

ERICS on August 29, 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	Shane Draper	M	50	32:20	10	59:28	27:08	Welcome to your first run of the season	06:10	06:18	102%	80.8%	Gold
2	Lewis Saunders	M	27	33:07	31	1:02:31	29:24	Welcome to your first run of the season	06:41	06:07	92%	65.2%	Bronze
3	Rod Sinnott	M	50	30:48	22	1:00:44	29:56	Season best stays at 29:54	06:48	06:39	98%	73.2%	Silver
4	Richard Aggar	M	40	29:16	9	59:19	30:03	Beats your previous best of 30:22 by 0:19	06:50	07:00	102%	67.5%	Bronze
5	John Shaw	M	48	30:02	17	1:00:32	30:30	Beats your previous best of 30:34 by 0:04	06:56	06:50	98%	70.7%	Silver
6	Andre Pittock	M	51	29:16	14	59:46	30:30	Beats your previous best of 30:59 by 0:29	06:56	07:00	101%	72.5%	Silver
7	Nigel Seale	M	57	28:29	16	1:00:04	31:35	Beats your previous best of 31:38 by 0:03	07:11	07:10	100%	73.6%	Silver
8	Ramunus Gamaninkas	M	30	26:57	4	58:39	31:42	Beats your previous best of 32:45 by 1:03	07:12	07:31	104%	60.7%	Bronze
9	Paul Griffin	M	52	27:43	15	59:57	32:14	Beats your previous best of 32:42 by 0:28	07:19	07:21	100%	69.1%	Silver
10	John Chapman	M	49	29:16	26	1:01:37	32:21	Season best stays at 29:59	07:21	07:00	95%	67.2%	Bronze
11	Paul Wiegand	M	57	27:43	21	1:00:42	32:59	Season best stays at 32:35	07:30	07:21	98%	70.5%	Silver
12	Tim Clough	M	46	26:11	8	59:15	33:04	Beats your previous best of 33:33 by 0:29	07:31	07:42	102%	64.2%	Bronze
13	Gemma Rose	F	31	23:06	3	58:14	35:08	Welcome to your first run of the season	07:59	08:24	105%	62.7%	Bronze
14	Max Pearson	M	41	26:11	28	1:01:53	35:42	Season best stays at 34:14	08:07	07:42	95%	57.3%	
15	Trevor Sutherill	M	67	23:52	19	1:00:38	36:46	Welcome to your first run of the season	08:21	08:13	98%	69.1%	Silver
16	Steve Bennington	M	49	23:52	20	1:00:40	36:48	Season best stays at 36:11	08:22	08:13	98%	59.1%	Bronze
17	Carly Read	F	36	21:34	11	59:38	38:04	Beats your previous best of 38:48 by 0:44	08:39	08:45	101%	58.6%	Bronze
18	Gemma Read	F	37	21:34	12	59:38	38:04	Beats your previous best of 38:31 by 0:27	08:39	08:45	101%	58.8%	Bronze
19	Roger Williams	M	69	20:01	5	58:42	38:41	Welcome to your first run of the season	08:47	09:06	104%	67.0%	Bronze
20	Jac Richards	F	50	20:47	13	59:46	38:59	Beats your previous best of 40:00 by 1:01	08:51	08:55	101%	63.9%	Bronze
21	John Welbourn	M	60	22:20	30	1:02:23	40:03	Season best stays at 37:38	09:06	08:34	94%	59.5%	Bronze
22	Julie Garner	F	53	16:56	6	58:50	41:54	Beats your previous best of 42:33 by 0:39	09:31	09:48	103%	61.8%	Bronze
23	Sarah Rippon	F	50	16:56	7	58:59	42:03	Beats your previous best of 43:51 by 1:48	09:33	09:48	103%	59.3%	Bronze
24	Mark Hopkisson	M	48	18:29	18	1:00:34	42:05	Season best stays at 41:38	09:34	09:27	99%	51.3%	
25	Benji Carter	M	44	13:52	1	56:19	42:27	Welcome to your first run of the season	09:39	10:30	109%	49.3%	
26	Stacie Youngs	F	28	15:24	2	58:13	42:49	Welcome to your first run of the season	09:44	10:09	104%	51.4%	
27	Tony Foice-Beard	M	41	18:29	25	1:01:30	43:01	Welcome to your first run of the season	09:47	09:27	97%	47.5%	
28	Lucy Hicks	F	35	16:10	24	1:01:28	45:18	Season best stays at 43:32	10:18	09:59	97%	49.0%	
29	Judy Seale	F	54	15:24	27	1:01:50	46:26	Season best stays at 44:35	10:33	10:09	96%	56.5%	
30	Barbara Welbourn	F	51	16:10	32	1:03:00	46:50	Season best stays at 43:42	10:39	09:59	94%	53.9%	
31	Joanne Clarke	F	38	16:10	33	1:04:16	48:06	Season best stays at 44:27	10:56	09:59	91%	46.8%	
32	Nicole Sinnott	F	16	11:33	29	1:02:11	50:38	Welcome to your first run of the season	11:30	11:01	96%	44.9%	
33	Paula Connolly	F	49	01:32	23	1:01:16	59:44	Welcome to your first run of the season	13:34	13:18	98%	41.2%	
34	Jayne Sinnott	F	48	00:00	34	1:04:54	1:04:54	Welcome to your first run of the season	14:45	13:39	93%	37.5%	