

Frickley parkrun 5k

3.107

Name	League	Time	Pace	Speed (MPH)	Time diff to 1st	% Diff	Position Points	Pace Points	Total Points
Shaun Furzer	p	00:18:53	00:06:05	9.87	00:00:00	100.00%	10	10	20.00
Joe Worthington	p	00:19:44	00:06:21	9.45	00:00:51	95.69%	9	9.57	18.57
David Caddick	p	00:19:46	00:06:22	9.43	00:00:53	95.53%	8	9.55	17.55
Rowan Winks	p	00:19:59	00:06:26	9.33	00:01:06	94.50%	7	9.45	16.45
Sam Lockett	p	00:20:13	00:06:30	9.22	00:01:20	93.40%	6	9.34	15.34
Ryan Smith	p	00:20:31	00:06:36	9.09	00:01:38	92.04%	5	9.2	14.20
Richard Burke	p	00:21:15	00:06:50	8.77	00:02:22	88.86%	4	8.89	12.89
Chris Askin	p	00:21:28	00:06:55	8.68	00:02:35	87.97%	3	8.8	11.80
Bill WInder	p	00:21:42	00:06:59	8.59	00:02:49	87.02%	2	8.7	10.70
Simon Speight	p	00:21:47	00:07:01	8.56	00:02:54	86.69%	1	8.67	9.67
Mick Flaherty	p	00:21:56	00:07:04	8.5	00:03:03	86.09%	1	8.61	9.61
Joe Middleton	1	00:20:24	00:06:34	9.14	00:01:31	92.57%	10	9.26	19.26
Michael Robinson	1	00:20:45	00:06:41	8.98	00:01:52	91.00%	9	9.1	18.10
David Wallace	1	00:21:51	00:07:02	8.53	00:02:58	86.42%	8	8.64	16.64
Simon Bennett	1	00:22:00	00:07:05	8.47	00:03:07	85.83%	7	8.58	15.58
David Hughes	1	00:22:16	00:07:10	8.37	00:03:23	84.81%	6	8.48	14.48
Ryan Gascoigne	1	00:22:40	00:07:18	8.22	00:03:47	83.31%	5	8.33	13.33
Paul Bernardo	1	00:22:58	00:07:24	8.12	00:04:05	82.22%	4	8.22	12.22
Lucy Vamplew	1	00:23:44	00:07:38	7.85	00:04:51	79.56%	3	7.96	10.96
Andrew Smith	2	00:23:01	00:07:24	8.1	00:04:08	82.04%	10	8.2	18.20
David Maloney	2	00:24:00	00:07:43	7.77	00:05:07	78.68%	9	7.87	16.87
Adam Brown	2	00:24:35	00:07:55	7.58	00:05:42	76.81%	8	7.68	15.68
Joanne Burke	2	00:24:44	00:07:58	7.54	00:05:51	76.35%	7	7.63	14.63
Martin Wincer	2	00:25:14	00:08:07	7.39	00:06:21	74.83%	6	7.48	13.48
Annie Nurse	2	00:29:38	00:09:32	6.29	00:10:45	63.72%	5	6.37	11.37
Callum Smith	2	00:34:21	00:11:03	5.43	00:15:28	54.97%	4	5.5	9.50
Emily Owen	3	00:24:10	00:07:47	7.71	00:05:17	78.14%	10	7.81	17.81
Fiona Marcantonio-Jones	3	00:24:50	00:08:00	7.51	00:05:57	76.04%	9	7.6	16.60
Megan Firth	3	00:26:05	00:08:24	7.15	00:07:12	72.40%	8	7.24	15.24
Janet Davis	3	00:26:18	00:08:28	7.09	00:07:25	71.80%	7	7.18	14.18
Heather Gordon	3	00:27:36	00:08:53	6.75	00:08:43	68.42%	6	6.84	12.84
Catherine Warren	3	00:27:50	00:08:57	6.7	00:08:57	67.84%	5	6.78	11.78
Victoria Peckover	3	00:29:02	00:09:21	6.42	00:10:09	65.04%	4	6.5	10.50
Ella McCall	3	00:29:17	00:09:25	6.37	00:10:24	64.48%	3	6.45	9.45
Beth Mills	3	00:30:15	00:09:44	6.16	00:11:22	62.42%	2	6.24	8.24
Emily Anderson	4	00:26:24	00:08:30	7.06	00:07:31	71.53%	10	7.15	17.15
Sue Wallace	4	00:26:29	00:08:31	7.04	00:07:36	71.30%	9	7.13	16.13
Alice Copeland	4	00:27:19	00:08:48	6.82	00:08:26	69.13%	8	6.91	14.91
Kate Papworth	4	00:27:21	00:08:48	6.82	00:08:28	69.04%	7	6.9	13.90
Gemma Lund-Ashby	4	00:27:54	00:08:59	6.68	00:09:01	67.68%	6	6.77	12.77
Thomas Macklam	4	00:27:56	00:08:59	6.67	00:09:03	67.60%	5	6.76	11.76
Sally-Ann Chapman	4	00:28:29	00:09:10	6.54	00:09:36	66.30%	4	6.63	10.63
Alice Naylor	4	00:28:38	00:09:13	6.51	00:09:45	65.95%	3	6.59	9.59
Rachael Speight	4	00:29:18	00:09:26	6.36	00:10:25	64.45%	2	6.44	8.44
Jill Daly	4	00:29:50	00:09:36	6.25	00:10:57	63.30%	1	6.33	7.33
Sophie Falkiner	4	00:30:00	00:09:39	6.21	00:11:07	62.94%	1	6.29	7.29
Debbie Barton	4	00:30:22	00:09:46	6.14	00:11:29	62.18%	1	6.22	7.22
Darren Stone	4	00:30:57	00:09:58	6.02	00:12:04	61.01%	1	6.1	7.10
Debbie Macklam	4	00:31:01	00:09:59	6.01	00:12:08	60.88%	1	6.09	7.09
Paul Barton	4	00:31:21	00:10:05	5.95	00:12:28	60.23%	1	6.02	7.02
Hannah Faulkner	4	00:34:23	00:11:04	5.42	00:15:30	54.92%	1	5.49	6.49
Faye Maloney	5	00:28:58	00:09:19	6.44	00:10:05	65.19%	10	6.52	16.52
Rachel Middleton	5	00:29:46	00:09:35	2.11	00:10:53	63.44%	9	6.34	15.34

Theresa De Beer	5	00:30:11	00:09:43	6.18	00:11:18	62.56%	8	6.26	14.26
Martyn Stearn	5	00:30:46	00:09:54	6.06	00:11:53	61.38%	7	6.14	13.14
Nicky Hall	5	00:33:07	00:10:40	5.63	00:14:14	57.02%	6	5.7	11.70
Ian Hookham	5	00:34:35	00:11:08	5.39	00:15:42	54.60%	5	5.46	10.46
Wendy Berry	5	00:36:40	00:11:48	5.08	00:17:47	51.50%	4	5.15	9.15
Melanie Owen	5	00:36:42	00:11:49	5.08	00:17:49	51.45%	3	5.15	8.15
Tim Owen	5	00:47:18	00:15:13	3.94	00:28:25	39.92%	2	3.99	5.99
Sarah Boylan	5	00:55:58	00:18:01	3.33	00:37:05	33.74%	1	3.37	4.37
Jessica Hall	6	00:32:24	00:10:26	5.75	00:13:31	58.28%	10	5.83	15.83
Cate Allan	6	00:33:23	00:10:45	5.58	00:14:30	56.57%	9	5.66	14.66
Helen Gordon	6	00:34:08	00:10:59	5.46	00:15:15	55.32%	8	5.53	13.53
Ros Kitchen	6	00:34:19	00:11:03	5.43	00:15:26	55.03%	7	5.5	12.50
Sally Hayward	6	00:34:25	00:11:05	5.42	00:15:32	54.87%	6	5.49	11.49
Roger Waterhouse	6	00:35:11	00:11:19	5.3	00:16:18	53.67%	5	5.37	10.37
Elena Clark	6	00:35:56	00:11:34	5.19	00:17:03	52.55%	4	5.26	9.26
Helen Marsh	6	00:36:44	00:11:49	5.07	00:17:51	51.41%	3	5.14	8.14
Barbara Radecki	6	00:37:37	00:12:06	4.96	00:18:44	50.20%	2	5.02	7.02
Laura Stephenson	6	00:37:44	00:12:09	4.94	00:18:51	50.04%	1	5	6.00
Alan Tattersall	6	00:38:34	00:12:25	4.83	00:19:41	48.96%	1	4.9	5.90
Christine Hall	6	00:38:35	00:12:25	4.83	00:19:42	48.94%	1	4.89	5.89
Alison John-Baptiste	6	00:38:52	00:12:31	4.8	00:19:59	48.58%	1	4.86	5.86
Tracy Bridgett	6	00:41:13	00:13:16	4.52	00:22:20	45.81%	1	4.58	5.58
Karen Robson	6	00:45:08	00:14:32	4.13	00:26:15	41.84%	1	4.18	5.18
Janice Hookham	6	00:47:39	00:15:20	3.91	00:28:46	39.63%	1	3.96	4.96
Gill Bennett	6	00:53:50	00:17:20	3.46	00:34:57	35.08%	1	3.51	4.51