

**NORTH BRINK on June 2, 2016****Distance 3.71 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	26:35	11	47:13	20:38	Welcome to your first run of the season	05:34	05:50	105%	75.9%	Silver
2	Martin Jennings	M	45	26:35	18	47:52	21:17	Beats your previous best of 21:19	05:44	05:50	102%	79.5%	Gold
3	Paul Griffin	M	51	24:44	13	47:32	22:48	Season best stays at 22:30	06:09	06:20	103%	77.9%	Silver
4	Rod Sinnott	M	49	24:44	15	47:45	23:01	Beats your previous best of 23:07	06:12	06:20	102%	75.9%	Silver
5	Sean Connolly	M	46	24:44	19	47:55	23:11	Welcome to your first run of the season	06:15	06:20	101%	73.6%	Silver
6	Bethan Everson	F	24	24:44	20	47:56	23:12	Beats your previous best of 23:24	06:15	06:20	101%	76.2%	Silver
7	Shane Draper	M	49	24:44	22	48:03	23:19	Welcome to your first run of the season	06:17	06:20	101%	74.9%	Silver
8	John Chapman	M	48	23:30	16	47:48	24:18	Beats your previous best of 24:45	06:33	06:40	102%	71.3%	Silver
9	Richard Aggar	M	38	23:30	17	47:49	24:19	Beats your previous best of 24:46	06:33	06:40	102%	66.0%	Bronze
10	Tim Chapman	M	51	24:44	27	49:08	24:24	Season best stays at 23:54	06:35	06:20	96%	72.8%	Silver
11	Tom Richards	M	49	22:16	6	47:00	24:44	Welcome to your first run of the season	06:40	07:00	105%	70.6%	Silver
12	Paul Wiegand	M	56	22:16	14	47:37	25:21	Welcome to your first run of the season	06:50	07:00	102%	73.0%	Silver
13	Max Pearson	M	40	22:16	21	48:00	25:44	Season best stays at 25:40	06:56	07:00	101%	63.3%	Bronze
14	Claudia Milburn	F	32	22:53	26	48:41	25:48	Welcome to your first run of the season	06:57	06:50	98%	68.6%	Silver
15	Maire Irlam	F	51	22:16	24	48:36	26:20	Season best stays at 26:05	07:06	07:00	99%	76.9%	Silver
16	Marc Martin	M	42	19:47	9	47:10	27:23	Welcome to your first run of the season	07:23	07:40	104%	60.4%	Bronze
17	Ciarran Brennan	M	25	19:47	25	48:41	28:54	Welcome to your first run of the season	07:47	07:40	98%	53.3%	
18	Sam Lyddiatt	F	45	17:56	12	47:23	29:27	Welcome to your first run of the season	07:56	08:10	103%	64.4%	Bronze
19	Clive Harrod	M	57	17:19	5	46:54	29:35	Welcome to your first run of the season	07:58	08:20	104%	63.1%	Bronze
20	Trevor Sutherill	M	66	16:05	2	46:07	30:02	Welcome to your first run of the season	08:06	08:40	107%	67.3%	Bronze
21	Larissa Follen	F	42	14:50	3	46:19	31:29	Welcome to your first run of the season	08:29	09:00	106%	58.8%	Bronze
22	Cheryl Chapman	F	47	14:50	10	47:11	32:21	Beats your previous best of 33:12	08:43	09:00	103%	59.8%	Bronze
23	Sarah Rippon	F	49	14:50	23	48:09	33:19	Beats your previous best of 33:33	08:59	09:00	100%	59.4%	Bronze
24	Barbara Welbourn	F	50	12:22	7	47:05	34:43	Beats your previous best of 35:46	09:21	09:40	103%	57.7%	
25	Carol Slater-Garner	F	39	12:22	8	47:06	34:44	Beats your previous best of 36:32	09:22	09:40	103%	52.3%	
26	Hannah Ryan	F	40	11:45	4	46:31	34:46	Welcome to your first run of the season	09:22	09:50	105%	52.5%	
27	Gilly Anderson	F	34	03:43	1	42:06	38:23	Welcome to your first run of the season	10:21	12:00	116%	46.3%	
28	Jayne Sinnott	F	46	00:00	28	49:20	49:20	Welcome to your first run of the season	13:18	13:00	98%	38.8%	