

**SANDALL ROAD on December 13, 2016****Distance 3.1 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	Sean Connolly	M	47	14:28	6	33:37	19:09	Welcome to your first run of the season	06:11	06:20	103%	75.0%	Silver
2	Rod Sinnott	M	49	14:28	11	33:57	19:29	Beats your previous best of 19:38 by 0:09	06:17	06:20	101%	74.9%	Silver
3	Lewis Saunders	M	26	14:59	21	34:40	19:41	Season best stays at 19:22	06:21	06:10	97%	65.4%	Bronze
4	Tim Chapman	M	52	13:57	15	34:20	20:23	Beats your previous best of 20:42 by 0:19	06:35	06:30	99%	73.4%	Silver
5	Paul Griffin	M	52	13:57	23	34:47	20:50	Beats your previous best of 21:41 by 0:51	06:43	06:30	97%	71.8%	Silver
6	Richard Aggar	M	39	12:55	10	33:50	20:55	Welcome to your first run of the season	06:45	06:50	101%	64.6%	Bronze
7	John Chapman	M	48	13:26	17	34:27	21:01	Season best stays at 20:08	06:47	06:40	98%	68.9%	Silver
8	Max Pearson	M	40	12:24	12	34:03	21:39	Season best stays at 21:29	06:59	07:00	100%	62.9%	Bronze
9	Daniel Spiller	M	37	12:24	14	34:13	21:49	Beats your previous best of 22:36 by 0:47	07:02	07:00	99%	61.0%	Bronze
10	Paul Wiegand	M	57	12:24	16	34:21	21:57	Beats your previous best of 22:08 by 0:11	07:05	07:00	99%	71.0%	Silver
11	Nicky Jennings	F	44	11:53	20	34:36	22:43	Welcome to your first run of the season	07:20	07:10	98%	69.1%	Silver
12	Maire Irlam	F	51	11:53	22	34:40	22:47	Season best stays at 21:55	07:21	07:10	98%	74.3%	Silver
13	Jane Greenwood	F	61	08:47	8	33:42	24:55	Beats your previous best of 25:31 by 0:36	08:02	08:10	102%	77.7%	Silver
14	Neil Bailey	M	41	09:18	19	34:35	25:17	Welcome to your first run of the season	08:09	08:00	98%	54.3%	
15	Nigel Seale	M	56	07:45	9	33:50	26:05	Beats your previous best of 26:12 by 0:07	08:25	08:30	101%	59.3%	Bronze
16	Jessica Holmes	F	22	08:16	18	34:31	26:15	Welcome to your first run of the season	08:28	08:20	98%	56.2%	
17	Briony Gallagher	F	22	05:10	1	31:33	26:23	Beats your previous best of 27:45 by 1:22	08:31	09:20	110%	56.0%	
18	Carly Read	F	35	05:41	2	32:22	26:41	Beats your previous best of 27:43 by 1:02	08:36	09:10	106%	55.9%	
19	Jane Clarke	F	49	07:14	13	34:06	26:52	Beats your previous best of 28:00 by 1:08	08:40	08:40	100%	61.5%	Bronze
20	Denise Griffin	F	52	07:45	24	35:03	27:18	Season best stays at 26:35	08:48	08:30	97%	62.8%	Bronze
21	Gemma Read	F	36	05:41	7	33:40	27:59	Beats your previous best of 29:00 by 1:01	09:02	09:10	102%	53.5%	
22	Gily Anderson	F	35	03:37	5	33:34	29:57	Beats your previous best of 31:52 by 1:55	09:40	09:50	102%	49.8%	
23	Judy Seale	F	54	01:33	4	33:30	31:57	Season best stays at 31:50	10:18	10:30	102%	55.1%	
24	Rebecca Richardson	F	26	00:00	3	33:02	33:02	Beats your previous best of 34:05 by 1:03	10:39	11:00	103%	44.7%	