

ERIC'S on June 14, 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 pPace	H/Cap %	Age %	Club Standard
1	Andrew Plume	M	34	33:07	4	59:02	25:55	Welcome to your first run of the season	05:53	06:07	104%	75.2%	Silver
2	Shane Draper	M	49	30:48	5	59:12	28:24	Welcome to your first run of the season	06:27	06:39	103%	76.6%	Silver
3	Bethan Everson	F	24	30:48	11	00:12	29:24	Season best stays at 28:43	06:41	06:39	100%	74.8%	Silver
4	Tim Chapman	M	51	30:02	8	59:39	29:37	Season best stays at 29:15	06:44	06:50	101%	74.6%	Silver
5	Graham Milham	M	40	31:34	20	01:36	30:02	Welcome to your first run of the season	06:49	06:29	95%	67.6%	Bronze
6	Rod Sinnott	M	49	31:34	24	01:55	30:21	Season best stays at 29:15	06:54	06:29	94%	71.7%	Silver
7	Richard Aggar	M	39	30:02	14	00:35	30:33	Season best stays at 30:22	06:57	06:50	98%	65.9%	Bronze
8	John Chapman	M	48	30:02	19	01:08	31:06	Season best stays at 30:56	07:04	06:50	97%	69.4%	Silver
9	Andre Pittock	M	50	28:29	9	59:55	31:26	Welcome to your first run of the season	07:09	07:10	100%	69.8%	Silver
10	Paul Wiegand	M	56	28:29	17	00:50	32:21	Season best stays at 31:32	07:21	07:10	98%	71.2%	Silver
11	Sarah Gauvin	F	45	27:43	10	00:07	32:24	Beats your previous best of 32:44	07:22	07:21	100%	72.9%	Silver
12	Maire Irlam	F	51	27:43	16	00:44	33:01	Season best stays at 32:55	07:30	07:21	98%	76.4%	Silver
13	Carol Bowett	F	36	26:57	18	00:51	33:54	Season best stays at 33:09	07:42	07:31	98%	65.8%	Bronze
14	Ian Milburn	M	71	25:25	7	59:30	34:05	Beats your previous best of 40:28	07:45	07:52	102%	77.8%	Silver
15	Ian King	M	47	26:57	22	01:52	34:55	Season best stays at 34:38	07:56	07:31	95%	61.3%	Bronze
16	Philip England	M	57	23:52	15	00:43	36:51	Welcome to your first run of the season	08:22	08:13	98%	63.1%	Bronze
17	Ann Trett	F	33	18:29	2	55:37	37:08	Welcome to your first run of the season	08:26	09:27	112%	59.5%	Bronze
18	Clive Harrod	M	57	23:06	12	00:23	37:17	Beats your previous best of 38:18	08:28	08:24	99%	62.3%	Bronze
19	Neil Bailey	M	40	23:52	21	01:37	37:45	Welcome to your first run of the season	08:35	08:13	96%	53.8%	
20	Jane Greenwood	F	60	20:47	6	59:21	38:34	Beats your previous best of 39:30	08:46	08:55	102%	73.7%	Silver
21	Cheryl Chapman	F	47	20:01	23	01:54	41:53	Season best stays at 41:39	09:31	09:06	96%	57.5%	
22	Sarah Rippon	F	49	18:29	13	00:34	42:05	Season best stays at 41:49	09:34	09:27	99%	58.5%	Bronze
23	Laura Bailey	F	34	09:14	3	56:11	46:57	Welcome to your first run of the season	10:40	11:33	108%	47.2%	
24	Sharon Bird	F	44	04:37	1	55:08	50:31	Welcome to your first run of the season	11:29	12:36	110%	46.3%	
25	Jayne Sinnott	F	46	00:00	25	03:15	1:03:15	Season best stays at 02:41	14:22	13:39	95%	37.7%	