	13	46:14	37:23	Welcome to your first run of the season	08:30	08:40	102%	59.6%	Bronze
14	John Welbourn	M	59	08:28	10	46:06	37:38	Welcome to your first run of the season	08:33	08:45	102%	62.8%	Bronze
15	Sue Barrow	F	53	05:23	2	43:47	38:24	Welcome to your first run of the season	08:44	09:27	108%	67.4%	Bronze
16	Aaron Petts	M	39	10:01	26	47:59	37:58	Welcome to your first run of the season	08:38	08:24	97%	53.0%	
17	Gemma Read	F	36	07:42	12	46:13	38:31	Welcome to your first run of the season	08:45	08:55	102%	57.9%	
18	Jane Clarke	F	49	05:23	4	44:25	39:02	Welcome to your first run of the season	08:52	09:27	107%	63.1%	Bronze
19	Denise Griffin	F	52	07:42	19	46:51	39:09	Welcome to your first run of the season	08:54	08:55	100%	65.3%	Bronze
20	Melissa Millward	F	37	09:14	27	49:04	39:50	Welcome to your first run of the season	09:03	08:34	95%	56.2%	
21	Derrick Barsby	M	68	06:10	16	46:36	40:26	Welcome to your first run of the season	09:11	09:16	101%	63.4%	Bronze
22	Carly Read	F	35	03:05	3	44:21	41:16	Welcome to your first run of the season	09:23	09:59	106%	53.8%	
23	Carol Slater-Garner	F	40	03:51	8	45:17	41:26	Welcome to your first run of the season	09:25	09:48	104%	54.9%	
24	Julie Garner	F	53	03:51	15	46:24	42:33	Welcome to your first run of the season	09:40	09:48	101%	60.8%	Bronze
25	Barbara Welbourn	F	51	01:32	7	45:14	43:42	Welcome to your first run of the season	09:56	10:20	104%	57.8%	
26	Sam Henriques	F	36	01:32	9	45:20	43:48	Welcome to your first run of the season	09:57	10:20	104%	50.9%	
27	Lucy Hicks	F	34	00:00	5	44:46	44:46	Welcome to your first run of the season	10:10	10:40	105%	49.5%	
28	Sarah Rippon	F	50	04:37	28	53:09	48:32	Welcome to your first run of the season	11:02	09:37	87%	51.4%	