

NORTH BRINK on September 13, 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	Sean Connolly	M	47	09:54	2	32:36	22:42	Beats your previous best of 23:11	06:07	06:20	103%	75.7%	Silver
2	Rod Sinnott	M	49	09:54	9	33:54	24:00	Season best stays at 23:01	06:28	06:20	98%	72.8%	Silver
3	John Chapman	M	48	08:39	5	33:25	24:46	Season best stays at 24:09	06:40	06:40	100%	70.0%	Silver
4	Richard Aggar	M	39	08:02	6	33:31	25:29	Season best stays at 23:51	06:52	06:50	100%	63.5%	Bronze
5	Maire Irlam	F	51	07:25	11	34:04	26:39	Season best stays at 25:55	07:11	07:00	97%	76.1%	Silver
6	Max Pearson	M	40	07:25	13	34:41	27:16	Season best stays at 25:37	07:21	07:00	95%	59.8%	Bronze
7	Justin Brown	M	44	04:57	10	33:55	28:58	Welcome to your first run of the season	07:49	07:40	98%	58.0%	
8	Paul Fysh	M	27	03:43	4	32:49	29:06	Welcome to your first run of the season	07:51	08:00	102%	52.9%	
9	Jane Greenwood	F	61	02:28	7	33:34	31:06	Season best stays at 30:25	08:23	08:20	99%	74.5%	Silver
10	Melissa Millward	F	37	00:37	1	32:07	31:30	Beats your previous best of 32:29	08:29	08:50	104%	57.1%	
11	Michelle Gilbert	F	37	02:28	12	34:18	31:50	Season best stays at 30:26	08:35	08:20	97%	56.5%	
12	Katie Irlam	F	22	01:14	8	33:35	32:21	Beats your previous best of 33:33	08:43	08:40	99%	54.6%	
13	Gemma Rose	F	30	00:00	3	32:42	32:42	Beats your previous best of 33:34	08:49	09:00	102%	54.1%	
14	Cheryl Chapman	F	48	00:00	14	34:49	34:49	Season best stays at 32:21	09:23	09:00	96%	56.1%	
15	Larissa Follen	F	42	00:00	15	35:02	35:02	Season best stays at 31:01	09:27	09:00	95%	52.8%	
16	James Calvert	M	44	00:00	16	35:17	35:17	Beats your previous best of 36:56	09:31	09:00	95%	47.6%	
17	Joanne Clarke	F	37	00:00	17	35:22	35:22	Welcome to your first run of the season	09:32	09:00	94%	50.8%	
18	Briony Gallagher	F	22	00:00	18	35:55	35:55	Season best stays at 35:48	09:41	09:00	93%	49.2%	
19	Gemma Read	F	36	00:00	19	36:12	36:12	Beats your previous best of 41:24	09:45	09:00	92%	49.5%	
20	Hannah Ryan	F	40	00:00	20	36:33	36:33	Season best stays at 34:37	09:51	09:00	91%	50.0%	
21	John Welbourn	M	59	03:43	26	40:43	37:00	Season best stays at 30:14	09:58	08:00	80%	51.3%	
22	Jess Papworth	F	22	00:00	21	37:20	37:20	Season best stays at 35:43	10:04	09:00	89%	47.3%	
23	Carol Slater-Garner	F	40	00:00	22	37:56	37:56	Season best stays at 34:44	10:13	09:00	88%	48.1%	
24	Stephen Forsett	M	48	00:00	23	37:58	37:58	Welcome to your first run of the season	10:14	09:00	88%	45.6%	
25	Barbara Welbourn	F	50	00:00	24	39:43	39:43	Season best stays at 34:43	10:42	09:00	84%	50.4%	
26	Judy Seale	F	54	00:00	25	40:07	40:07	Welcome to your first run of the season	10:49	09:00	83%	52.5%	
27	Lucy Hicks	F	34	00:00	27	42:05	42:05	Welcome to your first run of the season	11:21	09:00	79%	42.3%	