

**SANDALL ROAD on October 22, 2015**  
**Distance 3.15 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	Rod Sinnott	M	48	17:51	16	37:07	19:16	Welcome to your first run of the season	06:07	06:20	104%	76.4%	Silver
2	Tim Chapman	M	51	17:51	24	37:26	19:35	Welcome to your first run of the season	06:13	06:20	102%	77.0%	Silver
3	Graham Milham	M	39	16:16	5	35:54	19:37	Welcome to your first run of the season	06:14	06:50	110%	70.0%	Silver
4	Dan Carrington	M	24	17:19	21	37:18	19:58	Welcome to your first run of the season	06:20	06:30	103%	65.5%	Bronze
5	Tom Richards	M	49	16:48	28	37:42	20:54	Welcome to your first run of the season	06:38	06:40	100%	71.0%	Silver
6	Alan Bird	M	45	16:16	20	37:16	21:00	Welcome to your first run of the season	06:40	06:50	103%	68.5%	Silver
7	Richard Aggar	M	38	15:45	15	37:03	21:18	Welcome to your first run of the season	06:46	07:00	104%	64.0%	Bronze
8	John Chapman	M	47	16:16	27	37:37	21:20	Welcome to your first run of the season	06:47	06:50	101%	68.4%	Silver
9	Sarah Gauvin	F	45	00:00	1	21:38	21:38	Welcome to your first run of the season	06:52	12:00	175%	74.4%	Silver
10	Katie Ward	F	35	15:13	14	37:00	21:47	Welcome to your first run of the season	06:55	07:10	104%	69.6%	Silver
11	Maire Irlam	F	50	16:16	33	38:04	21:48	Welcome to your first run of the season	06:55	06:50	99%	78.0%	Silver
12	Justin Brown	M	43	14:42	11	36:34	21:52	Welcome to your first run of the season	06:57	07:20	106%	64.7%	Bronze
13	Ian King	M	47	15:13	17	37:11	21:57	Welcome to your first run of the season	06:58	07:10	103%	66.5%	Bronze
14	James Clarke	M	17	14:10	22	37:21	23:11	Welcome to your first run of the season	07:21	07:30	102%	59.1%	Bronze
15	Jay Gilbert	F	37	14:10	25	37:27	23:17	Welcome to your first run of the season	07:23	07:30	102%	65.6%	Bronze
16	Keith White	M	68	13:39	18	37:13	23:34	Welcome to your first run of the season	07:29	07:40	102%	74.2%	Silver
17	Larissa Follen	F	41	12:05	19	37:15	25:11	Welcome to your first run of the season	08:00	08:10	102%	62.0%	Bronze
18	Carol Bowett	F	35	11:01	6	36:12	25:11	Welcome to your first run of the season	08:00	08:30	106%	60.2%	Bronze
19	John Welbourn	M	58	12:05	26	37:33	25:28	Welcome to your first run of the season	08:05	08:10	101%	62.7%	Bronze
20	Tracy Thulborn	F	41	10:30	9	36:18	25:48	Welcome to your first run of the season	08:11	08:40	106%	60.5%	Bronze
21	Jac Richards	F	48	11:33	23	37:25	25:52	Welcome to your first run of the season	08:13	08:20	101%	64.2%	Bronze
22	Jane Greenwood	F	60	10:30	13	36:53	26:23	Welcome to your first run of the season	08:23	08:40	103%	73.5%	Silver
23	Julie Garner	F	51	09:27	8	36:17	26:50	Welcome to your first run of the season	08:31	09:00	106%	64.1%	Bronze
24	Cheryl Chapman	F	47	09:58	12	36:49	26:51	Welcome to your first run of the season	08:31	08:50	104%	61.2%	Bronze
25	Sarah Rippon	F	48	08:56	30	37:49	28:54	Welcome to your first run of the season	09:10	09:10	100%	57.4%	
26	Stephen Brunton	M	35	08:56	31	37:54	28:58	Welcome to your first run of the season	09:12	09:10	100%	46.1%	
27	Sam Hodge	F	37	06:18	3	35:34	29:16	Welcome to your first run of the season	09:17	10:00	108%	52.1%	
28	Abigail Nunnerley	F	38	08:24	29	37:46	29:22	Welcome to your first run of the season	09:19	09:20	100%	52.2%	
29	Carol Slater-Garner	F	39	06:18	10	36:25	30:07	Welcome to your first run of the season	09:34	10:00	105%	51.2%	
30	Hannah Ryan	F	40	06:18	32	37:57	31:39	Welcome to your first run of the season	10:03	10:00	100%	49.0%	
31	Barbara Welbourn	F	49	03:09	2	35:29	32:20	Welcome to your first run of the season	10:16	11:00	107%	51.9%	
32	Emma Bonner	F	38	03:09	4	35:38	32:29	Welcome to your first run of the season	10:19	11:00	107%	47.2%	
33	Sally King	F	54	00:00	7	36:15	36:15	Welcome to your first run of the season	11:30	12:00	104%	49.3%	
34	Jayne Sinnott	F	46	00:00	34	41:52	41:52	Welcome to your first run of the season	13:17	12:00	90%	38.8%	