

First	Surname	Age	Date	Race	Miles	Time	Formatted Time	Mins/mile	Age Cat	Std Table	Std
Paul	Mitchinson	37	09-May-17	Gospport 5k	3.107	16.33	16:33	5.20	M35	M35_8	1 PB M35 rec
Neil	Tolfrey	52	24-May-17	Lakeside 5k Race2	3.107	19.44	19:44	6.21	M50	M50_8	1 M50 rec
Jim	Clow	67	30-Aug-17	Lakeside 5k Race5	3.107	21.43	21:43	6.59	M65	M65_8	1 M65 rec
Carol	Tolfrey	71	27-Apr-17	Short H/C Two	3.65	40.03	40:03	10.58	W70	W70_1	3 W70 rec
John	Gallagher	75	14-Jun-17	Hayling Billy 5m	5	44.29	44:29	8.54	M75	M75_2	2 M75 rec
Gemma	Corbett	38	03-Dec-17	Victory 5m	5	31.13	31:13	6.15	W35	W35_2	1 PB W35 rec
Marilyn	Crocker	70	03-Dec-17	Victory 5m	5	52.31	52:31	10.30	W70	W70_2	3 W70 rec
Paul	Mitchinson	37	15-Jan-17	Stubbington 10k	6.214	34.09	34:09	5.30	M35	M35_3	1 PB M35 rec
Brian	Millo	74	19-Mar-17	Eastleigh 10k	6.214	46.12	46:12	7.26	M70	M70_3	1 M70 rec
Jackie	Lloyd	44	04-Jun-17	D Day 10k	6.214	39.44	39:44	6.24	W40	W40_3	1 PB W40 rec
Carol	Tolfrey	71	11-May-17	Long H/C two	7.65	90.42	1:30:42	11.51	W70	W70_4	4 W70 rec
David	Howard	46	12-Feb-17	Pompey Coastal Half	13.1	78.51	1:18:51	6.01	M45	M45_6	1 PB M45 rec
Mike	Grigg	71	19-Nov-17	Gospport Half	13.1	115.30	1:55:30	8.49	M70	M70_6	2 M70 rec
Gemma	Corbett	38	19-Nov-17	Gospport Half	13.1	87.19	1:27:19	6.40	W35	W35_6	1 PB W35 rec
Jim	Clow	67	19-Feb-17	Bramley 20	20	168.20	2:48:20	8.25	M65	M65_9	2 M65 rec