

SANDALL ROAD on September 29, 2016**Distance 3.1 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	Martin Jennings	M	45	18:05	15	36:37	18:32	Welcome to your first run of the season	05:59	06:10	103%	76.3%	Silver
2	Rod Sinnott	M	49	17:34	21	37:12	19:38	Welcome to your first run of the season	06:20	06:20	100%	74.3%	Silver
3	John Chapman	M	48	16:32	16	36:40	20:08	Welcome to your first run of the season	06:30	06:40	103%	71.9%	Silver
4	Max Pearson	M	40	15:30	18	36:59	21:29	Welcome to your first run of the season	06:56	07:00	101%	63.4%	Bronze
5	Paul Griffin	M	51	14:59	17	36:40	21:41	Welcome to your first run of the season	07:00	07:10	102%	68.4%	Silver
6	Maire Irlam	F	51	15:30	23	37:25	21:55	Welcome to your first run of the season	07:04	07:00	99%	77.3%	Silver
7	Paul Wiegand	M	56	15:30	25	37:38	22:08	Welcome to your first run of the season	07:08	07:00	98%	69.8%	Silver
8	Carol Bowett	F	36	14:28	20	37:04	22:36	Welcome to your first run of the season	07:17	07:20	101%	66.2%	Bronze
9	Melissa Millward	F	37	10:20	6	35:49	25:29	Welcome to your first run of the season	08:13	08:40	105%	58.9%	Bronze
10	Katie Irlam	F	22	10:20	10	36:15	25:55	Welcome to your first run of the season	08:22	08:40	104%	57.0%	
11	Clive Harrod	M	58	10:20	11	36:16	25:56	Welcome to your first run of the season	08:22	08:40	104%	60.6%	Bronze
12	Martin Kinghorn	M	56	11:22	22	37:20	25:58	Welcome to your first run of the season	08:23	08:20	99%	59.5%	Bronze
13	Gemma Rose	F	30	09:18	4	35:22	26:04	Welcome to your first run of the season	08:25	09:00	107%	56.7%	
14	Nigel Searle	M	56	10:04	12	36:17	26:12	Welcome to your first run of the season	08:27	08:45	103%	59.0%	Bronze
15	Larissa Follen	F	42	09:18	7	36:00	26:42	Welcome to your first run of the season	08:37	09:00	104%	57.9%	
16	Julie Garner	F	52	08:47	13	36:24	27:37	Welcome to your first run of the season	08:55	09:10	103%	62.1%	Bronze
17	Briony Gallagher	F	22	07:14	2	34:59	27:45	Welcome to your first run of the season	08:57	09:40	108%	53.2%	
18	Cheryl Chapman	F	48	08:47	19	37:00	28:13	Welcome to your first run of the season	09:06	09:10	101%	57.9%	
19	Carly Read	F	35	07:45	8	36:04	28:19	Welcome to your first run of the season	09:08	09:30	104%	52.6%	
20	James Calvert	M	44	07:45	9	36:14	28:29	Welcome to your first run of the season	09:11	09:30	103%	49.3%	
21	Sam Henriques	F	36	06:12	3	35:20	29:08	Welcome to your first run of the season	09:24	10:00	106%	51.3%	
22	Sarah Rippon	F	49	08:47	27	38:26	29:39	Welcome to your first run of the season	09:34	09:10	96%	55.7%	
23	Gemma Read	F	36	06:43	24	37:35	30:52	Welcome to your first run of the season	09:57	09:50	99%	48.5%	
24	Gily Anderson	F	35	06:43	26	38:15	31:32	Welcome to your first run of the season	10:10	09:50	97%	47.3%	
25	Lucy Hicks	F	34	00:00	1	32:01	32:01	Welcome to your first run of the season	10:20	12:00	116%	46.4%	
26	Judy Seale	F	53	03:06	14	36:28	33:22	Welcome to your first run of the season	10:46	11:00	102%	52.1%	
27	Cheryl Baird	F	44	01:33	5	35:47	34:14	Welcome to your first run of the season	11:03	11:30	104%	45.9%	
28	Jayne Sinnott	F	47	00:00	28	43:32	43:32	Welcome to your first run of the season	14:03	12:00	85%	37.1%	