

ERIC'S on May 7, 2015
Distance 4.4 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 %	Club Standard
1	Andrew Plume	M	33	21:34	2	0:48:00	26:26	Welcome to your first run of the season	06:01	06:39	110.7%	73.4%	Silver
2	Ryan Jones	M	26	21:34	7	0:49:29	27:55	Welcome to your first run of the season	06:21	06:39	104.8%	68.7%	Silver
3	Sean Connolly	M	45	21:34	9	0:49:40	28:06	Welcome to your first run of the season	06:23	06:39	104.1%	75.0%	Silver
4	Stuart Follen	M	41	21:34	11	0:49:55	28:21	Welcome to your first run of the season	06:27	06:39	103.2%	72.1%	Silver
5	Rod Sinnott	M	48	21:34	17	0:50:14	28:40	Welcome to your first run of the season	06:31	06:39	102.0%	75.3%	Silver
6	Tim Chapman	M	50	20:47	13	0:50:03	29:16	Welcome to your first run of the season	06:39	06:50	102.6%	74.9%	Silver
7	Paul Griffin	M	50	21:34	26	0:51:40	30:06	Welcome to your first run of the season	06:51	06:39	97.2%	72.8%	Silver
8	Tom Richards	M	48	19:15	8	0:49:32	30:17	Welcome to your first run of the season	06:53	07:10	104.2%	71.3%	Silver
9	Dan Wate	M	31	17:43	3	0:48:06	30:23	Welcome to your first run of the season	06:54	07:31	109.0%	63.4%	Bronze
10	John Chapman	M	47	20:47	24	0:51:15	30:28	Welcome to your first run of the season	06:55	06:50	98.6%	70.3%	Silver
11	John Shaw	M	46	17:19	1	0:47:51	30:32	Welcome to your first run of the season	06:56	07:37	109.7%	69.6%	Silver
12	Adam Chown	M	26	17:19	4	0:48:11	30:52	Welcome to your first run of the season	07:01	07:37	108.5%	62.2%	Bronze
13	Paul Wiegand	M	55	19:15	14	0:50:11	30:56	Welcome to your first run of the season	07:02	07:10	102.1%	73.9%	Silver
14	Maire Irlam	F	50	19:15	15	0:50:12	30:57	Welcome to your first run of the season	07:02	07:10	102.0%	80.5%	Gold
15	Ian Milburn	M	70	17:43	6	0:49:26	31:43	Welcome to your first run of the season	07:13	07:31	104.4%	82.6%	Gold
16	Alan Bird	M	44	17:43	12	0:49:57	32:14	Welcome to your first run of the season	07:20	07:31	102.7%	64.9%	Bronze
17	Marc Martin	M	41	15:24	20	0:50:30	35:06	Welcome to your first run of the season	07:59	08:03	100.9%	58.3%	Bronze
18	Ian King	M	46	17:19	28	0:52:27	35:08	Welcome to your first run of the season	07:59	07:37	95.4%	60.5%	Bronze
19	Paskey Ruggiero	M	52	12:19	5	0:48:21	36:02	Welcome to your first run of the season	08:11	08:45	106.9%	61.9%	Bronze
20	Sam Lyddiatt	F	44	13:52	27	0:51:50	37:58	Welcome to your first run of the season	08:38	08:24	97.3%	61.6%	Bronze
21	Larissa Follen	F	41	12:19	18	0:50:18	37:59	Welcome to your first run of the season	08:38	08:45	101.4%	60.2%	Bronze
22	Tracey Howard	F	38	12:19	22	0:50:38	38:19	Welcome to your first run of the season	08:42	08:45	100.5%	58.7%	Bronze
23	Cheryl Chapman	F	46	10:01	10	0:49:52	39:51	Welcome to your first run of the season	09:03	09:16	102.4%	59.8%	Bronze
24	Julie Garner	F	50	10:01	16	0:50:13	40:12	Welcome to your first run of the season	09:08	09:16	101.5%	62.0%	Bronze
25	Neil Bailey	M	38	10:24	21	0:50:37	40:13	Welcome to your first run of the season	09:08	09:11	100.5%	49.7%	
26	Tracy Farr	F	42	10:24	23	0:50:50	40:26	Welcome to your first run of the season	09:11	09:11	100.0%	57.0%	
27	Jane Greenwood	F	59	09:14	19	0:50:25	41:11	Welcome to your first run of the season	09:21	09:27	101.0%	68.1%	Silver
28	Gill Holmes	F	61	00:00	25	0:51:16	51:16	Welcome to your first run of the season	11:39	11:33	99.1%	56.3%	