

ERIC'S on July 28, 2015
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	Performance H/Cap %	Age %	Club Standard
1	Andrew Plume	M	33	25:52	23	0:52:23	26:31	Season best stays at 26:26	06:02	06:07	101.7%	73.2%	Silver
2	Sean Connolly	M	46	24:20	21	0:52:16	27:56	Beats your previous best of 28:06	06:21	06:29	102.0%	76.0%	Silver
3	Paul Griffin	M	50	24:20	28	0:52:43	28:23	Beats your previous best of 30:06	06:27	06:29	100.4%	77.2%	Silver
4	Rod Sinnott	M	48	24:20	33	0:53:10	28:50	Season best stays at 28:40	06:33	06:29	98.8%	74.8%	Silver
5	Dan Carrington	M	23	21:15	14	0:51:25	30:10	Welcome to your first run of the season	06:51	07:10	104.7%	63.6%	Bronze
6	Paul Wiegand	M	55	22:01	24	0:52:25	30:24	Beats your previous best of 30:56	06:54	07:00	101.3%	75.2%	Silver
7	John Shaw	M	46	20:29	12	0:51:04	30:35	Season best stays at 30:32	06:57	07:21	105.7%	69.5%	Silver
8	Mel Murdoch	F	38	22:01	31	0:52:52	30:51	Welcome to your first run of the season	07:01	07:00	99.9%	72.9%	Silver
9	Maire Irlam	F	50	20:29	25	0:52:27	31:58	Season best stays at 30:57	07:16	07:21	101.2%	78.0%	Silver
10	Ellen Drew	F	34	18:57	20	0:52:08	33:11	Welcome to your first run of the season	07:33	07:42	102.1%	66.7%	Bronze
11	Max Pearson	M	39	19:43	32	0:53:05	33:22	Beats your previous best of 34:04	07:35	07:31	99.2%	60.4%	Bronze
12	Ian Milburn	M	70	19:43	34	0:53:32	33:49	Season best stays at 31:43	07:41	07:31	97.9%	77.5%	Silver
13	Ian King	M	46	18:57	30	0:52:46	33:49	Beats your previous best of 34:58	07:41	07:42	100.2%	62.8%	Bronze
14	Jay Gilbert	F	37	18:10	29	0:52:45	34:35	Beats your previous best of 36:17	07:52	07:52	100.2%	64.7%	Bronze
15	Adam Oakes	M	41	16:38	18	0:51:48	35:10	Beats your previous best of 37:56	08:00	08:13	102.9%	58.1%	Bronze
16	Ramune Raicheliene	F	35	15:52	19	0:51:59	36:07	Beats your previous best of 37:00	08:13	08:24	102.3%	61.5%	Bronze
17	Jon Rowell	M	43	15:52	22	0:52:22	36:30	Beats your previous best of 37:59	08:18	08:24	101.2%	56.9%	
18	Sam Lyddiatt	F	44	15:52	27	0:52:37	36:45	Beats your previous best of 37:58	08:21	08:24	100.6%	63.7%	Bronze
19	Tracey Howard	F	39	14:19	17	0:51:43	37:24	Beats your previous best of 38:19	08:30	08:45	103.0%	60.4%	Bronze
20	James Clarke	M	16	00:00	1	0:38:40	38:40	Welcome to your first run of the season	08:47	12:00	136.6%	52.7%	
21	Neil Bailey	M	38	12:01	13	0:51:08	39:07	Beats your previous best of 40:13	08:53	09:16	104.3%	51.1%	
22	Martin Kinghorn	M	55	00:00	2	0:39:16	39:16	Welcome to your first run of the season	08:55	12:00	134.5%	58.2%	Bronze
23	Denise Griffin	F	51	12:01	26	0:52:35	40:34	Welcome to your first run of the season	09:13	09:16	100.6%	62.2%	Bronze
24	Sarah Rippon	F	48	02:14	4	0:43:57	41:43	Beats your previous best of 43:01	09:29	11:30	121.3%	58.3%	Bronze
25	Tracy Veenendaal	F	48	09:42	15	0:51:35	41:53	Beats your previous best of 43:46	09:31	09:48	103.0%	58.1%	Bronze
26	Joanne Clark	F	36	09:42	16	0:51:36	41:54	Welcome to your first run of the season	09:31	09:48	102.9%	53.2%	
27	Abigail Nunnerley	F	38	00:00	3	0:43:47	43:47	Welcome to your first run of the season	09:57	12:00	120.6%	51.4%	
28	Carol Bowett	F	35	00:00	5	0:44:00	44:00	Welcome to your first run of the season	10:00	12:00	120.1%	50.5%	
29	Tracy Thulborn	F	41	00:00	6	0:44:12	44:12	Welcome to your first run of the season	10:03	12:00	119.5%	51.8%	
30	Derrick Barsby	M	66	00:00	7	0:44:31	44:31	Welcome to your first run of the season	10:07	12:00	118.7%	56.5%	
31	Rachel Taylor	F	43	00:00	8	0:45:24	45:24	Welcome to your first run of the season	10:19	12:00	116.3%	51.1%	
32	Carol Slater-Garner	F	39	00:00	9	0:45:28	45:28	Welcome to your first run of the season	10:20	12:00	116.2%	49.7%	
33	Debbie Wate	F	52	00:00	10	0:46:05	46:05	Welcome to your first run of the season	10:28	12:00	114.6%	55.5%	
34	Debbie Chaplain	F	41	00:00	11	0:47:58	47:58	Welcome to your first run of the season	10:54	12:00	110.1%	47.7%	
35	Sally King	F	54	00:00	35	0:56:40	56:40	Welcome to your first run of the season	12:53	12:00	93.2%	46.3%	
36	Emma Bonner	F	38	00:00	36	1:01:06	1:01:06	Welcome to your first run of the season	13:53	12:00	86.5%	36.8%	
37	Sam Hodge	F	36	00:00	37	1:01:08	1:01:08	Welcome to your first run of the season	13:54	12:00	86.4%	36.5%	
38	Jayne Sinnott	F	45	00:00	38	1:09:08	1:09:08	Welcome to your first run of the season	15:43	12:00	76.4%	34.2%	
39	Linda Gathercole	F	61	00:00	39	1:09:28	1:09:28	Welcome to your first run of the season	15:47	12:00	76.0%	41.5%	
40	Gill Holmes	F	61	00:00	40	1:09:30	1:09:30	Season best stays at 49:25	15:48	12:00	76.0%	41.5%	