

First	Surname	Age	Date	Race	Miles	Time	Formatted Time	Mins/mile	Calc Std	
David	Howard	43	01-Dec-13	Lakeside 5k	3.107	17.23	17:23	5.36	1	M40 rec
Ed	Spencer	76	25-Jul-13	5 Short Handicap	3.65	34.16	34:16	9.23	3	M75 rec
John	Brothers	80	27-Jun-13	4 Short Handicap	3.65	37.08	37:08	10.10	2	M80 rec
Jackie	Yarnold	65	27-Jun-13	4 Short Handicap	3.65	33.01	33:01	9.03	2	W65 rec
John	Brothers	80	12-Jun-13	Hayling Billy 5	5	56.27	56:27	11.17	3	M80 rec
Jackie	Yarnold	65	16-Jun-13	Purbrook Ladies 5	5	45.08	45:08	9.02	2	W65 rec
Russ	Coleman	35	24-Mar-13	Eastleigh 10k	6.214	35.20	35:20	5.41	1	M35 rec
Marilyn	Crocker	65	24-Mar-13	Eastleigh 10k	6.214	55.53	55:53	9.00	2	W65 rec
Rob	Godwin	65	16-May-13	2 Long Handicap	7.65	54.10	54:10	7.05	1	M65 rec
Marilyn	Crocker	65	11-Apr-13	1 Long Handicap	7.65	75.23	1:15:23	9.51	3	W65 rec
Jackie	Yarnold	65	03-Feb-13	Ryde 10M	10	95.52	1:35:52	9.35	2	W65 rec
Jackie	Yarnold	65	17-Feb-13	Portsmouth Coastal Half Mar`	13.1	129.43	2:09:43	9.54	2	W65 rec
Marilyn	Crocker	65	17-Feb-13	Bramley 20M	20	211.47	3:31:47	10.35	3	W65 rec
Jackie	Yarnold	65	14-Apr-13	Brighton Marathon	26.2	303.16	5:03:16	11.35	4	W65 rec