

ERIC'S on September 1, 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	Andrew Plume	M	33	28:29	28	0:55:10	26:41	Season best stays at 26:26	06:04	06:07	101.0%	72.7%	Silver
2	Martin Jennings	M	44	27:43	14	0:54:25	26:42	Welcome to your first run of the season	06:04	06:18	103.8%	78.3%	Gold
3	Sean Connolly	M	46	27:43	24	0:55:04	27:21	Beats your previous best of 27:56	06:13	06:18	101.4%	77.7%	Silver
4	Paul Griffin	M	50	26:57	31	0:55:15	28:18	Beats your previous best of 28:53	06:26	06:29	100.7%	77.5%	Silver
5	Stuart Follen	M	41	26:11	27	0:55:07	28:56	Season best stays at 28:21	06:35	06:39	101.1%	70.7%	Silver
6	Tim Chapman	M	50	25:25	15	0:54:34	29:09	Season best stays at 29:04	06:38	06:50	103.0%	75.2%	Silver
7	Dan Carrington	M	24	24:38	9	0:54:13	29:35	Beats your previous best of 30:10	06:43	07:00	104.1%	64.8%	Bronze
8	Andre Pittock	M	49	24:38	12	0:54:18	29:40	Season best stays at 29:14	06:44	07:00	103.8%	73.3%	Silver
9	Tom Richards	M	48	24:38	20	0:54:54	30:16	Beats your previous best of 30:17	06:53	07:00	101.8%	71.3%	Silver
10	Mel Murdoch	F	39	24:38	22	0:54:58	30:20	Beats your previous best of 30:51	06:54	07:00	101.6%	74.5%	Silver
11	Paul Wiegand	M	55	24:38	25	0:55:04	30:26	Season best stays at 30:24	06:55	07:00	101.2%	75.1%	Silver
12	Dan Wate	M	31	26:11	42	0:57:10	30:59	Season best stays at 29:02	07:03	06:39	94.4%	62.2%	Bronze
13	Alan Bird	M	44	23:52	29	0:55:11	31:19	Beats your previous best of 32:14	07:07	07:10	100.8%	66.8%	Bronze
14	Maire Irlam	F	50	23:52	30	0:55:14	31:22	Season best stays at 30:57	07:08	07:10	100.7%	79.5%	Gold
15	Nicky Jennings	F	41	22:20	16	0:54:37	32:17	Beats your previous best of 33:45	07:20	07:31	102.6%	70.9%	Silver
16	Richard Aggar	M	38	23:52	40	0:56:18	32:26	Season best stays at 31:41	07:22	07:10	97.3%	61.7%	Bronze
17	Ellen Drew	F	35	22:20	18	0:54:46	32:26	Beats your previous best of 33:11	07:22	07:31	102.1%	68.5%	Silver
18	John Fenn	M	47	21:34	8	0:54:08	32:34	Welcome to your first run of the season	07:24	07:42	104.0%	65.7%	Bronze
19	Ian King	M	47	21:34	11	0:54:18	32:44	Beats your previous best of 33:49	07:26	07:42	103.5%	65.4%	Bronze
20	Sarah Gauvin	F	44	22:20	35	0:55:31	33:11	Beats your previous best of 33:39	07:33	07:31	99.8%	70.5%	Silver
21	Max Pearson	M	39	21:34	26	0:55:06	33:32	Season best stays at 33:22	07:37	07:42	101.0%	60.1%	Bronze
22	James Clarke	M	16	20:01	10	0:54:15	34:14	Beats your previous best of 38:40	07:47	08:03	103.5%	59.5%	Bronze
23	Tracey Howard	F	39	17:43	17	0:54:38	36:55	Beats your previous best of 37:24	08:23	08:34	102.2%	61.2%	Bronze
24	Ian Milburn	M	71	21:34	43	0:58:29	36:55	Season best stays at 31:43	08:23	07:42	91.8%	71.8%	Silver
25	Jon Rowell	M	43	18:29	34	0:55:25	36:56	Season best stays at 36:30	08:24	08:24	100.1%	56.2%	
26	Larissa Follen	F	41	17:43	23	0:55:01	37:18	Beats your previous best of 37:59	08:29	08:34	101.1%	61.3%	Bronze
27	Roger Williams	M	67	17:43	33	0:55:20	37:37	Welcome to your first run of the season	08:33	08:34	100.3%	67.5%	Bronze
28	Michelle Gilbert	F	36	16:56	19	0:54:53	37:57	Welcome to your first run of the season	08:37	08:45	101.5%	58.8%	Bronze
29	Jac Richards	F	48	16:56	32	0:55:17	38:21	Welcome to your first run of the season	08:43	08:45	100.4%	63.5%	Bronze
30	Carol Bowett	F	35	15:24	13	0:54:23	38:59	Beats your previous best of 44:00	08:52	09:06	102.7%	57.0%	
31	Jane Greenwood	F	59	15:24	21	0:54:57	39:33	Beats your previous best of 41:11	08:59	09:06	101.2%	70.9%	Silver
32	Joanne Clarke	F	36	13:05	6	0:53:14	40:09	Beats your previous best of 41:54	09:07	09:37	105.5%	55.5%	
33	Paul Brown	M	40	09:14	2	0:49:57	40:43	Welcome to your first run of the season	09:15	10:30	113.5%	49.8%	
34	Tracy Thulborn	F	41	09:14	3	0:49:59	40:45	Beats your previous best of 44:12	09:16	10:30	113.4%	56.2%	
35	Sarah Rippon	F	48	11:33	5	0:53:13	41:40	Beats your previous best of 41:43	09:28	09:59	105.3%	58.4%	Bronze
36	Cheryl Chapman	F	47	14:38	41	0:56:58	42:20	Season best stays at 39:51	09:37	09:16	96.4%	56.9%	
37	Stephen Brunton	M	35	13:05	36	0:55:45	42:40	Welcome to your first run of the season	09:42	09:37	99.3%	45.9%	
38	Denise Griffin	F	51	14:38	44	0:58:51	44:13	Season best stays at 40:34	10:03	09:16	92.3%	57.1%	
39	Julie Garner	F	51	14:38	45	0:58:52	44:14	Season best stays at 40:12	10:03	09:16	92.3%	57.0%	
40	Abigail Nunnerley	F	38	09:14	7	0:53:52	44:38	Season best stays at 43:47	10:09	10:30	103.5%	50.4%	
41	Sam Hodge	F	37	04:37	1	0:49:54	45:17	Beats your previous best of 01:08	10:17	11:33	112.2%	49.4%	
42	Carol Slater-Garner	F	39	09:14	37	0:55:48	46:34	Season best stays at 45:28	10:35	10:30	99.2%	48.5%	
43	Hannah Ryan	F	39	09:14	38	0:56:00	46:46	Welcome to your first run of the season	10:38	10:30	98.8%	48.3%	
44	Stacey Martin	F	33	04:37	4	0:51:48	47:11	Beats your previous best of 48:54	10:43	11:33	107.7%	46.8%	
45	Emma Bonner	F	38	04:37	39	0:56:02	51:25	Beats your previous best of 01:06	11:41	11:33	98.8%	43.7%	
46	Linda Gathercole	F	61	00:00	46	1:03:05	1:03:05	Beats your previous best of 09:29	14:20	12:36	87.9%	45.7%	
47	Maddy Rumbelow	F	28	00:00	47	1:04:11	1:04:11	Welcome to your first run of the season	14:35	12:36	86.4%	34.3%	