

**NORTH BRINK on July 12, 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	Richard Hammond	M	43	22:16	40	45:12	22:56	Season best stays at 21:51	06:11	06:00	97%	72.7%	Silver
2	Rod Sinnott	M	49	21:01	24	44:10	23:09	Season best stays at 23:01	06:14	06:20	102%	75.5%	Silver
3	Paul Griffin	M	51	21:38	42	45:25	23:47	Season best stays at 22:30	06:25	06:10	96%	74.7%	Silver
4	Graham Milham	M	40	21:38	43	45:29	23:51	Welcome to your first run of the season	06:26	06:10	96%	68.3%	Silver
5	Richard Aggar	M	39	20:24	25	44:15	23:51	Beats your previous best of 24:19	06:26	06:30	101%	67.8%	Bronze
6	John Chapman	M	48	19:47	19	43:56	24:09	Beats your previous best of 24:18	06:31	06:40	102%	71.8%	Silver
7	Max Pearson	M	40	19:10	33	44:47	25:37	Beats your previous best of 25:40	06:54	06:50	99%	63.6%	Bronze
8	Paul Wiegand	M	56	19:10	36	45:03	25:53	Season best stays at 25:21	06:59	06:50	98%	71.5%	Silver
9	Maire Irlam	F	51	18:33	37	45:06	26:33	Season best stays at 26:05	07:09	07:00	98%	76.3%	Silver
10	Ian Milburn	M	71	17:19	18	43:54	26:35	Welcome to your first run of the season	07:10	07:20	102%	80.1%	Gold
11	Carol Bowett	F	36	17:19	22	44:04	26:45	Beats your previous best of 27:01	07:13	07:20	102%	66.9%	Bronze
12	Jay Gilbert	F	38	17:19	26	44:29	27:10	Season best stays at 25:57	07:19	07:20	100%	66.5%	Bronze
13	Marc Martin	M	42	17:19	30	44:37	27:18	Beats your previous best of 27:23	07:22	07:20	100%	60.6%	Bronze
14	Clive Harrod	M	57	15:28	17	43:42	28:15	Beats your previous best of 29:35	07:37	07:50	103%	66.1%	Bronze
15	Philip England	M	58	16:05	29	44:33	28:28	Beats your previous best of 28:57	07:40	07:40	100%	66.1%	Bronze
16	Trevor Sutherill	M	66	14:50	13	43:26	28:36	Beats your previous best of 30:02	07:42	08:00	104%	70.7%	Silver
17	Sam Lyddiatt	F	45	14:50	23	44:08	29:18	Beats your previous best of 29:27	07:54	08:00	101%	64.7%	Bronze
18	Jon Rowell	M	44	13:36	7	42:58	29:22	Welcome to your first run of the season	07:55	08:20	105%	57.2%	
19	Luke Pinner	M	34	17:19	46	46:43	29:24	Welcome to your first run of the season	07:56	07:20	93%	53.2%	
20	Jane Greenwood	F	60	07:25	3	37:50	30:25	Beats your previous best of 30:35	08:12	10:00	122%	75.1%	Silver
21	Michelle Gilbert	F	37	07:25	4	37:51	30:26	Welcome to your first run of the season	08:12	10:00	122%	59.1%	Bronze
22	John Welbourn	M	59	15:28	44	45:56	30:28	Season best stays at 30:14	08:13	07:50	95%	62.3%	Bronze
23	Larissa Follen	F	42	12:22	11	43:23	31:01	Beats your previous best of 31:29	08:22	08:40	104%	59.6%	Bronze
24	Tim Button	M	47	11:08	12	43:25	32:17	Welcome to your first run of the season	08:42	09:00	103%	53.2%	
25	Gemma Rose	F	30	11:08	31	44:42	33:34	Welcome to your first run of the season	09:03	09:00	99%	52.7%	
26	Laura Bailey	F	34	09:54	16	43:35	33:41	Welcome to your first run of the season	09:05	09:20	103%	52.8%	
27	Melissa Millward	F	37	09:54	20	43:59	34:05	Welcome to your first run of the season	09:11	09:20	102%	52.7%	

28	Sarah Rippon	F	49	11:08	41	45:20	34:12	Season best stays at 33:11	09:13	09:00	98%	57.8%
29	Hannah Ryan	F	40	09:54	28	44:31	34:37	Beats your previous best of 34:46	09:20	09:20	100%	52.7%
30	Carol Slater-Garner	F	39	09:54	35	44:59	35:05	Season best stays at 34:44	09:27	09:20	99%	51.7%
31	Barbara Welbourn	F	50	09:16	27	44:30	35:14	Season best stays at 34:43	09:30	09:30	100%	56.8%
32	Julia Oram	F	60	08:39	32	44:45	36:06	Season best stays at 36:03	09:44	09:40	99%	63.3% Bronze
33	Katie Irlam	F	22	03:43	5	40:02	36:19	Welcome to your first run of the season	09:47	11:00	112%	48.6%
34	Jessica Holmes	F	22	03:43	6	40:02	36:19	Welcome to your first run of the season	09:47	11:00	112%	48.6%
35	Sharon Bird	F	44	00:00	1	36:23	36:23	Welcome to your first run of the season	09:48	12:00	122%	51.7%
36	Kristy Burton	F	36	07:25	21	44:01	36:36	Welcome to your first run of the season	09:52	10:00	101%	48.9%
37	Gilly Anderson	F	34	09:16	45	45:58	36:42	Beats your previous best of 38:23	09:53	09:30	96%	48.5%
38	Karen Welbourn	F	16	11:08	48	47:50	36:42	Welcome to your first run of the season	09:54	09:00	91%	49.8%
39	Brioni Gallagher	F	22	00:00	2	36:51	36:51	Welcome to your first run of the season	09:56	12:00	121%	47.9%
40	Sam Templeman	F	32	06:11	10	43:21	37:10	Welcome to your first run of the season	10:01	10:20	103%	47.7%
41	James Calvert	M	44	07:25	34	44:50	37:25	Welcome to your first run of the season	10:05	10:00	99%	44.9%
42	Sam Henriques	F	35	04:57	14	43:32	38:35	Welcome to your first run of the season	10:24	10:40	103%	46.2%
43	Angela Rout	F	40	03:43	15	43:33	39:50	Welcome to your first run of the season	10:44	11:00	102%	45.8%
44	Carly Read	F	35	03:43	38	45:06	41:23	Welcome to your first run of the season	11:09	11:00	99%	43.1%
45	Gemma Read	F	36	03:43	39	45:07	41:24	Welcome to your first run of the season	11:10	11:00	99%	43.2%
46	Emma Bonner	F	39	05:34	47	47:22	41:48	Welcome to your first run of the season	11:16	10:30	93%	43.4%
47	Haley Johnson	F	32	00:00	8	43:04	43:04	Welcome to your first run of the season	11:36	12:00	103%	41.1%
48	Cheryl Baird	F	44	00:00	9	43:06	43:06	Welcome to your first run of the season	11:37	12:00	103%	43.6%
49	Alex South	M	25	03:43	50	51:53	48:10	Welcome to your first run of the season	12:59	11:00	85%	32.0%
50	Michela Swan	F	43	00:00	49	48:59	48:59	Welcome to your first run of the season	13:12	12:00	91%	38.1%
51	Nicola Rose	F	38	00:00	51	52:01	52:01	Welcome to your first run of the season	14:01	12:00	86%	34.7%