

SANDALL ROAD on December 18, 2014
Distance 3.15 miles

Pos	Runner	M/F	Age	Handicap	Handicap Position	Elapsed Time	Running Time	How did I do?	Pace per mile	Handicap Pace	Performance H/Cap %	Performance Age %
1	Gary Bligh	M	45	12:04	7	0:30:52	18:48	Beats your previous best of 18:49	05:58	06:10	103.4%	76.5%
2	Suzy West	F	24	11:33	5	0:30:45	19:12	Welcome to your first run of the season	06:06	06:20	103.9%	78.1%
3	Dan Wate	M	30	11:33	15	0:31:31	19:58	Welcome to your first run of the season	06:20	06:20	99.9%	65.7%
4	Stuart Follen	M	40	11:01	10	0:31:11	20:10	Welcome to your first run of the season	06:24	06:30	101.6%	68.6%
5	Tim Chapman	M	50	11:33	19	0:31:52	20:19	Season best stays at 19:58	06:27	06:20	98.2%	73.6%
6	Adam Chown	M	26	11:01	14	0:31:28	20:26	Season best stays at 20:24	06:29	06:30	100.2%	64.0%
7	Justin Showell	M	45	10:30	12	0:31:22	20:52	Welcome to your first run of the season	06:37	06:40	100.6%	68.9%
8	Paul Griffin	M	50	11:33	22	0:32:26	20:53	Season best stays at 19:47	06:38	06:20	95.5%	71.6%
9	Clive Harrod	M	56	10:30	16	0:31:35	21:05	Season best stays at 20:54	06:42	06:40	99.6%	74.5%
10	Nicole Couglin	F	42	08:24	1	0:29:47	21:23	Welcome to your first run of the season	06:47	07:20	108.0%	73.5%
11	Colin Simpson	M	61	10:30	20	0:31:57	21:27	Season best stays at 20:51	06:49	06:40	97.9%	76.5%
12	Graham Milham	M	38	11:01	23	0:32:41	21:40	Season best stays at 20:14	06:53	06:30	94.5%	62.9%
13	Richard Aggar	M	37	09:27	11	0:31:13	21:46	Beats your previous best of 21:53	06:55	07:00	101.3%	62.2%
14	Maire Irlam	F	49	08:55	4	0:30:42	21:47	Season best stays at 21:24	06:55	07:10	103.7%	77.1%
15	Alan Bird	M	44	08:55	6	0:30:48	21:53	Beats your previous best of 22:08	06:57	07:10	103.2%	65.2%
16	Will Thorpe	M	18	07:05	2	0:30:04	22:59	Welcome to your first run of the season	07:18	07:45	106.2%	58.8%
17	Keith White	M	67	08:24	21	0:32:07	23:43	Season best stays at 23:00	07:32	07:20	97.4%	73.0%
18	Max Pearson	M	38	07:05	9	0:31:06	24:01	Beats your previous best of 24:15	07:37	07:45	101.7%	56.8%
19	Roger Williams	M	66	06:18	17	0:31:39	25:21	Welcome to your first run of the season	08:03	08:00	99.4%	67.7%
20	John Welbourn	M	57	07:05	24	0:32:46	25:41	Welcome to your first run of the season	08:09	07:45	95.1%	61.7%
21	Neil Bailey	M	38	04:43	8	0:30:57	26:14	Season best stays at 25:28	08:20	08:30	102.1%	52.0%
22	Sam Lyddiatt	F	44	05:15	18	0:31:41	26:26	Welcome to your first run of the season	08:23	08:20	99.3%	60.4%
23	Larissa Follen	F	40	03:40	3	0:30:10	26:30	Beats your previous best of 27:04	08:25	08:50	105.0%	58.5%
24	Sarah Rippon	F	47	02:06	25	0:33:27	31:21	Season best stays at 29:37	09:57	09:20	93.8%	52.4%
25	Stephen Brunton	M	34	00:00	13	0:31:22	31:22	Welcome to your first run of the season	09:57	10:00	100.4%	42.4%
26	Barbara Welbourn	F	48	00:00	26	0:34:59	34:59	Welcome to your first run of the season	11:06	10:00	90.0%	47.4%