

First	Surname	Age	Date	Race	Miles	Time	Formatted Time	Mins/mi	Age	Cat	Std Table	Calc Std	
David	Howard	44	27-May-15	2-Lakeside 5k	3.107	17.23	17:23	5.36	M40	M40_8		1 PB	=M40 rec
David	Howard	45	01-Jul-15	3-Lakeside 5k	3.107	17.41	17:41	5.41	M45	M45_8		1	M45 rec
David	Howard	45	29-Jul-15	4-Lakeside 5k	3.107	17.23	17:23	5.36	M45	M45_8		1 PB	M45 rec
David	Howard	45	26-Aug-15	5-Lakeside 5k	3.107	17.45	17:45	5.43	M45	M45_8		1	M45 rec
Howard	Wright	76	29-Apr-15	1-Lakeside 5k	3.107	29.41	29:41	9.33	M75	M75_8		3	M75 rec
Howard	Wright	76	24-Sep-15	7-Short Handicap	3.65	33.54	33:54	9.17	M75	M75_1		3	M75 rec
Gemma	Corbett	36	30-Jul-15	5-Short Handicap	3.65	22.42	22:42	6.13	W35	W35_1		1 PB	W35 rec
Jim	Clow	65	10-Jun-15	Hayling Billy	5	35.07	35:07	7.01	M65	M65_2		1	M65 rec
Jim	Clow	65	06-Dec-15	Victory 5	5	35.21	35:21	7.04	M65	M65_2		1	M65 rec
Howard	Wright	76	10-Jun-15	Hayling Billy	5	48.26	48:26	9.41	M75	M75_2		3	M75 rec
Howard	Wright	76	06-Dec-15	Victory 5	5	47.35	47:35	9.31	M75	M75_2		3	M75 rec
Paul	Mitchinson	35	22-Mar-15	Eastleigh 10k	6.214	34.43	34:43	5.35	M35	M35_3		1 PB	M35 rec
David	Howard	44	22-Mar-15	Eastleigh 10k	6.214	34.48	34:48	5.36	M40	M40_3		1 PB	M40 rec
Howard	Wright	76	31-May-15	Bristol 10k	6.214	59.59	59:59	9.39	M75	M75_3		3	M75 rec
Howard	Wright	76	18-Oct-15	Denmead 10k	6.214	59.40	59:40	9.36	M75	M75_3		3	M75 rec
Gemma	Corbett	35	22-Mar-15	Eastleigh 10k	6.214	38.58	38:58	6.16	W35	W35_3		1 PB	W35 rec
Jackie	Lloyd	41	18-Jan-15	Stubbington 10k	6.214	40.08	40:08	6.28	W40	W40_3		1	W40 rec
Jackie	Lloyd	41	22-Mar-15	Eastleigh 10k	6.214	39.57	39:57	6.26	W40	W40_3		1 PB	W40 rec
Howard	Wright	76	09-Apr-15	1-Long Handicap	7.65	80.47	1:20:47	10.34	M75	M75_4		3	M75 rec
Howard	Wright	76	14-May-15	2-Long Handicap	7.65	79.48	1:19:48	10.26	M75	M75_4		3	M75 rec
Howard	Wright	76	13-Aug-15	5-Long Handicap	7.65	78.37	1:18:37	10.17	M75	M75_4		3	M75 rec
Howard	Wright	76	10-Sep-15	6-Long Handicap	7.65	77.38	1:17:38	10.09	M75	M75_4		3	M75 rec
Laura	Allen	34	09-Apr-15	1-Long Handicap	7.65	56.14	56:14	7.21	WS	WS_4		3 PB	WS rec
David	Howard	45	25-Oct-15	Great South 10m	10	58.54	58:54	5.53	M45	M45_5		1 PB	M45 rec
David	Howard	45	01-Nov-15	Lordshill 10m	10	59.09	59:09	5.55	M45	M45_5		1	M45 rec
Mike	Grigg	70	29-Nov-15	Hayling 10	10	81.48	1:21:48	8.11	M70	M70_5		1	M70 rec
Belinda	Harding	56	25-Oct-15	Great South 10m	10	76.27	1:16:27	7.39	W55	W55_5		1 PB	W55 rec
Paul	Mitchinson	35	19-Feb-15	Bramley 20	20	126.38	2:06:38	6.20	M35	M35_9		2 PB	M35 rec
Daniel	Bailey	23	19-Feb-15	Bramley 20	20	119.00	1:59:00	5.57	MS	MS_9		1 PB	MS rec
Paul	Mitchinson	35	26-Apr-15	London Marathon	26.2	166.48	2:46:48	6.22	M35	M35_7		1 PB	M35 rec
Mark	Hay	55	12-Apr-15	Brighton Marathon	26.2	235.45	3:55:45	9.00	M55	M55_7		4 PB	M55 rec
Jackie	Lloyd	42	26-Apr-15	London Marathon	26.2	188.51	3:08:51	7.12	W40	W40_7		1 PB	W40 rec
Belinda	Harding	56	13-Sep-15	New Forest Mar	26.2	229.49	3:49:49	8.46	W55	W55_7		2	W55 rec
Belinda	Harding	56	04-Oct-15	Race For Life Mar	26.2	220.48	3:40:48	8.26	W55	W55_7		1 PB	W55 rec









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W26.2	M3.107	M3.65	M5	M6.214	M7.65	M10	M13.1	M20	M26.2		
	17.23									M3.65	33.54 Howard Wright
	17.41									W10	76.27 Belinda Harding
	17.23									M13.1	0 #N/A
	17.45									W3.107	0 #N/A
	29.41		33.54							M6.214	34.43 Paul Mitchinson
				35.07							
				35.21							
				48.26							
				47.35							
					34.43						
					34.48						
					59.59						
					59.4						
						80.47				M3.107	17.23 David Howard
						79.48				W7.65	56.14 Laura Allen
						78.37				M10	58.54 David Howard
						77.38				W13.1	0 #N/A
										W5	0 #N/A
										W6.214	38.58 Gemma Corbett
						58.54				W26.2	188.51 Jackie Lloyd
						59.09				M20	119 Daniel Bailey
						81.48				M5	35.07 Jim Clow
								126.38			
								119			
									166.48 W20	0 #N/A	
									235.45 W3.65	22.42 Gemma Corbett	
188.51											
229.49										M7.65	77.38 Howard Wright
220.48										M26.2	166.48 Paul Mitchinson





7-Short Handicap	#####
Great South 10m	25 October 2015
#N/A	#N/A
#N/A	#N/A
Eastleigh 10k	22 March 2015

2-Lakeside 5k	27 May 2015
1-Long Handicap	09 April 2015
Great South 10m	25 October 2015
#N/A	#N/A
#N/A	#N/A
Eastleigh 10k	22 March 2015
London Marathon	26 April 2015
Bramley 20	19 February 2015
Hayling Billy	10 June 2015

#N/A	#N/A
5-Short Handicap	30 July 2015

6-Long Handicap	#####
London Marathon	26 April 2015