

WEST WALTON on May 25, 2017**Distance 3.107 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	Martin Jennings	M	46	13:28	4	30:58	17:30	Welcome to your first run of the season	05:38	06:00	107%	81.6%	Gold
2	Shane Draper	M	50	12:57	12	31:52	18:55	Welcome to your first run of the season	06:05	06:10	101%	77.9%	Silver
3	Sean Connolly	M	47	11:08	2	30:42	19:34	Welcome to your first run of the season	06:18	06:45	107%	73.6%	Silver
4	Graham Milham	M	41	12:26	13	32:13	19:47	Welcome to your first run of the season	06:22	06:20	99%	69.5%	Silver
5	Stuart Webb	M	39	11:08	3	30:56	19:48	Welcome to your first run of the season	06:22	06:45	106%	68.4%	Silver
6	Stuart Follen	M	43	11:24	7	31:16	19:52	Welcome to your first run of the season	06:24	06:40	104%	70.2%	Silver
7	Bethan Everson	F	25	12:26	18	32:29	20:03	Welcome to your first run of the season	06:27	06:20	98%	73.8%	Silver
8	Lewis Saunders	M	27	12:26	20	32:31	20:05	Welcome to your first run of the season	06:28	06:20	98%	64.2%	Bronze
9	Tim Chapman	M	52	12:26	21	32:33	20:07	Welcome to your first run of the season	06:29	06:20	98%	74.5%	Silver
10	Rod Sinnott	M	50	12:57	27	33:09	20:12	Welcome to your first run of the season	06:30	06:10	95%	73.0%	Silver
11	John Chapman	M	49	11:55	26	33:05	21:10	Welcome to your first run of the season	06:49	06:30	95%	69.1%	Silver
12	Daniel Spiller	M	37	11:24	24	32:46	21:22	Welcome to your first run of the season	06:53	06:40	97%	62.5%	Bronze
13	Claudia Milburn	F	33	10:52	16	32:24	21:32	Welcome to your first run of the season	06:56	06:50	99%	69.0%	Silver
14	Sarah Gauvin	F	46	09:19	5	31:00	21:41	Welcome to your first run of the season	06:59	07:20	105%	73.9%	Silver
15	Nigel Seale	M	57	10:21	15	32:23	22:02	Welcome to your first run of the season	07:05	07:00	99%	70.9%	Silver
16	Maire Irlam	F	52	10:21	22	32:39	22:18	Welcome to your first run of the season	07:11	07:00	98%	77.1%	Silver
17	Ann Trett	F	34	09:50	19	32:30	22:40	Welcome to your first run of the season	07:18	07:10	98%	65.7%	Bronze
18	Ian Milburn	M	72	09:19	17	32:28	23:09	Welcome to your first run of the season	07:27	07:20	98%	78.1%	Gold
19	Carol Bowett	F	37	09:50	30	33:43	23:53	Welcome to your first run of the season	07:41	07:10	93%	63.0%	Bronze
20	Andre Pittock	M	51	11:55	33	35:59	24:04	Welcome to your first run of the season	07:45	06:30	84%	61.8%	Bronze
21	Jane Greenwood	F	61	07:46	23	32:41	24:55	Welcome to your first run of the season	08:01	07:50	98%	77.8%	Silver
22	Steve Bennington	M	49	04:09	1	29:21	25:12	Welcome to your first run of the season	08:07	09:00	111%	58.0%	Bronze
23	Gemma Rose	F	30	07:15	25	32:54	25:39	Welcome to your first run of the season	08:15	08:00	97%	57.7%	
24	Denise Griffin	F	52	05:42	8	31:23	25:41	Welcome to your first run of the season	08:16	08:30	103%	66.9%	Bronze
25	Philip England	M	58	08:17	32	34:04	25:47	Welcome to your first run of the season	08:18	07:40	92%	61.1%	Bronze
26	Larissa Follen	F	43	05:11	10	31:39	26:28	Welcome to your first run of the season	08:31	08:40	102%	59.0%	Bronze
27	Roger Williams	M	69	04:09	6	31:05	26:56	Welcome to your first run of the season	08:40	09:00	104%	64.7%	Bronze
28	Carol Slater-Garner	F	40	04:09	11	31:44	27:35	Welcome to your first run of the season	08:53	09:00	101%	55.4%	
29	Melissa Millward	F	37	06:13	31	34:03	27:50	Welcome to your first run of the season	08:58	08:20	93%	54.1%	
30	Gilly Anderson	F	35	02:35	9	31:32	28:57	Welcome to your first run of the season	09:19	09:30	102%	51.6%	
31	Cheryl Chapman	F	48	03:37	28	33:38	30:01	Welcome to your first run of the season	09:40	09:10	95%	54.5%	
32	Lucy Hicks	F	34	01:33	14	32:16	30:43	Welcome to your first run of the season	09:53	09:50	99%	48.5%	
33	Judy Seale	F	54	02:35	29	33:42	31:07	Welcome to your first run of the season	10:01	09:30	95%	56.7%	