

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	11:24	8	29:58	18:34	Welcome to your first run of the season	05:59	06:10	103%	69.4%	Silver
2	Stuart Follen	M	43	10:52	15	30:24	19:32	Welcome to your first run of the season	06:17	06:20	101%	71.5%	Silver
3	Graham Milham	M	41	10:52	19	30:42	19:50	Welcome to your first run of the season	06:23	06:20	99%	69.4%	Silver
4	John Chapman	M	49	09:19	12	30:18	20:59	Welcome to your first run of the season	06:45	06:50	101%	69.7%	Silver
5	Daniel Spiller	M	38	09:50	21	30:51	21:01	Welcome to your first run of the season	06:46	06:40	99%	64.0%	Bronze
6	Nigel Seale	M	57	09:19	16	30:27	21:08	Welcome to your first run of the season	06:48	06:50	100%	74.0%	Silver
7	Paul Griffin	M	52	08:48	20	30:43	21:55	Welcome to your first run of the season	07:03	07:00	99%	68.4%	Silver
8	Claudia Milburn	F	33	09:19	22	31:21	22:02	Welcome to your first run of the season	07:05	06:50	96%	67.5%	Bronze
9	Ann Trett	F	34	08:17	17	30:28	22:11	Welcome to your first run of the season	07:08	07:10	100%	67.2%	Bronze
10	Maire Irlam	F	52	08:17	23	31:34	23:17	Welcome to your first run of the season	07:30	07:10	96%	73.8%	Silver
11	Gemma Rose	F	31	06:44	9	30:03	23:19	Welcome to your first run of the season	07:30	07:40	102%	63.5%	Bronze
12	Jane Greenwood	F	62	08:17	24	33:08	24:51	Welcome to your first run of the season	08:00	07:10	90%	79.2%	Gold
13	Alan Bird	M	46	04:09	3	29:18	25:09	Welcome to your first run of the season	08:06	08:30	105%	56.8%	
14	Bob Hicks	M	40	05:11	14	30:21	25:10	Welcome to your first run of the season	08:06	08:10	101%	54.2%	
15	Roger Williams	M	69	04:40	7	29:57	25:17	Welcome to your first run of the season	08:08	08:20	102%	68.9%	Silver
16	Sue Barrow	F	53	04:40	10	30:04	25:24	Welcome to your first run of the season	08:11	08:20	102%	68.5%	Silver
17	Jac Richards	F	50	04:09	4	29:41	25:32	Welcome to your first run of the season	08:13	08:30	103%	65.6%	Bronze
18	Emma Smith	F	28	02:35	2	29:10	26:35	Welcome to your first run of the season	08:33	09:00	105%	55.7%	
19	Stacie Youngs	F	28	01:33	1	28:38	27:05	Welcome to your first run of the season	08:43	09:20	107%	54.6%	
20	Mark Hopkisson	M	48	02:35	6	29:50	27:15	Welcome to your first run of the season	08:46	09:00	103%	53.3%	
21	Gilly Anderson	F	36	02:04	11	30:05	28:01	Welcome to your first run of the season	09:01	09:10	102%	53.5%	
22	Darren Fisher	M	38	02:04	18	30:29	28:25	Welcome to your first run of the season	09:09	09:10	100%	47.3%	
23	Lucy Hicks	F	35	00:31	5	29:46	29:15	Welcome to your first run of the season	09:25	09:40	103%	51.1%	
24	Judy Seale	F	55	00:00	13	30:20	30:20	Welcome to your first run of the season	09:46	09:50	101%	58.9%	Bronze
25	Lisa Mayes	F	40	02:35	25	34:17	31:42	Welcome to your first run of the season	10:12	09:00	88%	48.2%	