

SANDALL ROAD on February 18, 2016
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	51	20:29	11	40:18	19:49	Season best stays at 19:12	06:18	06:30	103%	76.0%	Silver
2	Richard Aggar	M	38	19:57	14	40:36	20:39	Beats your previous best of 21:03	06:33	06:40	102%	66.0%	Bronze
3	Alan Bird	M	45	16:48	2	37:53	21:05	Season best stays at 21:00	06:42	07:40	115%	68.2%	Silver
4	Ian King	M	47	18:23	6	39:43	21:20	Beats your previous best of 21:54	06:47	07:10	106%	68.4%	Silver
5	John Chapman	M	48	19:26	19	41:19	21:53	Season best stays at 21:10	06:57	06:50	98%	67.2%	Bronze
6	Max Pearson	M	39	18:54	17	40:48	21:54	Season best stays at 21:45	06:57	07:00	101%	62.7%	Bronze
7	Ellen Connolly	F	35	17:51	8	39:51	22:00	Beats your previous best of 22:58	06:59	07:20	105%	68.9%	Silver
8	Jay Gilbert	F	37	17:51	13	40:32	22:41	Season best stays at 22:33	07:12	07:20	102%	67.3%	Bronze
9	Carol Bowett	F	36	16:48	5	39:38	22:50	Beats your previous best of 24:09	07:15	07:40	106%	66.6%	Bronze
10	Maire Irlam	F	50	16:32	7	39:50	23:18	Season best stays at 21:48	07:24	07:45	105%	72.9%	Silver
11	Pam Reynolds	F	46	13:08	3	38:03	24:55	Welcome to your first run of the season	07:55	08:50	112%	65.2%	Bronze
12	Jane Greenwood	F	60	14:11	16	40:42	26:31	Season best stays at 26:19	08:25	08:30	101%	73.1%	Silver
13	Denise Griffin	F	51	12:36	9	39:58	27:22	Welcome to your first run of the season	08:41	09:00	104%	62.9%	Bronze
14	Cheryl Chapman	F	47	13:08	15	40:40	27:32	Season best stays at 26:51	08:45	08:50	101%	59.6%	Bronze
15	Sarah Rippon	F	49	11:02	4	38:47	27:45	Beats your previous best of 28:05	08:49	09:30	108%	60.5%	Bronze
16	John Welbourn	M	58	14:42	21	42:59	28:17	Season best stays at 25:28	08:59	08:20	93%	56.5%	
17	Barbara Welbourn	F	49	11:02	18	41:14	30:13	Beats your previous best of 31:02	09:35	09:30	99%	55.6%	
18	Stephen Brunton	M	36	12:05	20	42:36	30:32	Season best stays at 28:58	09:41	09:10	95%	44.0%	
19	Julia Oram	F	60	09:27	12	40:23	30:56	Beats your previous best of 34:38	09:49	10:00	102%	62.7%	Bronze
20	Sandra Rhodes	F	53	03:09	1	37:03	33:54	Welcome to your first run of the season	10:46	12:00	112%	52.1%	
21	Gill Holmes	F	62	03:09	10	40:17	37:08	Welcome to your first run of the season	11:47	12:00	102%	53.7%	