

Goole Riverbank 10k

Name	League	Time	Pace	Speed (MPH)	Time diff to 1st	% Diff	Position Points	Pace Points	Total Points
Joe Worthington	P	0:39:30	06:21	9.44	00:00:00	0.00%	10.00	10.00	20.00
Richard Burke	P	0:42:09	06:47	8.85	00:02:39	93.71%	9.00	9.37	18.37
Helen Morgan	P	0:42:17	06:48	8.82	00:02:47	93.42%	8.00	9.34	17.34
David Caddick	P	0:42:25	06:50	8.79	00:02:55	93.12%	7.00	9.31	16.31
Simon Speight	1	0:45:04	07:15	8.27	00:05:34	87.65%	10.00	8.76	18.76
Paul Farrell	1	0:46:06	07:25	8.09	00:06:36	85.68%	9.00	8.57	17.57
Nicola Thomson	1	0:47:27	07:38	7.86	00:07:57	83.25%	8.00	8.32	16.32
Sue Francis	1	0:52:04	08:23	7.16	00:12:34	75.86%	7.00	7.59	14.59
Joe Middleton	2	0:45:33	07:20	8.19	00:06:03	86.72%	10.00	8.67	18.67
Rob Newsome	2	0:48:09	07:45	7.74	00:08:39	82.04%	9.00	8.20	17.20
David Wallace	2	0:49:00	07:53	7.61	00:09:30	80.61%	8.00	8.06	16.06
Lucy Vamplew	2	0:49:17	07:56	7.57	00:09:47	80.15%	7.00	8.01	15.01
Andrew Smith	2	0:50:13	08:05	7.42	00:10:43	78.66%	6.00	7.87	13.87
Joanne Burke	2	0:50:19	08:06	7.41	00:10:49	78.50%	5.00	7.85	12.85
Andrew Nuut	2	0:54:59	08:51	6.78	00:15:29	71.84%	4.00	7.18	11.18
Catherine Warren	2	0:59:05	09:30	6.31	00:19:35	66.85%	3.00	6.69	9.69
Fiona Marcantonio-Jones	3	0:52:49	08:30	7.06	00:13:19	74.79%	10.00	7.48	17.48
Janet Davis	3	0:53:52	08:40	6.92	00:14:22	73.33%	9.00	7.33	16.33
Millie Watson	4	0:57:09	09:12	6.52	00:17:39	69.12%	10.00	6.91	16.91
Donna Allan	4	0:59:04	09:30	6.31	00:19:34	66.87%	9.00	6.69	15.69
Sally-Ann Chapman	4	0:59:24	09:34	6.28	00:19:54	66.50%	8.00	6.65	14.65
Stewart Haigh	4	1:00:25	09:43	6.17	00:20:55	65.38%	7.00	6.54	13.54
Caroline Lawrence	4	1:02:21	10:02	5.98	00:22:51	63.35%	6.00	6.34	12.34
Wendy Berry	5	1:03:57	10:17	5.83	00:24:27	61.77%	10.00	6.18	16.18
Victoria Peckover	5	1:04:15	10:20	5.80	00:24:45	61.48%	9.00	6.15	15.15
Ian Hookham	5	1:07:27	10:51	5.53	00:27:57	58.56%	8.00	5.86	13.86
Keith Robson	5	1:08:19	11:00	5.46	00:28:49	57.82%	7.00	5.78	12.78
Ros Kitchen	5	1:10:18	11:19	5.30	00:30:48	56.19%	6.00	5.62	11.62
Amanda McKinnell	5	1:10:41	11:22	5.27	00:31:11	55.88%	5.00	5.59	10.59
Nicky Hall	5	1:11:29	11:30	5.22	00:31:59	55.26%	4.00	5.53	9.53
Caroline Crutchley	6	1:02:37	10:05	5.95	00:23:07	63.08%	10.00	6.31	16.31
Alan Tattersall	6	1:14:29	11:59	5.01	00:34:59	53.03%	9.00	5.30	14.30
Ben Tanguay	6	1:20:51	13:01	4.61	00:41:21	48.86%	8.00	4.89	12.89
Stephen Berry	6	1:22:24	13:16	4.52	00:42:54	47.94%	7.00	4.79	11.79
Sally Hayward	6	1:22:33	13:17	4.52	00:43:03	47.85%	6.00	4.78	10.78
Alison John-Baptiste	6	1:30:40	14:35	4.11	00:51:10	43.57%	5.00	4.36	9.36