

**NORTH BRINK on August 18, 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	Paul Griffin	M	51	21:01	15	44:23	23:22	Season best stays at 22:30	06:18	06:20	101%	76.0%	Silver
2	Graham Milham	M	40	21:01	19	44:44	23:43	Beats your previous best of 23:51	06:23	06:20	99%	68.7%	Silver
3	Stuart Follen	M	42	21:01	20	44:56	23:55	Season best stays at 22:57	06:27	06:20	98%	69.2%	Silver
4	Rod Sinnott	M	49	21:01	22	45:28	24:27	Season best stays at 23:01	06:35	06:20	96%	71.5%	Silver
5	Mark Cook	M	54	18:33	5	43:16	24:43	Welcome to your first run of the season	06:40	07:00	105%	73.6%	Silver
6	Maire Irlam	F	51	17:56	7	43:51	25:55	Beats your previous best of 26:05	06:59	07:10	103%	78.2%	Gold
7	Paul Wiegand	M	56	18:33	17	44:38	26:05	Season best stays at 25:21	07:02	07:00	100%	70.9%	Silver
8	Ellen Connolly	F	36	17:56	9	44:02	26:06	Season best stays at 26:05	07:02	07:10	102%	68.6%	Silver
9	Ian Milburn	M	71	17:19	8	43:55	26:36	Season best stays at 26:35	07:10	07:20	102%	80.1%	Gold
10	Carol Bowett	F	36	17:19	11	44:07	26:48	Season best stays at 26:45	07:13	07:20	102%	66.8%	Bronze
11	Aaron Petts	M	38	14:50	10	44:06	29:16	Welcome to your first run of the season	07:53	08:00	101%	54.9%	
12	Melissa Millward	F	37	11:45	12	44:14	32:29	Beats your previous best of 34:05	08:45	08:50	101%	55.3%	
13	Ash Smith	M	36	11:45	13	44:14	32:29	Welcome to your first run of the season	08:45	08:50	101%	48.7%	
14	Katie Irlam	F	22	08:02	4	41:35	33:33	Beats your previous best of 36:19	09:03	09:50	109%	52.7%	
15	Cheryl Chapman	F	48	11:08	18	44:41	33:33	Season best stays at 32:21	09:03	09:00	100%	58.3%	Bronze
16	Carly Read	F	35	05:34	1	40:41	35:07	Beats your previous best of 41:23	09:28	10:30	111%	50.8%	
17	Carol Slater-Garner	F	40	09:16	16	44:31	35:14	Season best stays at 34:44	09:30	09:30	100%	51.8%	
18	Jess Papworth	F	22	05:34	2	41:17	35:43	Welcome to your first run of the season	09:38	10:30	109%	49.5%	
19	Briony Gallagher	F	22	05:34	3	41:22	35:48	Beats your previous best of 36:51	09:39	10:30	109%	49.4%	
20	Gily Anderson	F	34	07:25	6	43:45	36:20	Beats your previous best of 36:42	09:48	10:00	102%	49.0%	
21	Barbara Welbourn	F	50	08:39	21	45:07	36:28	Season best stays at 34:43	09:50	09:40	98%	54.9%	
22	James Calvert	M	44	07:25	14	44:21	36:56	Beats your previous best of 37:25	09:57	10:00	100%	45.5%	
23	Susie Moore	F	36	00:00	23	46:29	46:29	Welcome to your first run of the season	12:32	12:00	96%	38.5%	
24	Jayne Sinnott	F	46	00:00	24	53:08	53:08	Season best stays at 49:20	14:19	12:00	84%	36.0%	