

# ERICS on August 15, 2017

Distance 4.4 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	Stuart Follen	M	43	13:56	8	43:00	29:04	Welcome to your first run of the season	06:36	06:20	96%	71.4%	Silver
2	Rod Sinnott	M	50	13:56	16	43:50	29:54	Welcome to your first run of the season	06:48	06:20	93%	73.3%	Silver
3	Richard Aggar	M	40	12:28	6	42:50	30:22	Beats your previous best of 30:50 by 0:28	06:54	06:40	97%	66.8%	Bronze
4	John Shaw	M	48	13:12	15	43:46	30:34	Welcome to your first run of the season	06:57	06:30	94%	70.6%	Silver
5	Tom Richards	M	50	12:28	10	43:20	30:52	Welcome to your first run of the season	07:01	06:40	95%	71.0%	Silver
6	Andre Pittock	M	51	12:28	13	43:40	31:12	Season best stays at 30:59	07:05	06:40	94%	70.9%	Silver
7	Nigel Seale	M	57	11:00	5	42:38	31:38	Beats your previous best of 33:08 by 1:30	07:11	07:00	97%	73.5%	Silver
8	Paul Wiegand	M	57	10:16	7	42:51	32:35	Beats your previous best of 33:25 by 0:50	07:24	07:10	97%	71.3%	Silver
9	Paul Griffin	M	52	08:04	1	40:46	32:42	Beats your previous best of 35:12 by 2:30	07:26	07:40	103%	68.2%	Silver
10	Ramunas Gamanuikis	M	30	08:04	2	40:49	32:45	Welcome to your first run of the season	07:27	07:40	103%	58.7%	Bronze
11	Tim Clough	M	46	07:20	3	40:53	33:33	Welcome to your first run of the season	07:38	07:50	103%	63.3%	Bronze
12	Sarah Gauvin	F	46	09:32	20	44:05	34:33	Welcome to your first run of the season	07:51	07:20	93%	69.0%	Silver
13	Aaron Petts	M	39	06:36	9	43:17	36:41	Beats your previous best of 37:58 by 1:17	08:20	08:00	96%	54.9%	
14	Jane Greenwood	F	61	06:36	11	43:24	36:48	Season best stays at 36:31	08:22	08:00	96%	78.4%	Gold
15	Bob Hicks	M	40	05:52	21	44:28	38:36	Welcome to your first run of the season	08:46	08:10	93%	52.6%	
16	Jay Gilbert	F	39	05:08	14	43:44	38:36	Welcome to your first run of the season	08:46	08:20	95%	58.6%	Bronze
17	Carly Read	F	36	05:08	18	43:56	38:48	Beats your previous best of 39:51 by 1:03	08:49	08:20	95%	57.5%	
18	Gemma Read	F	37	05:08	19	43:58	38:50	Season best stays at 38:31	08:50	08:20	94%	57.6%	
19	Michelle Gilbert	F	38	04:24	12	43:31	39:07	Welcome to your first run of the season	08:53	08:30	96%	57.5%	
20	Carol Slater-Garner	F	41	02:56	4	42:17	39:21	Beats your previous best of 40:44 by 1:23	08:57	08:50	99%	58.1%	Bronze
21	Jac Richards	F	50	05:08	23	45:08	40:00	Welcome to your first run of the season	09:05	08:20	92%	62.3%	Bronze
22	Neil Bailey	M	41	04:24	22	44:40	40:16	Beats your previous best of 42:08 by 1:52	09:09	08:30	93%	50.8%	
23	Mark Hopkisson	M	48	02:12	17	43:50	41:38	Welcome to your first run of the season	09:28	09:00	95%	51.8%	
24	Sarah Rippon	F	50	01:28	25	45:19	43:51	Beats your previous best of 48:32 by 4:41	09:58	09:10	92%	56.8%	
25	Joanne Clarke	F	38	00:44	24	45:11	44:27	Beats your previous best of 46:39 by 2:12	10:06	09:20	92%	50.6%	