

NORTH BRINK on August 20, 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	Martin Jennings	M	44	19:47	10	0:41:59	22:12	Welcome to your first run of the season	05:59	06:10	103.1%	75.7%	Silver
2	Sean Connolly	M	46	19:47	12	0:42:05	22:18	Beats your previous best of 22:22	06:01	06:10	102.6%	76.5%	Silver
3	Paul Griffin	M	50	19:47	19	0:42:27	22:40	Beats your previous best of 22:42	06:07	06:10	100.9%	77.7%	Silver
4	Andre Pittock	M	49	17:56	16	0:42:14	24:18	Beats your previous best of 24:33	06:33	06:40	101.8%	71.9%	Silver
5	Rod Sinnott	M	48	19:47	39	0:44:15	24:28	Season best stays at 23:09	06:36	06:10	93.5%	70.8%	Silver
6	Tom Richards	M	48	17:56	23	0:42:36	24:40	Season best stays at 24:29	06:39	06:40	100.3%	70.2%	Silver
7	Graham Milham	M	39	17:56	28	0:43:00	25:04	Season best stays at 25:03	06:45	06:40	98.7%	64.5%	Bronze
8	Alan Bird	M	44	16:42	11	0:42:00	25:18	Beats your previous best of 25:50	06:49	07:00	102.6%	66.4%	Bronze
9	Maire Irlam	F	50	16:42	13	0:42:06	25:24	Beats your previous best of 25:28	06:51	07:00	102.2%	78.8%	Gold
10	John Chapman	M	47	16:42	21	0:42:31	25:49	Welcome to your first run of the season	06:58	07:00	100.6%	66.6%	Bronze
11	Justin Showell and Zak	M	45	17:56	40	0:44:58	27:02	Welcome to your first run of the season	07:17	06:40	91.5%	62.6%	Bronze
12	Ian Milburn	M	70	16:05	34	0:43:22	27:17	Season best stays at 26:01	07:21	07:10	97.4%	77.1%	Silver
13	James Clarke	M	16	14:13	22	0:42:34	28:21	Welcome to your first run of the season	07:38	07:40	100.3%	57.7%	
14	Sam Lyddiatt	F	44	13:36	32	0:43:09	29:33	Season best stays at 29:18	07:58	07:50	98.4%	63.6%	Bronze
15	Roger Williams	M	67	12:59	30	0:43:05	30:06	Welcome to your first run of the season	08:07	08:00	98.6%	67.8%	Bronze
16	John Welbourn	M	58	10:31	4	0:40:37	30:06	Welcome to your first run of the season	08:07	08:40	106.8%	62.5%	Bronze
17	Larissa Follen	F	41	12:22	24	0:42:40	30:18	Season best stays at 29:51	08:10	08:10	100.0%	60.6%	Bronze
18	Martin Kinghorn	M	55	10:31	6	0:40:53	30:22	Welcome to your first run of the season	08:11	08:40	105.9%	60.4%	Bronze
19	Sara Bascu	F	40	10:31	7	0:41:16	30:45	Welcome to your first run of the season	08:17	08:40	104.5%	59.4%	Bronze
20	Jane Greenwood	F	59	10:31	18	0:42:23	31:52	Beats your previous best of 34:01	08:35	08:40	100.9%	70.7%	Silver
21	Carol Bowett	F	35	07:25	1	0:39:28	32:03	Welcome to your first run of the season	08:38	09:30	110.0%	55.7%	
22	Neil Bailey	M	38	09:54	14	0:42:07	32:13	Beats your previous best of 32:17	08:41	08:50	101.7%	49.8%	
23	Sue George	F	55	10:31	35	0:43:28	32:57	Welcome to your first run of the season	08:53	08:40	97.6%	64.7%	Bronze
24	Cheryl Chapman	F	47	09:54	25	0:42:52	32:58	Beats your previous best of 32:59	08:53	08:50	99.4%	58.6%	Bronze
25	Sharon Bird	F	43	09:54	26	0:42:56	33:02	Beats your previous best of 33:12	08:54	08:50	99.2%	56.4%	
26	Joanne Clarke	F	36	08:39	8	0:41:48	33:09	Welcome to your first run of the season	08:56	09:10	102.6%	54.0%	
27	Stephen Brunton	M	35	08:39	20	0:42:29	33:50	Beats your previous best of 35:02	09:07	09:10	100.5%	46.5%	
28	Derrick Barsby	M	66	06:48	9	0:41:57	35:09	Welcome to your first run of the season	09:28	09:40	102.0%	57.5%	
29	Sarah Rippon	F	48	08:39	38	0:44:05	35:26	Season best stays at 35:17	09:33	09:10	96.0%	55.2%	
30	Abigail Nunnerley	F	38	06:48	37	0:43:53	37:05	Welcome to your first run of the season	10:00	09:40	96.7%	48.7%	
31	Tracy Thulborn	F	41	07:25	29	0:44:32	37:07	Welcome to your first run of the season	10:00	09:30	95.0%	49.5%	
32	Carol Slater-Garner	F	39	05:34	27	0:42:58	37:24	Welcome to your first run of the season	10:05	10:00	99.2%	48.5%	
33	Hannah Ryan	F	39	01:51	2	0:39:29	37:38	Welcome to your first run of the season	10:09	11:00	108.5%	48.2%	
34	Debbie Wate	F	52	05:34	33	0:43:13	37:39	Welcome to your first run of the season	10:09	10:00	98.5%	54.5%	
35	Kristy Burton	F	36	01:51	5	0:40:42	38:51	Beats your previous best of 40:12	10:28	11:00	105.1%	46.1%	
36	Stacey Martin	F	33	05:34	41	0:45:48	40:14	Welcome to your first run of the season	10:51	10:00	92.2%	44.1%	
37	Barbara Welbourn	F	49	01:51	15	0:42:09	40:18	Welcome to your first run of the season	10:52	11:00	101.3%	49.1%	
38	Gill Holmes	F	61	01:51	17	0:42:18	40:27	Beats your previous best of 40:49	10:54	11:00	100.9%	57.3%	
39	Sam Hodge	F	37	00:00	3	0:40:30	40:30	Welcome to your first run of the season	10:55	11:30	105.3%	44.4%	
40	Emma Bonner	F	38	01:51	31	0:43:07	41:16	Welcome to your first run of the season	11:07	11:00	98.9%	43.8%	
41	Sally King	F	54	00:00	36	0:43:41	43:41	Welcome to your first run of the season	11:46	11:30	97.7%	48.2%	
42	Laura Parrish	F	29	01:51	42	0:47:58	46:07	Welcome to your first run of the season	12:26	11:00	88.5%	38.3%	