

SANDALL ROAD on November 3, 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 Pace	H/Cap %	Age %	Club Standard
1	Lewis Saunders	M	26	16:01	2	35:23	19:22	#REF!	06:15	06:50	109%	66.4%	Bronze
2	Rod Sinnott	M	49	17:34	19	37:41	20:07	Season best stays at 19:38	06:29	06:20	98%	72.6%	Silver
3	Tom Richards	M	50	16:01	6	36:40	20:39	Welcome to your first run of the season	06:40	06:50	103%	71.2%	Silver
4	Tim Chapman	M	52	17:34	22	38:16	20:42	Welcome to your first run of the season	06:41	06:20	95%	72.2%	Silver
5	Bethan Everson	F	25	16:32	17	37:35	21:03	Welcome to your first run of the season	06:47	06:40	98%	70.1%	Silver
6	John Chapman	M	48	16:32	18	37:36	21:04	Season best stays at 20:08	06:48	06:40	98%	68.7%	Silver
7	Stuart Follen	M	42	17:03	23	38:20	21:17	Welcome to your first run of the season	06:52	06:30	95%	64.9%	Bronze
8	Ellen Connolly	F	36	14:59	12	37:06	22:07	Welcome to your first run of the season	07:08	07:10	100%	67.6%	Bronze
9	Paul Wiegand	M	57	15:30	20	37:55	22:25	Season best stays at 22:08	07:14	07:00	97%	69.6%	Silver
10	Carol Bowett	F	36	14:28	11	36:54	22:26	Beats your previous best of 22:36	07:14	07:20	101%	66.7%	Bronze
11	Daniel Spiller	M	37	15:30	21	38:06	22:36	#N/A	07:17	07:00	96%	58.9%	Bronze
12	Gemma Rose	F	30	11:53	13	37:17	25:24	Beats your previous best of 26:04	08:12	08:10	100%	58.1%	Bronze
13	Jac Richards	F	49	11:53	15	37:24	25:31	Welcome to your first run of the season	08:14	08:10	99%	64.7%	Bronze
14	Jane Greenwood	F	61	11:22	10	36:53	25:31	Welcome to your first run of the season	08:14	08:20	101%	75.8%	Silver
15	Denise Griffin	F	52	10:51	16	37:26	26:35	Welcome to your first run of the season	08:35	08:30	99%	64.5%	Bronze
16	Larissa Follen	F	42	10:20	14	37:21	27:01	Season best stays at 26:42	08:43	08:40	99%	57.2%	
17	Carly Read	F	35	08:47	5	36:30	27:43	Beats your previous best of 28:19	08:56	09:10	103%	53.8%	
18	Jane Clarke	F	49	06:58	1	34:58	28:00	#N/A	09:02	09:45	108%	59.0%	Bronze
19	Gemma Read	F	36	07:14	7	36:14	29:00	Beats your previous best of 30:52	09:21	09:40	103%	51.6%	
20	Briony Gallagher	F	22	07:14	8	36:20	29:06	Season best stays at 27:45	09:23	09:40	103%	50.7%	
21	Barbara Welbourn	F	50	06:43	9	36:52	30:09	Welcome to your first run of the season	09:44	09:50	101%	55.5%	
22	James Calvert	M	44	08:16	24	38:30	30:14	Season best stays at 28:29	09:45	09:20	96%	46.4%	
23	Judy Seale	F	54	03:37	3	35:27	31:50	Beats your previous best of 33:22	10:16	10:50	105%	55.3%	
24	Rebecca Richardson	F	30	09:18	26	43:23	34:05	#N/A	11:00	09:00	82%	43.3%	
25	Cheryl Baird	F	44	01:33	4	35:46	34:13	Beats your previous best of 34:14	11:02	11:30	104%	45.9%	
26	Jayne Sinnott	F	47	00:00	25	42:28	42:28	Beats your previous best of 43:32	13:42	12:00	88%	38.0%	