

**SANDALL ROAD on March 17, 2016**  
**Distance 3.15 miles**

Pos	Runner	M/F	Age	Handicap	Handicap Position	Elapsed Time	Running Time	How did I do?	Pace per mile	Handicap pPace	H/Cap %	Age %	Club Standard
1	Rod Sinnott	M	49	14:42	19	34:43	20:01	Season best stays at 18:56	06:21	06:00	94%	74.1%	Silver
2	John Chapman	M	48	11:33	6	32:24	20:51	Beats your previous best of 21:10	06:37	07:00	106%	70.6%	Silver
3	Maire Irlam	F	50	10:30	14	33:16	22:46	Season best stays at 21:48	07:14	07:20	101%	74.6%	Silver
4	Luke Pinner	M	34	10:30	15	33:32	23:02	Welcome to your first run of the season	07:19	07:20	100%	57.7%	
5	Ian Milburn	M	71	10:30	16	33:35	23:05	Season best stays at 22:43	07:20	07:20	100%	78.4%	Gold
6	Michelle Gilbert	F	36	08:55	10	32:50	23:55	Welcome to your first run of the season	07:35	07:50	103%	63.6%	Bronze
7	Keith White	M	69	08:55	12	32:59	24:04	Season best stays at 23:34	07:38	07:50	103%	73.4%	Silver
8	Jane Holmes	F	40	08:24	9	32:50	24:26	Welcome to your first run of the season	07:45	08:00	103%	63.4%	Bronze
9	Beckey Murley	F	40	08:24	11	32:58	24:34	Welcome to your first run of the season	07:48	08:00	103%	63.1%	Bronze
10	Neil Bailey	M	40	07:52	8	32:27	24:35	Beats your previous best of 26:14	07:48	08:10	105%	56.3%	
11	Colin Ferguson	M	64	10:30	20	35:25	24:55	Welcome to your first run of the season	07:55	07:20	93%	67.6%	Bronze
12	Ramune Raicheliene	F	35	08:24	17	33:47	25:23	Welcome to your first run of the season	08:03	08:00	99%	59.7%	Bronze
13	Roger Williams	M	68	06:49	5	32:21	25:32	Beats your previous best of 25:42	08:06	08:30	105%	68.5%	Silver
14	Jane Greenwood	F	60	06:49	7	32:27	25:38	Beats your previous best of 26:19	08:08	08:30	104%	75.7%	Silver
15	Joanne Clarke	F	37	06:18	4	32:15	25:57	Welcome to your first run of the season	08:14	08:40	105%	58.8%	Bronze
16	Cheryl Chapman	F	47	05:46	13	33:10	27:23	Season best stays at 26:51	08:42	08:50	102%	59.9%	Bronze
17	Sarah Rippon	F	49	05:46	18	34:23	28:36	Season best stays at 27:45	09:05	08:50	97%	58.7%	Bronze
18	Carol Slater-Garner	F	39	02:37	3	31:49	29:12	Beats your previous best of 30:07	09:16	09:50	106%	52.8%	
19	Sam Henriques	F	35	00:00	1	29:37	29:37	Welcome to your first run of the season	09:24	10:40	113%	51.1%	
20	Kristy Burton	F	36	00:00	2	31:42	31:42	Beats your previous best of 33:09	10:04	10:40	106%	47.9%	