

**NORTH BRINK on September 15, 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	22:53	28	0:44:50	21:57	Beats your previous best of 22:12	05:55	05:50	98.6%	76.5%	Silver
2	Stuart Follen	M	41	21:01	16	0:44:04	23:03	Beats your previous best of 23:20	06:13	06:20	102.0%	71.3%	Silver
3	Rod Sinnott	M	48	21:01	19	0:44:19	23:18	Season best stays at 23:09	06:17	06:20	100.9%	74.4%	Silver
4	Gary Bligh	M	46	19:29	6	0:43:10	23:41	Season best stays at 23:29	06:23	06:45	105.7%	72.0%	Silver
5	Paul Wiegand	M	55	19:47	27	0:44:48	25:01	Season best stays at 24:39	06:45	06:40	98.9%	73.3%	Silver
6	John Chapman	M	47	18:33	12	0:43:51	25:18	Beats your previous best of 25:49	06:49	07:00	102.6%	68.0%	Bronze
7	Sarah Gauvin	F	44	17:56	23	0:44:25	26:29	Beats your previous best of 27:29	07:08	07:10	100.4%	71.0%	Silver
8	Max Pearson	M	39	17:19	14	0:43:58	26:39	Season best stays at 26:13	07:11	07:20	102.1%	60.7%	Bronze
9	Dean Clark	M	19	17:19	24	0:44:33	27:14	Welcome to your first run of the season	07:20	07:20	99.9%	57.8%	
10	Richard Aggar	M	38	19:10	30	0:46:36	27:26	Season best stays at 25:18	07:24	06:50	92.4%	58.5%	Bronze
11	Jay Gilbert	F	37	16:42	20	0:44:20	27:38	Beats your previous best of 28:18	07:27	07:30	100.7%	65.0%	Bronze
12	Jon Rowell	M	43	14:50	8	0:43:40	28:50	Beats your previous best of 29:08	07:46	08:00	103.0%	57.8%	
13	Ramune Raicheliene	F	35	15:28	31	0:45:13	29:45	Welcome to your first run of the season	08:01	07:50	97.7%	60.0%	Bronze
14	Michelle Gilbert	F	36	13:36	7	0:43:22	29:46	Welcome to your first run of the season	08:01	08:20	103.9%	60.1%	Bronze
15	Sam Lyddiatt	F	44	14:50	26	0:44:41	29:51	Season best stays at 29:18	08:03	08:00	99.5%	63.0%	Bronze
16	Larissa Follen	F	41	14:13	17	0:44:09	29:56	Season best stays at 29:51	08:04	08:10	101.2%	61.4%	Bronze
17	Roger Williams	M	67	14:13	25	0:44:38	30:25	Season best stays at 30:06	08:12	08:10	99.6%	67.1%	Bronze
18	Neil Bailey	M	38	12:22	15	0:43:59	31:37	Beats your previous best of 32:13	08:31	08:40	101.7%	50.8%	
19	Perry Scott-Moore	M	17	11:08	1	0:42:49	31:41	Welcome to your first run of the season	08:32	09:00	105.4%	50.9%	
20	Tracy Thulborn	F	41	11:08	3	0:42:57	31:49	Beats your previous best of 37:07	08:35	09:00	104.9%	57.7%	
21	Jane Greenwood	F	60	12:22	22	0:44:24	32:02	Season best stays at 31:51	08:38	08:40	100.4%	71.3%	Silver
22	Cheryl Chapman	F	47	11:08	9	0:43:45	32:37	Beats your previous best of 32:58	08:48	09:00	102.4%	59.3%	Bronze
23	Sarah Rippon	F	48	09:16	4	0:43:02	33:45	Beats your previous best of 35:17	09:06	09:30	104.4%	57.9%	
24	Abigail Nunnerley	F	38	08:39	2	0:42:51	34:12	Beats your previous best of 37:05	09:13	09:40	104.9%	52.8%	
25	Sam Hodge	F	37	07:25	10	0:43:46	36:21	Beats your previous best of 40:30	09:48	10:00	102.1%	49.5%	
26	Carol Slater-Garner	F	39	07:25	11	0:43:49	36:24	Beats your previous best of 37:24	09:49	10:00	101.9%	49.9%	
27	Rachel Taylor	F	44	07:25	18	0:44:14	36:49	Beats your previous best of 41:45	09:55	10:00	100.8%	51.1%	
28	Hannah Ryan	F	39	07:25	21	0:44:23	36:58	Beats your previous best of 37:38	09:58	10:00	100.4%	49.1%	
29	Gill Holmes	F	61	03:43	5	0:43:09	39:26	Beats your previous best of 40:27	10:38	11:00	103.5%	58.7%	Bronze
30	Emma Bonner	F	38	03:43	13	0:43:55	40:12	Beats your previous best of 41:16	10:50	11:00	101.5%	44.9%	
31	Julia Oram	F	59	03:43	29	0:45:03	41:20	Welcome to your first run of the season	11:09	11:00	98.7%	54.5%	
32	Sandra Rhodes	F	53	03:43	32	0:46:32	42:49	Welcome to your first run of the season	11:33	11:00	95.3%	48.5%	