

NORTH BRINK on June 13, 2017**Distance 3.71 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	Lewis Saunders	M	27	17:19	3	38:59	21:40	Welcome to your first run of the season	05:50	06:20	108%	71.1%	Silver
2	Stuart Follen	M	43	16:42	8	40:13	23:31	Welcome to your first run of the season	06:20	06:30	103%	70.9%	Silver
3	Rod Sinnott	M	50	17:56	18	41:29	23:33	Welcome to your first run of the season	06:21	06:10	97%	74.8%	Silver
4	Bethan Everson	F	25	17:19	19	41:55	24:36	Welcome to your first run of the season	06:38	06:20	96%	71.8%	Silver
5	Nigel Seale	M	57	14:50	16	40:58	26:08	Season best stays at 25:56	07:03	07:00	99%	71.4%	Silver
6	Ann Trett	F	34	13:36	7	40:11	26:35	Welcome to your first run of the season	07:10	07:20	102%	66.9%	Bronze
7	Paul Wiegand	M	57	13:36	11	40:24	26:48	Welcome to your first run of the season	07:13	07:20	102%	69.6%	Silver
8	Ellen Connolly	F	36	12:59	5	40:02	27:03	Welcome to your first run of the season	07:17	07:30	103%	66.2%	Bronze
9	Max Pearson	M	41	14:50	21	42:09	27:19	Welcome to your first run of the season	07:22	07:00	95%	60.1%	Bronze
10	Sarah Gauvin	F	46	00:00	1	27:21	27:21	Welcome to your first run of the season	07:22	11:00	149%	70.0%	Silver
11	Carol Bowett	F	37	12:59	14	40:34	27:35	Welcome to your first run of the season	07:26	07:30	101%	65.2%	Bronze
12	Trevor Sutherill	M	67	11:45	12	40:25	28:40	Welcome to your first run of the season	07:44	07:50	101%	71.2%	Silver
13	Philip England	M	58	11:08	15	40:43	29:35	Welcome to your first run of the season	07:58	08:00	100%	63.6%	Bronze
14	Gemma Rose	F	30	10:31	9	40:14	29:43	Welcome to your first run of the season	08:01	08:10	102%	59.5%	Bronze
15	Sam Lyddiatt	F	46	11:08	17	41:00	29:52	Welcome to your first run of the season	08:03	08:00	99%	64.1%	Bronze
16	Jane Greenwood	F	61	11:45	20	42:00	30:15	Season best stays at 29:02	08:09	07:50	96%	76.6%	Silver
17	Gilly Anderson	F	35	06:11	4	39:41	33:30	Welcome to your first run of the season	09:02	09:20	103%	53.3%	
18	Sarah Rippon	F	50	06:48	10	40:22	33:34	Beats your previous best of 33:39 by 0:05	09:03	09:10	101%	59.6%	Bronze
19	Cheryl Chapman	F	48	05:34	6	40:03	34:29	Season best stays at 34:13	09:18	09:30	102%	56.7%	
20	Debbie Wate	F	54	00:00	2	37:30	37:30	Welcome to your first run of the season	10:06	11:00	109%	56.1%	
21	Gayna O'Rourke	F	45	00:00	13	40:28	40:28	Welcome to your first run of the season	10:54	11:00	101%	46.9%	
22	Barbara Welbourn	F	51	05:34	22	51:23	45:49	Season best stays at 36:19	12:21	09:30	77%	44.2%	