

NORTH BRINK on July 20, 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	Martin Jennings	M	46	30:55	17	51:26	20:31	Welcome to your first run of the season	05:32	05:40	102%	83.1%	Gold
2	Shane Draper	M	50	29:04	13	51:14	22:10	Welcome to your first run of the season	05:59	06:10	103%	79.4%	Gold
3	Rod Sinnott	M	50	28:27	26	51:59	23:32	Beats your previous best of 23:33 by 0:01	06:21	06:20	100%	74.8%	Silver
4	Stuart Webb	M	39	28:27	28	52:10	23:43	Welcome to your first run of the season	06:24	06:20	99%	68.2%	Silver
5	Tom Richards	M	50	27:12	23	51:45	24:33	Welcome to your first run of the season	06:37	06:40	101%	71.7%	Silver
6	Richard Aggar	M	40	27:49	29	52:24	24:34	Welcome to your first run of the season	06:37	06:30	98%	66.3%	Bronze
7	Daniel Spiller	M	37	26:35	14	51:16	24:41	Season best stays at 24:30	06:39	06:50	103%	64.6%	Bronze
8	Paul Wiegand	M	57	24:44	8	50:38	25:54	Beats your previous best of 26:48 by 0:54	06:59	07:20	105%	72.0%	Silver
9	Ellen Connolly	F	36	24:44	12	51:09	26:25	Beats your previous best of 27:03 by 0:38	07:07	07:20	103%	67.8%	Bronze
10	Carol Bowett	F	37	24:07	10	50:45	26:38	Beats your previous best of 27:35 by 0:57	07:11	07:30	104%	67.5%	Bronze
11	Ian Milburn	M	72	24:07	18	51:29	27:22	Season best stays at 27:00	07:23	07:30	102%	78.9%	Gold
12	Cat Duce	F	40	24:07	32	52:32	28:25	Welcome to your first run of the season	07:40	07:30	98%	64.2%	Bronze
13	Elisabeth Sennitt-Clough	F	42	22:16	16	51:22	29:06	Welcome to your first run of the season	07:51	08:00	102%	63.6%	Bronze
14	Trevor Sutherill	M	67	22:53	27	52:02	29:09	Season best stays at 28:40	07:52	07:50	100%	70.0%	Silver
15	Paul Griffin	M	52	25:58	43	55:17	29:19	Welcome to your first run of the season	07:54	07:00	89%	61.0%	Bronze
16	Jane Greenwood	F	61	22:16	21	51:40	29:24	Season best stays at 29:02	07:56	08:00	101%	78.8%	Gold
17	Jon Rowell	M	45	19:47	3	49:15	29:28	Welcome to your first run of the season	07:56	08:40	109%	57.4%	
18	Aaron Petts	M	39	21:38	19	51:31	29:52	Welcome to your first run of the season	08:03	08:10	101%	54.1%	
19	Bob Hicks	M	40	21:38	24	51:48	30:09	Welcome to your first run of the season	08:08	08:10	100%	54.0%	
20	Carly Read	F	36	19:47	5	50:22	30:35	Welcome to your first run of the season	08:15	08:40	105%	58.5%	Bronze
21	Haley Missin	F	33	21:01	22	51:44	30:43	Beats your previous best of 30:47 by 0:04	08:17	08:20	101%	57.8%	
22	Jac Richards	F	50	21:38	31	52:31	30:52	Welcome to your first run of the season	08:19	08:10	98%	64.8%	Bronze
23	Jay Gilbert	F	39	24:07	44	55:19	31:12	Welcome to your first run of the season	08:25	07:30	89%	58.2%	Bronze
24	Neil Bailey	M	41	19:10	7	50:34	31:24	Welcome to your first run of the season	08:28	08:50	104%	52.3%	
25	Selvina Mauremootoo	F	24	21:01	30	52:28	31:27	Welcome to your first run of the season	08:29	08:20	98%	56.2%	
26	Nick Turner	M	41	19:47	15	51:21	31:34	Welcome to your first run of the season	08:30	08:40	102%	52.0%	
27	Michelle Gilbert	F	38	21:01	35	52:50	31:49	Welcome to your first run of the season	08:34	08:20	97%	56.8%	
28	Carol Slater-Garner	F	40	19:10	20	51:34	32:24	Welcome to your first run of the season	08:44	08:50	101%	56.4%	
29	Emma Smith	F	28	19:47	36	52:52	33:05	Welcome to your first run of the season	08:55	08:40	97%	53.4%	
30	Tony Foice-Beard	M	41	19:47	41	53:28	33:41	Welcome to your first run of the season	09:05	08:40	95%	48.8%	
31	Gilly Anderson	F	35	16:42	6	50:31	33:49	Season best stays at 33:30	09:07	09:30	104%	52.7%	
32	Sarah Rippon	F	50	18:33	33	52:34	34:01	Season best stays at 33:34	09:10	09:00	98%	58.8%	Bronze
33	Darren Fisher	M	38	18:33	34	52:43	34:10	Welcome to your first run of the season	09:13	09:00	98%	47.0%	

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34	Joanne Clarke	F	38	16:42	11	51:05	34:23	Welcome to your first run of the season	09:16	09:30	102%	52.5%	
35	Lucy Hicks	F	35	16:42	25	51:53	35:11	Beats your previous best of 37:36 by 2:25	09:29	09:30	100%	50.7%	
36	Stacie Youngs	F	28	17:19	39	52:58	35:39	Welcome to your first run of the season	09:37	09:20	97%	49.6%	
37	Katy Wicks	F	34	12:22	2	49:09	36:47	Welcome to your first run of the season	09:55	10:40	108%	48.4%	
38	Debbie Wate	F	54	13:36	9	50:42	37:06	Beats your previous best of 37:30 by 0:24	10:00	10:20	103%	56.8%	
39	Lynne Braginton	F	42	16:42	42	54:35	37:53	Welcome to your first run of the season	10:13	09:30	93%	48.8%	
40	Ethan Follen	M	16	16:42	45	56:42	40:00	Welcome to your first run of the season	10:47	09:30	88%	40.9%	
41	Melanie Wadsley	F	52	11:08	37	52:55	41:47	Welcome to your first run of the season	11:16	11:00	98%	49.1%	
42	Charleen Smith	F	33	11:08	38	52:56	41:48	Welcome to your first run of the season	11:16	11:00	98%	42.5%	
43	Jess Malkin	F	23	11:08	40	53:02	41:54	Welcome to your first run of the season	11:18	11:00	97%	42.2%	
44	Nicola Murray	F	21	03:43	1	46:21	42:38	Welcome to your first run of the season	11:30	13:00	113%	41.4%	
45	Paula Connolly	F	49	02:28	4	49:29	47:01	Welcome to your first run of the season	12:40	13:20	105%	42.1%	