

ERIC'S on July 26, 2016
Distance 4.4 miles

Pos	Runner	M/F	Age	Handicap	Handicap Position	Elapsed Time	Running Time	How did I do?	Paceper mile	Handicap pPace	H/Cap %	Age %	Club Standard
1	Sean Connolly	M	47	25:25	9	54:35	29:10	Welcome to your first run of the season	06:38	06:50	103%	73.4%	Silver
2	Stuart Follen	M	42	23:52	5	53:49	29:57	Season best stays at 29:54	06:48	07:10	105%	68.8%	Silver
3	Paul Griffin	M	51	26:11	28	56:26	30:15	Season best stays at 28:51	06:53	06:39	97%	73.1%	Silver
4	Richard Aggar	M	39	25:25	24	56:09	30:44	Season best stays at 30:10	06:59	06:50	98%	65.5%	Bronze
5	John Chapman	M	48	25:25	30	56:44	31:19	Season best stays at 30:52	07:07	06:50	96%	68.9%	Silver
6	Claudia Milburn	F	32	23:06	12	54:53	31:47	Welcome to your first run of the season	07:13	07:21	102%	69.4%	Silver
7	Sarah Gauvin	F	45	23:06	16	55:10	32:04	Beats your previous best of 32:24	07:17	07:21	101%	73.6%	Silver
8	Max Pearson	M	40	23:52	27	56:17	32:25	Beats your previous best of 32:44	07:22	07:10	97%	62.6%	Bronze
9	Maire Irlam	F	51	22:20	14	54:57	32:37	Beats your previous best of 32:45	07:25	07:31	102%	77.4%	Silver
10	Ellen Connolly	F	35	23:06	29	56:37	33:31	Welcome to your first run of the season	07:37	07:21	96%	66.3%	Bronze
11	Carol Bowett	F	36	21:34	18	55:34	34:00	Season best stays at 33:09	07:44	07:42	100%	65.6%	Bronze
12	Jay Gilbert	F	38	21:34	21	55:40	34:06	Beats your previous best of 34:11	07:45	07:42	99%	65.9%	Bronze
13	Clive Harrod	M	57	20:01	23	55:52	35:51	Beats your previous best of 36:00	08:09	08:03	99%	64.8%	Bronze
14	Neil Bailey	M	40	17:43	10	54:37	36:54	Beats your previous best of 37:45	08:23	08:34	102%	55.0%	
15	John Welbourn	M	59	18:29	19	55:35	37:06	Welcome to your first run of the season	08:26	08:24	100%	63.7%	Bronze
16	Jane Greenwood	F	60	16:56	13	54:54	37:58	Beats your previous best of 38:34	08:38	08:45	101%	74.9%	Silver
17	Larissa Follen	F	42	16:56	35	57:15	40:19	Beats your previous best of 40:36	09:10	08:45	96%	57.2%	
18	Ash Smith	M	36	13:52	7	54:30	40:38	Beats your previous best of 41:48	09:14	09:27	102%	48.5%	
19	Laura Bailey	F	34	13:52	8	54:31	40:39	Beats your previous best of 41:09	09:14	09:27	102%	54.5%	
20	Melissa Millward	F	37	13:05	6	53:57	40:52	Welcome to your first run of the season	09:17	09:37	104%	54.8%	
21	Gemma Rose	F	30	13:52	11	54:52	41:00	Welcome to your first run of the season	09:19	09:27	101%	53.7%	
22	Shimona Easter	F	31	14:38	22	55:46	41:08	Welcome to your first run of the season	09:21	09:16	99%	53.5%	
23	Steve Clews	M	32	14:38	31	56:44	42:06	Welcome to your first run of the season	09:34	09:16	97%	45.9%	
24	Cheryl Chapman	F	48	14:38	32	56:51	42:13	Season best stays at 41:39	09:36	09:16	97%	57.7%	
25	Barbara Welbourn	F	50	11:33	33	56:57	45:24	Season best stays at 44:15	10:19	09:59	97%	54.9%	
26	Jessica Holmes	F	22	10:01	17	55:26	45:25	Welcome to your first run of the season	10:19	10:20	100%	48.4%	
27	Katie Irlam	F	22	10:01	20	55:36	45:35	Welcome to your first run of the season	10:22	10:20	100%	48.3%	
28	James Calvert	M	44	09:14	15	55:02	45:48	Welcome to your first run of the season	10:24	10:30	101%	45.7%	
29	Sam Henriques	F	35	06:56	3	53:08	46:12	Welcome to your first run of the season	10:30	11:01	105%	48.1%	
30	Gemma Read	F	36	06:56	4	53:19	46:23	Welcome to your first run of the season	10:33	11:01	105%	48.1%	
31	Carol Slater-Garner	F	40	11:33	36	59:27	47:54	Season best stays at 43:46	10:53	09:59	92%	47.5%	
32	Marianne Killick	F	40	09:14	34	57:11	47:57	Welcome to your first run of the season	10:54	10:30	96%	47.4%	
33	Carly Read	F	35	02:19	2	51:39	49:20	Welcome to your first run of the season	11:13	12:05	108%	45.0%	
34	Briony Gallagher	F	22	10:01	37	59:28	49:27	Welcome to your first run of the season	11:14	10:20	92%	44.5%	
35	Jess Papworth	F	22	10:01	38	59:29	49:28	Welcome to your first run of the season	11:15	10:20	92%	44.5%	
36	Alec South	M	25	00:00	1	50:32	50:32	Welcome to your first run of the season	11:29	12:36	110%	38.0%	
37	Sally King	F	54	02:19	25	56:13	53:54	Welcome to your first run of the season	12:15	12:05	99%	48.6%	
38	Cheryl Baird	F	44	02:19	26	56:14	53:55	Welcome to your first run of the season	12:15	12:05	99%	43.4%	
39	Susie Moore	F	36	00:00	39	1:01:18	1:01:18	Welcome to your first run of the season	13:56	12:36	90%	36.4%	