

ERIC'S on August 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	Graham Milham	M	40	23:52	11	52:36	28:44	Beats your previous best of 30:02	06:32	06:39	102%	70.6%	Silver
2	Rod Sinnott	M	49	23:52	13	52:42	28:50	Beats your previous best of 28:59	06:33	06:39	101%	75.4%	Silver
3	Tim Chapman	M	51	23:52	14	52:52	29:00	Beats your previous best of 29:14	06:35	06:39	101%	76.2%	Silver
4	Dean Clark	M	20	21:34	5	51:33	29:59	Welcome to your first run of the season	06:49	07:10	105%	64.6%	Bronze
5	Bethan Everson	F	25	23:52	24	55:04	31:12	Season best stays at 28:43	07:05	06:39	94%	70.5%	Silver
6	Dan Carrington	M	25	20:01	6	51:36	31:35	Welcome to your first run of the season	07:11	07:31	105%	60.7%	Bronze
7	Richard Aggar	M	39	22:20	19	53:55	31:35	Season best stays at 30:10	07:11	07:00	98%	63.8%	Bronze
8	Max Pearson	M	40	20:47	17	53:34	32:47	Season best stays at 32:25	07:27	07:21	99%	61.9%	Bronze
9	Ian Milburn	M	72	19:15	10	52:34	33:19	Beats your previous best of 33:37	07:34	07:42	102%	80.7%	Gold
10	Paulina Zub	F	36	18:29	9	52:30	34:01	Beats your previous best of 34:23	07:44	07:52	102%	65.5%	Bronze
11	Ellen Connolly	F	36	20:47	23	54:50	34:03	Season best stays at 33:31	07:44	07:21	95%	65.5%	Bronze
12	Trevor Sutherland	M	66	17:43	21	54:04	36:21	Welcome to your first run of the season	08:16	08:03	97%	69.2%	Silver
13	Jane Greenwood	F	60	15:24	18	53:38	38:14	Season best stays at 37:58	08:41	08:34	99%	74.4%	Silver
14	Katie Irlam	F	22	11:33	8	51:46	40:13	Beats your previous best of 45:35	09:08	09:27	103%	54.7%	
15	Julie Garner	F	52	12:19	16	53:12	40:53	Season best stays at 40:41	09:17	09:16	100%	62.5%	Bronze
16	Jessica Holmes	F	22	07:42	1	48:44	41:02	Beats your previous best of 45:25	09:20	10:20	111%	53.6%	
17	Larissa Follen	F	42	09:14	2	50:40	41:26	Season best stays at 40:19	09:25	09:59	106%	55.6%	
18	Gemma Rose	F	30	09:14	3	50:48	41:34	Season best stays at 41:00	09:27	09:59	106%	53.0%	
19	Melissa Millward	F	37	12:19	22	54:08	41:49	Season best stays at 40:52	09:30	09:16	98%	53.5%	
20	Derrick Barsby	M	67	14:38	26	56:52	42:14	Season best stays at 38:54	09:36	08:45	91%	60.1%	Bronze
21	Jess Papworth	F	22	08:28	7	51:42	43:14	Beats your previous best of 49:28	09:49	10:09	103%	50.9%	
22	Carly Read	F	35	09:14	15	52:58	43:44	Beats your previous best of 49:20	09:56	09:59	100%	50.8%	
23	Gemma Read	F	36	06:56	12	52:39	45:43	Beats your previous best of 46:23	10:23	10:30	101%	48.8%	
24	Carol Slater-Garner	F	40	09:14	25	56:17	47:03	Season best stays at 43:46	10:41	09:59	93%	48.3%	
25	Judy Seale	F	53	00:00	4	51:27	51:27	Welcome to your first run of the season	11:42	12:05	103%	50.3%	
26	Cheryl Baird	F	44	00:00	20	53:57	53:57	Season best stays at 53:05	12:16	12:05	98%	43.4%	