

SANDALL ROAD on April 7, 2015**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 %	Age %	Club Standard
1	Martin Jennings	M	44	15:45	13	0:33:28	17:43	Welcome to your first run of the season	05:37	06:00	106.7%	80.5%	Gold
2	Stuart Follen	M	41	14:42	7	0:33:12	18:30	Beats your previous best of 20:10	05:52	06:20	107.8%	75.4%	Silver
3	Paul Griffin	M	50	14:42	12	0:33:28	18:46	Beats your previous best of 19:47	05:57	06:20	106.3%	79.7%	Gold
4	Rod Sinnott	M	48	14:42	15	0:33:34	18:52	Welcome to your first run of the season	05:59	06:20	105.7%	78.0%	Silver
5	Richard Hammond	M	42	14:42	17	0:33:44	19:02	Welcome to your first run of the season	06:03	06:20	104.8%	73.8%	Silver
6	Sean Connolly	M	45	13:23	4	0:33:00	19:37	Welcome to your first run of the season	06:14	06:45	108.4%	73.3%	Silver
7	John Chapman	M	47	13:39	23	0:33:58	20:19	Welcome to your first run of the season	06:27	06:40	103.4%	71.8%	Silver
8	Gary Bligh	M	45	12:36	5	0:33:05	20:29	Season best stays at 18:48	06:30	07:00	107.6%	70.2%	Silver
9	Clive Harrod	M	56	13:23	28	0:34:20	20:57	Season best stays at 20:54	06:39	06:45	101.5%	75.0%	Silver
10	Paul Wiegand	M	55	13:39	29	0:34:45	21:06	Season best stays at 20:33	06:42	06:40	99.5%	73.8%	Silver
11	Richard Aggar	M	37	12:36	21	0:33:54	21:18	Beats your previous best of 21:46	06:46	07:00	103.5%	63.5%	Bronze
12	David Clarke	M	23	12:04	11	0:33:26	21:22	Welcome to your first run of the season	06:47	07:10	105.7%	61.2%	Bronze
13	Maire Irlam	F	50	12:36	24	0:34:02	21:26	Season best stays at 21:24	06:48	07:00	102.9%	79.3%	Gold
14	Dean Clark	M	19	14:10	31	0:35:42	21:32	Season best stays at 20:11	06:50	06:30	95.1%	62.1%	Bronze
15	Alan Bird	M	44	12:04	19	0:33:48	21:43	Beats your previous best of 21:53	06:54	07:10	103.9%	65.6%	Bronze
16	Sarah Gauvin	F	44	12:04	20	0:33:53	21:49	Welcome to your first run of the season	06:55	07:10	103.5%	73.2%	Silver
17	Max Pearson	M	39	11:33	14	0:33:32	21:59	Beats your previous best of 24:01	06:59	07:20	105.1%	62.5%	Bronze
18	Ellen Drew	F	34	12:04	27	0:34:13	22:09	Season best stays at 22:03	07:02	07:10	102.0%	68.2%	Silver
19	Ian Milburn	M	70	11:33	18	0:33:44	22:11	Beats your previous best of 22:16	07:03	07:20	104.1%	80.5%	Gold
20	Philip England	M	56	10:30	22	0:33:57	23:27	Welcome to your first run of the season	07:27	07:40	103.0%	67.0%	Bronze
21	Paulina Zub	F	34	10:30	25	0:34:11	23:41	Welcome to your first run of the season	07:31	07:40	102.0%	63.8%	Bronze
22	Jay Gilbert	F	36	10:30	26	0:34:11	23:41	Welcome to your first run of the season	07:31	07:40	102.0%	64.2%	Bronze
23	Larissa Follen	F	41	07:21	2	0:32:44	25:23	Beats your previous best of 26:30	08:03	08:40	107.6%	61.5%	Bronze
24	Tracey Howard	F	38	07:21	3	0:32:56	25:35	Beats your previous best of 30:10	08:07	08:40	106.7%	59.9%	Bronze
25	Cheryl Chapman	F	46	05:15	6	0:33:11	27:56	Beats your previous best of 29:20	08:52	09:20	105.3%	58.2%	Bronze
26	Julie Garner	F	50	05:15	8	0:33:15	28:00	Welcome to your first run of the season	08:53	09:20	105.0%	60.7%	Bronze
27	Jane Greenwood	F	59	05:15	16	0:33:35	28:20	Welcome to your first run of the season	09:00	09:20	103.8%	67.5%	Bronze
28	Sarah Rippon	F	48	04:12	9	0:33:18	29:06	Beats your previous best of 29:37	09:14	09:40	104.6%	57.0%	
29	Stephen Brunton	M	35	01:35	1	0:31:16	29:41	Beats your previous best of 31:32	09:26	10:30	111.4%	45.0%	
30	Gill Holmes	F	61	00:00	10	0:33:24	33:24	Welcome to your first run of the season	10:36	11:00	103.7%	58.9%	Bronze
31	Dan Mitchell	M	72	01:35	30	0:35:20	33:45	Beats your previous best of 35:09	10:43	10:30	98.0%	54.3%	