

First	Surname	Age	Date	Race	Miles	Time	Formatted Time	Mins/mi	Age	Cat	Std Table	Calc Std	
Neil	Tolfrey	47	29-Aug-12	Race 5 Pompey Prom	3.107	20:19	20:19	6.32	M45	M45_8		2	M45 rec
John	Gallagher	70	25-Apr-12	Race 1 Pompey Prom	3.107	23:48	23:48	7.40	M70	M70_8		1	M70 rec
John	Gallagher	70	23-May-12	Race 2 Pompey Prom	3.107	23:13	23:13	7.28	M70	M70_8		1	M70 rec
John	Gallagher	70	27-Jun-12	Race 3 Pompey Prom	3.107	22:55	22:55	7.23	M70	M70_8		1	M70 rec
John	Gallagher	70	25-Jul-12	Race 4 Pompey Prom	3.107	24:06	24:06	7.45	M70	M70_8		1	M70 rec
John	Gallagher	70	29-Aug-12	Race 5 Pompey Prom	3.107	22:45	22:45	7.19	M70	M70_8		1	M70 rec
Daniel	Bailey	20	30-Aug-12	6 Short H/C	3.65	19:14	19:14	5.16	MS	MS_1		1 PB	MS rec
Daniel	Bailey	20	27-Sep-12	7 Short H/C	3.65	19:17	19:17	5.17	MS	MS_1		1	MS rec
Carol	Tolfrey	66	29-Mar-12	1 Short H/C	3.65	35:04	35:04	9.36	W65	W65_1		3	W65 rec
John	Gallagher	70	20-Jun-12	Midsummer 5	5	38:34	38:34	7.43	M70	M70_2		1	M70 rec
John	Gallagher	70	15-Jan-12	Stubbington 10k	6.214	49:29	49:29	7.58	M70	M70_3		1	M70 rec
John	Gallagher	70	25-Mar-12	Eastley 10k	6.214	50:30	50:30	8.08	M70	M70_3		1	M70 rec
John	Gallagher	70	27-May-12	Ropley 10k	6.214	50:44	50:44	8.10	M70	M70_3		1	M70 rec
John	Gallagher	70	10-Jun-12	D Day 10k	6.214	48:19	48:19	7.47	M70	M70_3		1	M70 rec
John	Gallagher	70	10-May-12	2 Long H/C	7.65	67:02	1:07:02	8.46	M70	M70_4		2	M70 rec
John	Gallagher	70	14-Jun-12	3 Long H/C	7.65	63:30	1:03:30	8.18	M70	M70_4		2	M70 rec
John	Gallagher	70	09-Aug-12	5 Long H/C	7.65	62:37	1:02:37	8.11	M70	M70_4		1	M70 rec
Daniel	Bailey	20	12-Apr-12	1 Long H/C	7.65	42:32	42:32	5.34	MS	MS_4		1 PB	MS rec
Carol	Tolfrey	66	12-Apr-12	1 Long H/C	7.65	75:44	1:15:44	9.54	W65	W65_4		3	W65 rec
Chris	Riddington	40	28-Oct-12	Great South Run	10	69:04	1:09:04	6.54	W40	W40_5		1 PB	W40 rec
Carol	Tolfrey	66	05-Feb-12	Ryde 10	10	105:18	1:45:18	10.32	W65	W65_5		3	W65 rec
Jackie	Yarnold	64	18-Nov-12	Gosport Half	13.1	125:33	2:05:33	9.35	W60	W60_6		3 PB	W60 rec
Carol	Tolfrey	67	14-Oct-12	Solent Half	13.1	142:43	2:22:43	10.54	W65	W65_6		3	W65 rec