

**NORTH BRINK on April 18, 2017****Distance 3.71 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	Tim Chapman	M	52	15:27	13	39:12	23:45	Welcome to your first run of the season	06:24	06:30	102%	75.4%	Silver
2	Daniel Spiller	M	37	13:36	3	38:06	24:30	Welcome to your first run of the season	06:36	07:00	106%	65.1%	Bronze
3	John Chapman	M	49	14:50	15	39:30	24:40	Welcome to your first run of the season	06:39	06:40	100%	70.8%	Silver
4	Claudia Milburn	F	33	14:13	16	39:31	25:18	Welcome to your first run of the season	06:49	06:50	100%	70.2%	Silver
5	Nigel Seale	M	56	12:22	5	38:18	25:56	Welcome to your first run of the season	06:59	07:20	105%	71.3%	Silver
6	Maire Irlam	F	52	12:22	11	39:06	26:44	Welcome to your first run of the season	07:12	07:20	102%	76.8%	Silver
7	Ian Milburn	M	72	11:45	7	38:45	27:00	Welcome to your first run of the season	07:17	07:30	103%	80.0%	Gold
8	Jane Greenwood	F	61	09:54	10	38:56	29:02	Welcome to your first run of the season	07:50	08:00	102%	79.8%	Gold
9	Derrick Barsby	M	68	09:16	18	39:36	30:19	Welcome to your first run of the season	08:10	08:10	100%	67.9%	Bronze
10	Katie Irlam	F	22	09:16	19	39:37	30:21	Welcome to your first run of the season	08:11	08:10	100%	58.2%	Bronze
11	Haley Missin	F	27	08:02	8	38:49	30:47	Welcome to your first run of the season	08:18	08:30	102%	57.4%	
12	Gemma Read	F	36	08:02	17	39:33	31:31	Welcome to your first run of the season	08:30	08:30	100%	56.8%	
13	Hannah Ryan	F	41	04:57	4	38:13	33:16	Welcome to your first run of the season	08:58	09:20	104%	55.2%	
14	Sharon Bird	F	45	05:34	9	38:55	33:21	Welcome to your first run of the season	08:59	09:10	102%	56.9%	
15	Sarah Rippon	F	50	05:34	14	39:13	33:39	Welcome to your first run of the season	09:04	09:10	101%	59.5%	Bronze
16	Cheryl Chapman	F	48	04:57	12	39:10	34:13	Welcome to your first run of the season	09:13	09:20	101%	57.1%	
17	Julie Garner	F	53	05:34	21	40:07	34:33	Welcome to your first run of the season	09:19	09:10	98%	60.2%	Bronze
18	Judy Seale	F	54	03:05	6	38:22	35:17	Welcome to your first run of the season	09:30	09:50	103%	59.7%	Bronze
19	Barbara Welbourn	F	51	03:43	20	40:02	36:19	Welcome to your first run of the season	09:47	09:40	99%	55.8%	
20	Sam Henriques	F	36	00:37	1	37:07	36:30	Welcome to your first run of the season	09:50	10:30	107%	49.0%	
21	Lucy Hicks	F	34	00:00	2	37:26	37:26	Welcome to your first run of the season	10:05	10:40	106%	47.5%	