

ERIC'S on June 4, 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 %	Age %	Club Standard
1	Ryan Jones	M	26	23:06	16	0:50:45	27:39	Beats your previous best of 27:55	06:17	06:18	100.3%	69.4%	Silver
2	Gary Bligh	M	45	20:47	6	0:49:41	28:54	Welcome to your first run of the season	06:34	06:50	103.9%	73.0%	Silver
3	Dan Wate	M	31	20:47	9	0:49:49	29:02	Beats your previous best of 30:23	06:36	06:50	103.5%	66.4%	Bronze
4	Sean Connolly	M	45	22:20	23	0:51:24	29:04	Season best stays at 28:06	06:36	06:29	98.0%	72.5%	Silver
5	Tim Chapman	M	50	21:34	13	0:50:38	29:04	Beats your previous best of 29:16	06:36	06:39	100.6%	75.4%	Silver
6	Rod Sinnott	M	48	21:34	15	0:50:45	29:11	Season best stays at 28:40	06:38	06:39	100.2%	73.9%	Silver
7	Andre Pittock	M	49	20:01	4	0:49:34	29:33	Welcome to your first run of the season	06:43	07:00	104.2%	73.6%	Silver
8	Graham Milham	M	39	20:01	8	0:49:46	29:45	Welcome to your first run of the season	06:46	07:00	103.5%	67.7%	Bronze
9	Stewart Harrison	M	37	19:15	10	0:50:10	30:55	Welcome to your first run of the season	07:02	07:10	102.1%	64.2%	Bronze
10	John Chapman	M	47	20:47	25	0:51:48	31:01	Season best stays at 30:28	07:03	06:50	96.8%	69.0%	Silver
11	Maire Irlam	F	50	19:15	18	0:50:48	31:33	Season best stays at 30:57	07:10	07:10	100.1%	79.0%	Gold
12	Richard Aggar	M	37	19:15	20	0:50:56	31:41	Welcome to your first run of the season	07:12	07:10	99.6%	62.6%	Bronze
13	Richard Betts	M	52	16:56	5	0:49:40	32:44	Welcome to your first run of the season	07:26	07:42	103.5%	68.1%	Silver
14	Ian Milburn	M	70	17:43	11	0:50:29	32:46	Season best stays at 31:43	07:27	07:31	101.0%	80.0%	Gold
15	Luke Pinner	M	33	17:43	21	0:50:56	33:13	Welcome to your first run of the season	07:33	07:31	99.7%	58.4%	Bronze
16	Sarah Gauvin	F	44	16:56	12	0:50:35	33:39	Welcome to your first run of the season	07:39	07:42	100.7%	69.6%	Silver
17	Marc Martin	M	41	16:10	22	0:51:02	34:52	Beats your previous best of 35:06	07:55	07:52	99.4%	58.6%	Bronze
18	Paskey Ruggiero	M	52	14:38	26	0:51:58	37:20	Season best stays at 36:02	08:29	08:13	96.9%	59.7%	Bronze
19	Adam Oakes	M	41	14:38	27	0:52:34	37:56	Welcome to your first run of the season	08:37	08:13	95.4%	53.9%	
20	Sam Lyddiatt	F	44	14:38	28	0:52:45	38:07	Season best stays at 37:58	08:40	08:13	94.9%	61.4%	Bronze
21	Larissa Follen	F	41	12:19	19	0:50:54	38:35	Season best stays at 37:59	08:46	08:45	99.8%	59.3%	Bronze
22	Neil Bailey	M	38	10:01	17	0:50:45	40:44	Season best stays at 40:13	09:16	09:16	100.2%	49.1%	
23	Julie Garner	F	51	10:01	24	0:51:26	41:25	Season best stays at 40:12	09:25	09:16	98.5%	60.9%	Bronze
24	Kathryn Young	F	50	07:42	3	0:49:30	41:48	Welcome to your first run of the season	09:30	09:48	103.2%	59.6%	Bronze
25	Ramune Raicheliene	F	35	14:38	30	0:56:33	41:55	Welcome to your first run of the season	09:32	08:13	86.3%	53.0%	
26	Allison Patterson	F	46	07:42	7	0:49:43	42:01	Welcome to your first run of the season	09:33	09:48	102.6%	56.7%	
27	Sarah Rippon	F	48	07:42	14	0:50:43	43:01	Welcome to your first run of the season	09:47	09:48	100.2%	56.6%	
28	Tracy Veenendaal	F	48	10:01	29	0:53:47	43:46	Welcome to your first run of the season	09:57	09:16	93.2%	55.6%	
29	Stacey Martin	F	33	00:00	1	0:48:54	48:54	Welcome to your first run of the season	11:07	11:33	103.9%	45.2%	
30	Gill Holmes	F	61	00:00	2	0:49:25	49:25	Beats your previous best of 51:16	11:14	11:33	102.8%	58.4%	Bronze