

SANDALL ROAD on January 5, 2016
Distance 3.15 miles

Pos	Runner	M/F	Age	Handicap	Handicap Position	Elapsed Time	Running Time	How did I do?	Paceper mile	Handicap pPace	H/Cap %	Age %	Club Standard
1	Martin Jennings	M	45	21:32	8	40:11	18:39	Season best stays at 18:39	05:55	06:10	104%	77.0%	Silver
2	Rod Sinnott	M	48	21:32	11	40:27	18:56	Beats your previous best of 18:56	06:00	06:10	103%	77.7%	Silver
3	Dan Carrington	M	24	20:29	9	40:19	19:50	Season best stays at 19:50	06:18	06:30	103%	65.9%	Bronze
4	Paul Griffin	M	51	21:32	24	41:33	20:01	Season best stays at 19:12	06:21	06:10	97%	75.3%	Silver
5	Stuart Follen	M	41	20:29	18	40:46	20:18	Beats your previous best of 20:18	06:27	06:30	101%	68.7%	Silver
6	Richard Aggar	M	38	19:26	12	40:29	21:03	Season best stays at 21:03	06:41	06:50	102%	64.7%	Bronze
7	John Chapman	M	48	19:26	15	40:36	21:10	Season best stays at 21:10	06:43	06:50	102%	69.5%	Silver
8	Andre Pittock	M	49	19:57	23	41:22	21:25	Beats your previous best of 21:25	06:48	06:40	98%	69.2%	Silver
9	Max Pearson	M	39	18:54	16	40:39	21:45	Beats your previous best of 21:45	06:54	07:00	101%	63.1%	Bronze
10	Katie Ward	F	35	18:54	21	41:05	22:11	Season best stays at 21:47	07:03	07:00	99%	68.3%	Silver
11	Paul Wiegand	M	56	19:57	29	42:30	22:33	Beats your previous best of 22:33	07:10	06:40	93%	69.7%	Silver
12	Jay Gilbert	F	37	17:20	4	39:53	22:33	Season best stays at 22:33	07:10	07:30	105%	67.7%	Bronze
13	Ian Milburn	M	71	17:51	14	40:34	22:43	Beats your previous best of 22:43	07:13	07:20	102%	79.6%	Gold
14	Ian King	M	47	18:54	30	42:34	23:40	Season best stays at 21:54	07:31	07:00	93%	61.7%	Bronze
15	Carol Bowett	F	36	16:17	10	40:26	24:09	Season best stays at 24:09	07:40	07:50	102%	62.9%	Bronze
16	Jon Rowell	M	43	15:45	5	39:56	24:11	Beats your previous best of 24:11	07:41	08:00	104%	58.5%	Bronze
17	Alan Bird	M	45	15:45	6	39:57	24:12	Season best stays at 21:00	07:41	08:00	104%	59.4%	Bronze
18	Neil Bailey	M	40	15:45	28	41:59	26:14	Beats your previous best of 26:14	08:20	08:00	96%	52.7%	
19	Jane Greenwood	F	60	14:11	13	40:30	26:19	Season best stays at 26:19	08:21	08:30	102%	73.6%	Silver
20	Martin Kinghorn	M	55	15:14	26	41:46	26:32	Season best stays at 25:58	08:26	08:10	97%	58.7%	Bronze
21	Paskey Ruggiero	M	52	14:11	19	40:49	26:39	Beats your previous best of 26:39	08:27	08:30	101%	57.0%	
22	Cheryl Chapman	F	47	13:39	22	41:08	27:29	Season best stays at 26:51	08:43	08:40	99%	59.7%	Bronze
23	Sarah Rippon	F	49	12:36	17	40:41	28:05	Beats your previous best of 28:05	08:55	09:00	101%	59.8%	Bronze
24	Sam Hodge	F	37	12:36	20	40:57	28:21	Beats your previous best of 28:21	09:00	09:00	100%	53.8%	
25	Carol Slater-Garner	F	39	09:59	7	40:07	30:09	Season best stays at 30:07	09:34	09:50	103%	51.1%	
26	Barbara Welbourn	F	49	08:24	2	39:26	31:02	Beats your previous best of 31:02	09:51	10:20	105%	54.1%	
27	Kristy Burton	F	36	08:24	25	41:33	33:09	Beats your previous best of 33:09	10:31	10:20	98%	45.9%	
28	Emma Bonner	F	39	08:24	27	41:52	33:28	Season best stays at 32:29	10:37	10:20	97%	46.1%	
29	Julia Oram	F	60	03:09	1	37:47	34:38	Beats your previous best of 34:38	11:00	12:00	109%	56.0%	
30	Sally King	F	54	04:43	3	39:34	34:51	Beats your previous best of 34:51	11:04	11:30	104%	51.3%	
31	Jayne Sinnott	F	46	00:00	31	42:46	42:46	Season best stays at 41:52	13:35	13:00	96%	38.0%	
32	Laura Parrish	F	29	03:09	32	54:21	51:12	Beats your previous best of 51:12	16:15	12:00	74%	29.3%	
33	Linda Gathercole	F	61	03:09	33	54:29	51:20	Beats your previous best of 51:20	16:18	12:00	74%	38.3%	