

SANDALL ROAD on March 13, 2018
 Distance 3.107 miles

Gold 78%
 Silver 68%
 Bronze 58%

Pos	Runner	Running Time	How Did I do	Pace per mile	Age %	Club Standard
1	Lewis Saunders	17:58	Beats your previous best of 18:07 by 0:09	05:47	71.8%	Silver
2	Nigel Seale	20:42	Beats your previous best of 21:08 by 0:26	06:40	75.5%	Silver
3	Richard Aggar	20:47	Welcome to your first run of the season	06:41	65.6%	Bronze
4	Ann Trett	22:18	Season best stays at 22:00	07:11	66.8%	Bronze
5	Sarah Gauvin	22:31	Welcome to your first run of the season	07:15	71.9%	Silver
6	John Chapman	23:14	Season best stays at 20:59	07:29	63.5%	Bronze
7	Gemma Rose	23:23	Season best stays at 23:05	07:32	63.4%	Bronze
8	Andy Wicklen	23:56	Welcome to your first run of the season	07:42	57.9%	
9	Tony Foice-Beard	23:57	Beats your previous best of 25:35 by 1:38	07:42	57.4%	
10	Aaron Petts	24:07	Welcome to your first run of the season	07:46	56.2%	
11	Ian Milburn	24:31	Welcome to your first run of the season	07:53	74.8%	Silver
12	Jon Rowell	25:07	Welcome to your first run of the season	08:05	56.4%	
13	Maire Kay	25:49	Season best stays at 22:55	08:18	66.6%	Bronze
14	Derrick Barsby	25:53	Welcome to your first run of the season	08:20	67.3%	Bronze
15	Jane Greenwood	26:00	Season best stays at 24:51	08:22	75.7%	Silver
16	Melissa Millward	27:36	Welcome to your first run of the season	08:53	54.8%	
17	Sarah Rippon	28:59	Welcome to your first run of the season	09:20	58.5%	Bronze
18	Rebecca Richardson	30:20	Beats your previous best of 33:18 by 2:58	09:46	48.9%	
19	Cheryl Chapman	31:25	Season best stays at 29:23	10:07	52.7%	
20	Barbara Welbourn	31:50	Welcome to your first run of the season	10:15	54.0%	
21	John Welbourn	32:08	Welcome to your first run of the season	10:21	49.9%	