

NORTH BRINK on May 19, 2015
Distance 3.71 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	Ryan Jones	M	26	18:33	16	0:40:35	22:02	Welcome to your first run of the season	05:56	06:00	101.0%	69.9%	Silver
2	Sean Connolly	M	45	17:37	4	0:39:59	22:22	Welcome to your first run of the season	06:02	06:15	103.7%	75.7%	Silver
3	Paul Griffin	M	50	17:19	5	0:40:01	22:42	Welcome to your first run of the season	06:07	06:20	103.5%	77.6%	Silver
4	Rod Sinnott	M	48	17:19	14	0:40:28	23:09	Welcome to your first run of the season	06:14	06:20	101.5%	74.8%	Silver
5	Adam Chown	M	26	15:28	2	0:39:10	23:43	Welcome to your first run of the season	06:23	06:50	106.9%	65.0%	Bronze
6	Stuart Follen	M	41	17:56	32	0:41:52	23:56	Welcome to your first run of the season	06:27	06:10	95.6%	68.6%	Silver
7	Paul Wiegand	M	55	16:05	22	0:40:48	24:43	Welcome to your first run of the season	06:40	06:40	100.0%	74.2%	Silver
8	Clive Harrod	M	56	16:05	26	0:41:02	24:57	Welcome to your first run of the season	06:44	06:40	99.1%	74.1%	Silver
9	David Clarke	M	23	15:28	18	0:40:38	25:11	Welcome to your first run of the season	06:47	06:50	100.7%	61.2%	Bronze
10	Richard Aggar	M	37	15:28	21	0:40:45	25:18	Welcome to your first run of the season	06:49	06:50	100.2%	63.0%	Bronze
11	Maire Irlam	F	50	15:28	24	0:40:56	25:28	Welcome to your first run of the season	06:52	06:50	99.5%	78.6%	Gold
12	Alan Bird	M	44	14:13	7	0:40:03	25:50	Welcome to your first run of the season	06:58	07:10	102.9%	65.0%	Bronze
13	Ian Milburn	M	70	14:13	12	0:40:14	26:01	Welcome to your first run of the season	07:01	07:10	102.2%	80.9%	Gold
14	Max Pearson	M	39	13:55	9	0:40:08	26:13	Welcome to your first run of the season	07:04	07:15	102.6%	61.7%	Bronze
15	Luke Pinner	M	33	13:55	13	0:40:15	26:20	Welcome to your first run of the season	07:06	07:15	102.1%	59.2%	Bronze
16	Nicky Jennings	F	41	13:36	8	0:40:05	26:29	Welcome to your first run of the season	07:08	07:20	102.7%	69.4%	Silver
17	Ian King	M	46	13:36	27	0:41:05	27:29	Welcome to your first run of the season	07:24	07:20	99.0%	62.1%	Bronze
18	Sarah Gauvin	F	44	13:55	29	0:41:24	27:29	Welcome to your first run of the season	07:25	07:15	97.9%	68.4%	Silver
19	Philip England	M	56	12:59	15	0:40:30	27:31	Welcome to your first run of the season	07:25	07:30	101.1%	67.2%	Bronze
20	Jay Gilbert	F	36	12:59	28	0:41:17	28:18	Welcome to your first run of the season	07:38	07:30	98.3%	63.3%	Bronze
21	Adam Oakes	M	41	11:08	3	0:39:53	28:45	Welcome to your first run of the season	07:45	08:00	103.2%	57.1%	
22	Paskey Ruggiero	M	52	11:08	11	0:40:13	29:05	Welcome to your first run of the season	07:50	08:00	102.0%	61.5%	Bronze
23	Sam Lyddiatt	F	44	09:54	6	0:40:02	30:08	Welcome to your first run of the season	08:07	08:20	102.6%	62.4%	Bronze
24	Larissa Follen	F	41	09:54	20	0:40:41	30:47	Welcome to your first run of the season	08:18	08:20	100.4%	59.7%	Bronze
25	Neil Bailey	M	38	08:21	19	0:40:38	32:17	Welcome to your first run of the season	08:42	08:45	100.5%	49.7%	
26	Denise Griffin	F	50	05:34	1	0:37:54	32:20	Welcome to your first run of the season	08:43	09:30	109.0%	61.9%	Bronze
27	Cheryl Chapman	F	46	08:39	31	0:41:38	32:59	Welcome to your first run of the season	08:53	08:40	97.5%	58.0%	Bronze
28	Sharon Bird	F	43	07:25	17	0:40:37	33:12	Welcome to your first run of the season	08:57	09:00	100.6%	56.2%	
29	Jane Greenwood	F	59	07:25	30	0:41:26	34:01	Welcome to your first run of the season	09:10	09:00	98.2%	66.2%	Bronze
30	Allison Patterson	F	46	05:34	10	0:40:09	34:35	Welcome to your first run of the season	09:19	09:30	101.9%	55.3%	
31	Stephen Brunton	M	35	07:25	33	0:42:27	35:02	Welcome to your first run of the season	09:27	09:00	95.3%	44.9%	
32	Sarah Rippon	F	48	05:34	23	0:40:51	35:17	Welcome to your first run of the season	09:31	09:30	99.9%	55.4%	
33	Gill Holmes	F	61	00:00	25	0:40:49	40:49	Welcome to your first run of the season	11:00	11:00	100.0%	56.7%	
34	Rachel Taylor	F	43	01:51	34	0:43:36	41:45	Welcome to your first run of the season	11:15	10:30	93.3%	44.7%	
35	Kristy Burton	F	35	01:51	35	0:44:48	42:57	Welcome to your first run of the season	11:35	10:30	90.7%	41.5%	