

SANDALL ROAD on January 26, 2017**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	15:30	11	34:09	18:39	Beats your previous best of 19:22 by 0:43	06:01	06:00	100%	69.0%	Silver
2	Graham Milham	M	40	14:28	14	34:31	20:03	Welcome to your first run of the season	06:28	06:20	98%	67.9%	Bronze
3	Bethan Everson	F	25	14:28	15	34:40	20:12	Beats your previous best of 21:03 by 0:51	06:31	06:20	97%	73.1%	Silver
4	Richard Aggar	M	39	13:26	5	33:45	20:19	Beats your previous best of 20:55 by 0:36	06:33	06:40	102%	66.5%	Bronze
5	Martin Jennings	M	46	13:26	6	33:46	20:20	Season best stays at 18:32	06:34	06:40	102%	70.1%	Silver
6	John Chapman	M	49	13:26	8	33:55	20:29	Season best stays at 20:08	06:36	06:40	101%	71.3%	Silver
7	Tom Richards	M	50	13:26	9	34:01	20:35	Beats your previous best of 20:39 by 0:04	06:38	06:40	100%	71.5%	Silver
8	Maire Irlam	F	51	11:22	16	34:48	23:26	Season best stays at 21:55	07:34	07:20	97%	72.3%	Silver
9	Nigel Seale	M	56	08:47	3	32:20	23:33	Beats your previous best of 26:05 by 2:32	07:36	08:10	108%	65.6%	Bronze
10	Jane Greenwood	F	61	08:47	18	34:59	26:12	Season best stays at 24:55	08:27	08:10	97%	73.9%	Silver
11	Jane Clarke	F	49	08:16	13	34:29	26:13	Beats your previous best of 26:52 by 0:39	08:27	08:20	99%	63.0%	Bronze
12	Melissa Millward	F	37	08:47	19	35:12	26:25	Season best stays at 25:29	08:31	08:10	96%	56.9%	
13	Nicola Moore	F	18	04:39	1	31:13	26:34	Welcome to your first run of the season	08:34	09:30	111%	56.2%	
14	Paskey Ruggiero	M	53	05:25	4	32:28	27:03	Welcome to your first run of the season	08:43	09:15	106%	55.8%	
15	Mark Hopkisson	M	48	06:12	12	34:23	28:11	Welcome to your first run of the season	09:05	09:00	99%	51.4%	
16	Joanne Clarke	F	38	05:41	10	34:06	28:25	Welcome to your first run of the season	09:10	09:10	100%	53.1%	
17	Cheryl Chapman	F	48	06:12	17	34:55	28:43	Season best stays at 28:13	09:16	09:00	97%	56.9%	
18	Barbara Welbourn	F	50	03:37	7	33:54	30:17	Season best stays at 30:09	09:46	09:50	101%	55.2%	
19	Cheryl Baird	F	44	00:00	2	31:49	31:49	Beats your previous best of 34:13 by 2:24	10:16	11:00	107%	49.4%	