

**ERIC'S on May 17, 2016**  
**Distance 4.4 miles**

Pos	Runner	M/F	Age	Handicap	Handicap Position	Elapsed Time	Running Time	How did I do?	Pace per mile	Handicap appPac	H/Cap %	Age %	Club Standard
1	Martin Jennings	M	45	33:07	9	59:08	26:01	Welcome to your first run of the season	05:55	06:07	104%	81.0%	Gold
2	Gareth Samson	M	35	31:34	10	59:09	27:35	Welcome to your first run of the season	06:16	06:29	103%	71.0%	Silver
3	Ryan Jones	M	27	32:20	24	00:23	28:03	Welcome to your first run of the season	06:22	06:18	99%	68.4%	Silver
4	Bethan Everson	F	24	30:48	16	59:31	28:43	Welcome to your first run of the season	06:32	06:39	102%	76.6%	Silver
5	Paul Griffin	M	51	31:34	25	00:25	28:51	Welcome to your first run of the season	06:33	06:29	99%	76.6%	Silver
6	Rod Sinnott	M	49	30:48	20	00:03	29:15	Welcome to your first run of the season	06:39	06:39	100%	74.4%	Silver
7	Tim Chapman	M	51	30:02	13	59:17	29:15	Welcome to your first run of the season	06:39	06:50	103%	75.6%	Silver
8	Stuart Follen	M	42	31:34	31	01:28	29:54	Welcome to your first run of the season	06:48	06:29	95%	68.9%	Silver
9	Richard Aggar	M	38	28:29	5	58:51	30:22	Welcome to your first run of the season	06:54	07:10	104%	65.9%	Bronze
10	John Chapman	M	48	29:16	22	00:12	30:56	Welcome to your first run of the season	07:02	07:00	100%	69.7%	Silver
11	Paul Wiegand	M	56	26:57	4	58:29	31:32	Welcome to your first run of the season	07:10	07:31	105%	73.1%	Silver
12	Nicky Jennings	F	41	26:57	12	59:16	32:19	Welcome to your first run of the season	07:21	07:31	102%	70.8%	Silver
13	Max Pearson	M	40	27:43	26	00:27	32:44	Welcome to your first run of the season	07:26	07:21	99%	62.0%	Bronze
14	Sarah Gauvin	F	45	00:00	1	32:44	32:44	Welcome to your first run of the season	07:26	13:39	183%	72.1%	Silver
15	Maire Irlam	F	51	27:43	27	00:38	32:55	Welcome to your first run of the season	07:29	07:21	98%	76.7%	Silver
16	Mel Trayfield	F	39	29:16	32	02:11	32:55	Welcome to your first run of the season	07:29	07:00	94%	68.7%	Silver
17	Carol Bowett	F	36	26:11	14	59:20	33:09	Welcome to your first run of the season	07:32	07:42	102%	67.2%	Bronze
18	Jay Gilbert	F	37	26:57	30	01:08	34:11	Welcome to your first run of the season	07:46	07:31	97%	65.5%	Bronze
19	Paulina Zub	F	35	25:25	19	59:48	34:23	Welcome to your first run of the season	07:49	07:52	101%	64.6%	Bronze
20	Ian King	M	47	27:43	33	02:21	34:38	Welcome to your first run of the season	07:52	07:21	93%	61.8%	Bronze
21	Pam Reynolds	F	46	24:38	28	00:51	36:13	Welcome to your first run of the season	08:14	08:03	98%	65.8%	Bronze
22	Clive Harrod	M	57	20:47	7	59:05	38:18	Welcome to your first run of the season	08:42	08:55	103%	60.7%	Bronze
23	Jane Greenwood	F	60	21:34	29	01:04	39:30	Welcome to your first run of the season	08:59	08:45	97%	72.0%	Silver
24	Ian Milburn	M	71	18:29	6	58:57	40:28	Welcome to your first run of the season	09:12	09:27	103%	65.5%	Bronze
25	Tracy Adams	F	43	18:29	15	59:26	40:57	Welcome to your first run of the season	09:18	09:27	102%	56.7%	
26	Cheryl Chapman	F	47	18:29	21	00:08	41:39	Welcome to your first run of the season	09:28	09:27	100%	57.8%	
27	Joanne Clarke	F	37	20:47	34	02:28	41:41	Welcome to your first run of the season	09:28	08:55	94%	53.7%	
28	Sarah Rippon	F	49	18:29	23	00:18	41:49	Welcome to your first run of the season	09:30	09:27	99%	58.9%	Bronze
29	Carol Slater-Garner	F	39	14:38	3	58:24	43:46	Welcome to your first run of the season	09:57	10:20	104%	51.6%	
30	Larissa Follen	F	42	13:52	2	58:02	44:10	Welcome to your first run of the season	10:02	10:30	105%	52.2%	
31	Barbara Welbourn	F	50	15:24	18	59:39	44:15	Welcome to your first run of the season	10:03	10:09	101%	56.3%	
32	Stephen Brunton	M	36	14:38	11	59:13	44:35	Welcome to your first run of the season	10:08	10:20	102%	44.2%	
33	Hannah Ryan	F	40	13:52	8	59:06	45:14	Welcome to your first run of the season	10:17	10:30	102%	50.3%	
34	Sharon Hallett	F	47	09:14	17	59:34	50:20	Welcome to your first run of the season	11:26	11:33	101%	47.8%	
35	Katie Boczko	F	33	06:56	36	03:56	57:00	Welcome to your first run of the season	12:57	12:05	93%	38.8%	
36	Jayne Sinnott	F	46	00:00	35	02:41	02:41	Welcome to your first run of the season	14:15	13:39	96%	38.0%	