

**SANDALL ROAD on March 28, 2017****Distance 3.107 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	19:10	13	36:54	17:44	Beats your previous best of 18:39 by 0:55	05:43	05:50	102%	72.7%	Silver
2	Richard Aggar	M	39	16:34	9	36:41	20:07	Beats your previous best of 20:19 by 0:12	06:28	06:40	103%	67.4%	Bronze
3	John Shaw	M	48	16:34	10	36:49	20:15	Welcome to your first run of the season	06:31	06:40	102%	71.7%	Silver
4	Stuart Follen	M	43	16:34	17	37:19	20:45	Beats your previous best of 21:17 by 0:32	06:41	06:40	100%	67.3%	Bronze
5	John Chapman	M	49	16:34	18	37:28	20:54	Season best stays at 20:08	06:44	06:40	99%	70.0%	Silver
6	Ellen Connolly	F	36	15:01	12	36:53	21:52	Beats your previous best of 22:07 by 0:15	07:02	07:10	102%	68.6%	Silver
7	Carol Bowett	F	37	15:01	15	37:03	22:02	Beats your previous best of 22:26 by 0:24	07:05	07:10	101%	68.3%	Silver
8	Nigel Seale	M	56	14:30	11	36:52	22:22	Beats your previous best of 23:33 by 1:11	07:12	07:20	102%	69.3%	Silver
9	Maire Irlam	F	52	14:30	14	36:56	22:26	Season best stays at 21:55	07:13	07:20	102%	76.6%	Silver
10	Carly Read	F	35	10:21	1	35:11	24:50	Beats your previous best of 26:41 by 1:51	07:59	08:40	108%	60.2%	Bronze
11	Melissa Millward	F	37	10:52	4	36:02	25:10	Beats your previous best of 25:29 by 0:19	08:06	08:30	105%	59.8%	Bronze
12	Jane Greenwood	F	61	12:26	20	37:40	25:14	Season best stays at 24:55	08:07	08:00	98%	76.9%	Silver
13	Haley Missin	F	27	09:19	2	35:18	25:59	Welcome to your first run of the season	08:22	09:00	108%	57.0%	
14	John Welbourn	M	59	12:26	22	38:29	26:03	Welcome to your first run of the season	08:23	08:00	95%	61.0%	Bronze
15	Denise Griffin	F	52	10:21	7	36:27	26:06	Beats your previous best of 26:35 by 0:29	08:24	08:40	103%	65.9%	Bronze
16	Gemma Read	F	36	09:19	3	35:42	26:23	Beats your previous best of 27:59 by 1:36	08:29	09:00	106%	56.8%	
17	Sarah Rippon	F	50	08:17	5	36:22	28:05	Beats your previous best of 29:29 by 1:24	09:02	09:20	103%	59.7%	Bronze
18	Brian Kett	M	69	09:19	21	38:18	28:59	Welcome to your first run of the season	09:20	09:00	96%	60.1%	Bronze
19	Barbara Welbourn	F	51	06:44	6	36:23	29:39	Beats your previous best of 30:09 by 0:30	09:33	09:50	103%	57.2%	
20	Judy Seale	F	54	06:13	8	36:29	30:16	Beats your previous best of 31:50 by 1:34	09:45	10:00	103%	58.3%	Bronze
21	Julia Oram	F	61	06:44	16	37:13	30:29	Welcome to your first run of the season	09:49	09:50	100%	63.6%	Bronze
22	Gily Anderson	F	35	08:17	23	38:48	30:31	Season best stays at 29:57	09:49	09:20	95%	49.0%	
23	Lucy Hicks	F	34	04:09	19	37:32	33:23	Season best stays at 32:01	10:45	10:40	99%	44.6%	