

**ERIC'S on June 30, 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	Rod Sinnott	M	49	26:57	13	55:56	28:59	Beats your previous best of 29:15	06:35	06:29	98%	75.0%	Silver
2	Tim Chapman	M	51	25:25	5	54:39	29:14	Beats your previous best of 29:15	06:39	06:50	103%	75.6%	Silver
3	Richard Aggar	M	39	25:25	9	55:35	30:10	Beats your previous best of 30:22	06:51	06:50	100%	66.8%	Bronze
4	John Chapman	M	48	25:25	16	56:17	30:52	Beats your previous best of 30:56	07:01	06:50	97%	69.9%	Silver
5	Tom Richards	M	49	24:38	21	56:49	32:11	Welcome to your first run of the season	07:19	07:00	96%	67.6%	Bronze
6	Paul Wiegand	M	56	23:52	17	56:19	32:27	Season best stays at 31:32	07:22	07:10	97%	71.0%	Silver
7	Maire Irlam	F	51	23:06	12	55:51	32:45	Beats your previous best of 32:55	07:27	07:21	99%	77.1%	Silver
8	Nicky Jennings	F	41	23:06	15	56:17	33:11	Season best stays at 32:19	07:32	07:21	97%	68.9%	Silver
9	Ian Milburn	M	71	20:47	3	54:24	33:37	Beats your previous best of 34:05	07:38	07:52	103%	78.9%	Gold
10	Carol Bowett	F	36	22:20	18	56:26	34:06	Season best stays at 33:09	07:45	07:31	97%	65.4%	Bronze
11	Philip England	M	57	19:15	6	54:48	35:33	Beats your previous best of 36:51	08:05	08:13	102%	65.4%	Bronze
12	Clive Harrod	M	57	18:29	4	54:29	36:00	Beats your previous best of 37:17	08:11	08:24	103%	64.5%	Bronze
13	Sam Lyddiatt	F	45	18:29	8	55:22	36:53	Welcome to your first run of the season	08:23	08:24	100%	64.0%	Bronze
14	Neil Bailey	M	40	19:15	24	57:24	38:09	Season best stays at 37:45	08:40	08:13	95%	53.2%	
15	Derrick Barsby	M	67	16:56	11	55:50	38:54	Welcome to your first run of the season	08:50	08:45	99%	65.3%	Bronze
16	Tracy Adams	F	43	14:38	2	53:54	39:16	Beats your previous best of 40:47	08:55	09:16	104%	59.1%	Bronze
17	Jon Rowell	M	44	18:29	25	57:54	39:25	Welcome to your first run of the season	08:58	08:24	94%	53.1%	
18	Larissa Follen	F	42	16:10	20	56:46	40:36	Beats your previous best of 44:10	09:14	08:55	97%	56.7%	
19	Julie Garner	F	52	14:38	7	55:19	40:41	Welcome to your first run of the season	09:15	09:16	100%	62.8%	Bronze
20	Laura Bailey	F	34	04:37	1	45:46	41:09	Beats your previous best of 46:57	09:21	11:33	124%	53.8%	
21	Joanne Clarke	F	37	14:38	14	56:09	41:31	Beats your previous best of 41:41	09:26	09:16	98%	53.9%	
22	Ash Smith	M	36	13:52	10	55:40	41:48	Welcome to your first run of the season	09:30	09:27	99%	47.2%	
23	Sarah Rippon	F	49	13:52	22	57:06	43:14	Season best stays at 41:49	09:50	09:27	96%	56.9%	
24	Carol Slater-Garner	F	39	12:19	19	56:36	44:17	Season best stays at 43:46	10:04	09:48	97%	51.0%	
25	Barbara Welbourn	F	50	12:19	23	57:21	45:02	Season best stays at 44:15	10:14	09:48	96%	55.4%	
26	Gilly Anderson	F	34	12:19	26	59:29	47:10	Welcome to your first run of the season	10:43	09:48	91%	47.0%	
27	Sam Templeman	F	32	13:52	27	02:00	48:08	Welcome to your first run of the season	10:56	09:27	86%	45.8%	
28	Jayne Sinnott	F	46	00:00	28	04:06	1:04:06	Season best stays at 1:02:41	14:34	12:36	86%	37.2%	
29	Maddie Rumbelow	F	23	00:00	29	04:50	1:04:50	Welcome to your first run of the season	14:44	12:36	86%	33.9%	