

SANDALL ROAD on December 1, 2015
Distance 3.15 miles

Pos	Runner	M/F	Age	Handicap	Handicap Position	Elapsed Time	Running Time	How did I do?	Pace per mile	Handicap pPace	H/Cap %	Age %	Club Standard
1	Paul Griffin	M	50	18:22	21	37:34	19:12	Welcome to your first run of the season	06:06	06:10	101%	77.9%	Silver
2	Rod Sinnott	M	48	18:22	24	37:49	19:27	Season best stays at 19:16	06:10	06:10	100%	75.7%	Silver
3	Graham Milham	M	39	17:51	17	37:25	19:34	Beats your previous best of 19:37	06:13	06:20	102%	70.2%	Silver
4	Richard Aggar	M	38	16:16	16	37:22	21:05	Beats your previous best of 21:18	06:42	06:50	102%	64.6%	Bronze
5	John Chapman	M	47	16:16	18	37:29	21:13	Beats your previous best of 21:20	06:44	06:50	101%	68.8%	Silver
6	Ian King	M	47	15:45	22	37:39	21:54	Beats your previous best of 21:57	06:57	07:00	101%	66.7%	Bronze
7	Max Pearson	M	39	15:13	8	37:11	21:57	Welcome to your first run of the season	06:58	07:10	103%	62.5%	Bronze
8	Nicky Jennings	F	41	15:13	15	37:21	22:08	Welcome to your first run of the season	07:01	07:10	102%	70.5%	Silver
9	Ellen Drew	F	35	15:45	25	38:43	22:58	Welcome to your first run of the season	07:17	07:00	96%	66.0%	Bronze
10	Paulina Zub	F	35	13:39	10	37:14	23:35	Welcome to your first run of the season	07:29	07:40	102%	64.2%	Bronze
11	Jay Gilbert	F	37	13:39	14	37:18	23:39	Season best stays at 23:17	07:30	07:40	102%	64.5%	Bronze
12	Catherine Duce	F	39	12:36	4	36:17	23:41	Welcome to your first run of the season	07:31	08:00	106%	65.1%	Bronze
13	Carol Bowett	F	36	12:36	6	36:48	24:12	Beats your previous best of 25:11	07:41	08:00	104%	62.8%	Bronze
14	Dan Carrington	M	24	17:51	27	42:12	24:21	Season best stays at 19:58	07:44	06:20	82%	53.7%	
15	Larissa Follen	F	41	12:36	7	37:06	24:30	Beats your previous best of 25:11	07:47	08:00	103%	63.7%	Bronze
16	Jac Richards	F	48	11:33	9	37:13	25:40	Beats your previous best of 25:52	08:09	08:20	102%	64.7%	Bronze
17	Roger Williams	M	67	11:33	12	37:15	25:42	Welcome to your first run of the season	08:10	08:20	102%	67.4%	Bronze
18	John Welbourn	M	58	11:33	13	37:17	25:44	Season best stays at 25:28	08:10	08:20	102%	62.1%	Bronze
19	Martin Kinghorn	M	55	11:33	19	37:31	25:58	Welcome to your first run of the season	08:15	08:20	101%	60.0%	Bronze
20	Jane Greenwood	F	60	11:01	20	37:32	26:31	Season best stays at 26:23	08:25	08:30	101%	73.1%	Silver
21	Sharon Bird	F	44	09:27	3	36:16	26:49	Welcome to your first run of the season	08:31	09:00	106%	59.5%	Bronze
22	Cheryl Chapman	F	47	11:01	26	38:45	27:44	Season best stays at 26:51	08:48	08:30	97%	59.2%	Bronze
23	Stephanie Clark	F	52	06:49	5	36:22	29:33	Welcome to your first run of the season	09:23	09:50	105%	59.0%	Bronze
24	Carol Slater-Garner	F	39	07:21	23	37:44	30:23	Season best stays at 30:07	09:39	09:40	100%	50.7%	
25	Debbie Wate	F	52	06:18	11	37:15	30:57	Welcome to your first run of the season	09:50	10:00	102%	56.3%	
26	Wendy Paynter	F	53	03:09	1	34:59	31:50	Welcome to your first run of the season	10:06	11:00	109%	55.4%	
27	Barbara Welbourn	F	49	03:09	2	35:48	32:39	Season best stays at 32:20	10:22	11:00	106%	51.4%	
28	Jayne Sinnott	F	46	00:00	28	42:34	42:34	Season best stays at 41:52	13:31	12:00	89%	38.2%	