

SANDALL ROAD on October 17, 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	Martin Jennings	M	46	21:45	22	39:09	17:24	Welcome to your first run of the season	05:36	05:40	101%	82.1%	Gold
2	Lewis Saunders	M	27	20:43	17	38:50	18:07	Beats your previous best of 18:34 by 0:27	05:50	06:00	103%	71.2%	Silver
3	Sean Connolly	M	48	20:43	35	39:55	19:12	Welcome to your first run of the season	06:11	06:00	97%	75.6%	Silver
4	Daniel Spiller	M	38	18:07	18	38:57	20:50	Beats your previous best of 21:01 by 0:11	06:42	06:50	102%	64.6%	Bronze
5	John Chapman	M	49	18:07	23	39:09	21:02	Season best stays at 20:59	06:46	06:50	101%	69.6%	Silver
6	Nigel Seale	M	57	18:07	26	39:20	21:13	Season best stays at 21:08	06:50	06:50	100%	73.7%	Silver
7	Claudia Milburn	F	33	18:07	30	39:41	21:34	Beats your previous best of 22:02 by 0:28	06:56	06:50	98%	68.9%	Silver
8	Paul Wiegand	M	58	17:36	25	39:18	21:42	Welcome to your first run of the season	06:59	07:00	100%	72.6%	Silver
9	Ann Trett	F	34	17:05	19	39:05	22:00	Beats your previous best of 22:11 by 0:11	07:05	07:10	101%	67.7%	Bronze
10	Andrew Osborne-Smith	M	53	16:03	9	38:06	22:03	Welcome to your first run of the season	07:06	07:30	106%	68.5%	Silver
11	Maire Kay	F	52	16:34	28	39:29	22:55	Beats your previous best of 23:17 by 0:22	07:22	07:20	99%	75.0%	Silver
12	Max Pearson	M	41	15:32	13	38:32	23:00	Welcome to your first run of the season	07:24	07:40	104%	59.8%	Bronze
13	Gemma Rose	F	31	16:03	21	39:08	23:05	Beats your previous best of 23:19 by 0:14	07:26	07:30	101%	64.2%	Bronze
14	Elizabeth Sennitt Clough	F	42	15:01	10	38:09	23:08	Welcome to your first run of the season	07:27	07:50	105%	67.0%	Bronze
15	Steve Bennington	M	49	13:28	7	37:33	24:05	Welcome to your first run of the season	07:45	08:20	107%	60.7%	Bronze
16	Emma Smith	F	28	12:57	8	37:45	24:48	Beats your previous best of 26:35 by 1:47	07:59	08:30	106%	59.7%	Bronze
17	Martin Kinghorn	M	57	13:28	12	38:26	24:58	Welcome to your first run of the season	08:02	08:20	104%	62.6%	Bronze
18	Jane Greenwood	F	62	14:30	33	39:51	25:21	Season best stays at 24:51	08:10	08:00	98%	77.6%	Silver
19	Jay Gilbert	F	39	13:28	16	38:49	25:21	Welcome to your first run of the season	08:10	08:20	102%	60.0%	Bronze
20	Dean Payne	M	44	14:30	36	40:03	25:33	Welcome to your first run of the season	08:13	08:00	97%	55.1%	
21	Tony Foice-Beard	M	41	10:52	1	36:27	25:35	Welcome to your first run of the season	08:14	09:10	111%	53.8%	
22	Jac Richards	F	50	13:28	24	39:15	25:47	Season best stays at 25:32	08:18	08:20	100%	65.0%	Bronze
23	Carol Slater-Garner	F	41	12:26	14	38:41	26:15	Welcome to your first run of the season	08:27	08:40	103%	58.6%	Bronze
24	Mark Hopkisson	M	48	11:55	11	38:13	26:18	Beats your previous best of 27:15 by 0:57	08:28	08:50	104%	55.2%	
25	Selvina Mauremootoo	F	34	12:57	32	39:48	26:51	Welcome to your first run of the season	08:39	08:30	98%	55.5%	
26	Stacie Youngs	F	28	11:55	20	39:06	27:11	Season best stays at 27:05	08:45	08:50	101%	54.4%	
27	Benji Carter	M	44	08:17	2	36:37	28:20	Welcome to your first run of the season	09:07	10:00	110%	49.7%	
28	Tiffany Ward	F	32	08:17	4	37:07	28:50	Welcome to your first run of the season	09:17	10:00	108%	51.4%	
29	Beth Moore	F	27	08:17	5	37:09	28:52	Welcome to your first run of the season	09:17	10:00	108%	51.3%	
30	Lucy Hicks	F	35	09:50	15	38:45	28:55	Beats your previous best of 29:15 by 0:20	09:18	09:30	102%	51.7%	
31	Darren Fisher	M	38	10:52	34	39:53	29:01	Season best stays at 28:25	09:20	09:10	98%	46.4%	
32	Cheryl Chapman	F	49	10:21	31	39:44	29:23	Welcome to your first run of the season	09:27	09:20	99%	56.4%	
33	Joanne Clarke	F	39	09:50	27	39:26	29:36	Welcome to your first run of the season	09:32	09:30	100%	51.4%	
34	Charleen Smith	F	33	04:09	6	37:23	33:14	Welcome to your first run of the season	10:42	11:20	106%	44.7%	
35	Rebecca Richardson	F	31	06:13	29	39:31	33:18	Welcome to your first run of the season	10:43	10:40	100%	44.5%	
36	Paula Connolly	F	49	00:00	3	36:42	36:42	Welcome to your first run of the season	11:49	12:40	107%	45.1%	