

First	Surname	Age	Date	Race	Miles	Time	Formatted Time	Mins/mile	Age Cat	Std Table	Calc	Std
Paul	Mitchinson	36	10-May-16	Gosport 5k Summer Series	3.107	16:39	16:39	5.22	M35	M35_8	1 PB	M35 rec
Paul	Mitchinson	37	13-Sep-16	Gosport 5k Summer Series	3.107	16:52	16:52	5.26	M35	M35_8	1	M35 rec
David	Howard	45	27-Apr-16	Race 1-Lakeside 5k	3.107	17:22	17:22	5.35	M45	M45_8	1 PB	M45 rec
David	Howard	45	25-May-16	Race 2-Lakeside 5k	3.107	17:22	17:22	5.35	M45	M45_8	1 PB	M45 rec
Brian	Millo	73	30-Jun-16	4-Short H/C	3.65	27:20	27:20	7.29	M70	M70_1	1	M70 rec
Brian	Millo	73	28-Jul-16	5-Short H/C	3.65	27:51	27:51	7.38	M70	M70_1	1	M70 rec
Brian	Millo	74	29-Sep-16	7-Short H/C	3.65	26:09	26:09	7.10	M70	M70_1	1	M70 rec
John	Gallagher	75	29-Sep-16	7-Short H/C	3.65	29:59	29:59	8.13	M75	M75_1	1	M75 rec
Zakaria	Lahlal	21	29-Sep-16	7-Short H/C	3.65	18:26	18:26	5.03	MS	MS_1	1 PB	MS rec
Gina	Turner	50	31-Mar-16	1-Short H/C	3.65	26:51	26:51	7.21	W50	W50_1	2	W50 rec
Shelly	Butler	50	29-Sep-16	7-Short H/C	3.65	27:15	27:15	7.28	W50	W50_1	2	W50 rec
Carol	Tolfrey	70	31-Mar-16	1-Short H/C	3.65	43:34	43:34	11.56	W70	W70_1	4	W70 rec
Carol	Tolfrey	70	28-Apr-16	2-Short H/C	3.65	44:39	44:39	12.14	W70	W70_1	4	W70 rec
Carol	Tolfrey	70	26-May-16	3-Short H/C	3.65	40:12	40:12	11.01	W70	W70_1	3	W70 rec
Carol	Tolfrey	71	30-Jun-16	4-Short H/C	3.65	40:55	40:55	11.13	W70	W70_1	3	W70 rec
Carol	Tolfrey	71	25-Aug-16	6-Short H/C	3.65	42:00	42:00	11.30	W70	W70_1	4	W70 rec
Carol	Tolfrey	71	29-Sep-16	7-Short H/C	3.65	40:44	40:44	11.10	W70	W70_1	3	W70 rec
Paul	Mitchinson	37	04-Dec-16	Victory 5m	5	27:12	27:12	5.26	M35	M35_2	1 PB	M35 rec
Mike	Grigg	70	24-Jan-16	Romsey 5	5	36:28	36:28	7.18	M70	M70_2	1	M70 rec
Mike	Grigg	70	16-Feb-16	Romsey 5m	5	36:23	36:23	7.17	M70	M70_2	1	M70 rec
Paul	Mitchinson	36	20-Mar-16	Eastleigh 10k	6.214	34:41	34:41	5.35	M35	M35_3	1 PB	M35 rec
Mike	Grigg	70	26-Jun-16	Lordshill 10k	6.214	47:22	47:22	7.37	M70	M70_3	1	M70 rec
Brian	Millo	73	14-Jul-16	4-Long H/C	7.65	61:50	1:01:50	8.05	M70	M70_4	1	M70 rec
Brian	Millo	73	11-Aug-16	5-Long H/C	7.65	61:10	1:01:10	8.00	M70	M70_4	1	M70 rec
Brian	Millo	74	08-Sep-16	6-Long H/C	7.65	58:18	58:18	7.37	M70	M70_4	1	M70 rec
John	Gallagher	75	08-Sep-16	6-Long H/C	7.65	67:38	1:07:38	8.50	M75	M75_4	1	M75 rec
Rachel	Jarvis	60	25-Sep-16	Loch Ness Marathon	26.2	292:55	4:52:55	11.11	W60	W60_7	4 PB	W60 rec