

Wakefield Hospice 10k

Name	League	Time	Pace	Speed (MPH)	Time diff to 1st	% Diff	Position Points	Pace Points	Total Points
Richard Ward	P	0:39:06	06:18	9.54	00:00:00	100.00%	10.00	10.00	20.00
Joe Worthington	P	0:39:09	06:18	9.52	00:00:03	99.87%	9.00	9.99	18.99
Sam Lockett	P	0:39:54	06:25	9.34	00:00:48	97.99%	8.00	9.80	17.80
Bruce Perfect	P	0:40:02	06:27	9.31	00:00:56	97.67%	7.00	9.77	16.77
Jordan Ripley	P	0:40:42	06:33	9.16	00:01:36	96.07%	6.00	9.61	15.61
Helen Morgan	P	0:41:19	06:39	9.02	00:02:13	94.63%	5.00	9.46	14.46
Richard Burke	P	0:43:00	06:55	8.67	00:03:54	90.93%	4.00	9.09	13.09
David Hughes	P	0:43:34	07:01	8.56	00:04:28	89.75%	3.00	8.97	11.97
Jurie Swanepoel	P	0:46:52	07:33	7.96	00:07:46	83.43%	2.00	8.34	10.34
Paul Farrell	1	0:43:40	07:02	8.54	00:04:34	89.54%	10.00	8.95	18.95
Bill Winder	1	0:44:07	07:06	8.45	00:05:01	88.63%	9.00	8.86	17.86
Nicola Thomson	1	0:44:15	07:07	8.43	00:05:09	88.36%	8.00	8.84	16.84
Paul Lawrence	1	0:44:25	07:09	8.39	00:05:19	88.03%	7.00	8.80	15.80
Oliver Wigglesworth	1	0:44:35	07:10	8.36	00:05:29	87.70%	6.00	8.77	14.77
Sue Francis	1	0:48:23	07:47	7.71	00:09:17	80.81%	5.00	8.08	13.08
Emma Evans	1	0:49:41	08:00	7.50	00:10:35	78.70%	4.00	7.87	11.87
Mark Leadbeater	1	0:56:00	09:01	6.66	00:16:54	69.82%	3.00	6.98	9.98
Joe Middleton	2	0:43:01	06:55	8.67	00:03:55	90.90%	10.00	9.09	19.09
Steven Roberts	2	0:45:04	07:15	8.27	00:05:58	86.76%	9.00	8.68	17.68
Lucy Vamplew	2	0:46:13	07:26	8.07	00:07:07	84.60%	8.00	8.46	16.46
Laura King	2	0:47:16	07:36	7.89	00:08:10	82.72%	7.00	8.27	15.27
Neville Marshall	2	0:47:47	07:41	7.80	00:08:41	81.83%	6.00	8.18	14.18
Trevor Nichol	2	0:48:07	07:45	7.75	00:09:01	81.26%	5.00	8.13	13.13
Andy Preston	2	0:48:39	07:50	7.66	00:09:33	80.37%	4.00	8.04	12.04
Joanne Burke	2	0:48:46	07:51	7.65	00:09:40	80.18%	3.00	8.02	11.02
Josh Stone	2	0:49:49	08:01	7.48	00:10:43	78.49%	2.00	7.85	9.85
Mark Hull	2	0:50:22	08:06	7.40	00:11:16	77.63%	1.00	7.76	8.76
Sandy George	2	0:50:41	08:09	7.36	00:11:35	77.15%	1.00	7.71	8.71
Adam Brown	2	0:50:48	08:11	7.34	00:11:42	76.97%	1.00	7.70	8.70
Gail Wrangles	2	0:55:17	08:54	6.74	00:16:11	70.73%	1.00	7.07	8.07
Amie Gardner	2	0:57:26	09:15	6.49	00:18:20	68.08%	1.00	6.81	7.81
Terry Mottram	2	0:58:07	09:21	6.42	00:19:01	67.28%	1.00	6.73	7.73
Dave Allison	2	1:04:48	10:26	5.75	00:25:42	60.34%	1.00	6.03	7.03
Christian Brooks	3	0:48:55	07:52	7.62	00:09:49	79.93%	10.00	7.99	17.99
David Ellicott	3	0:49:55	08:02	7.47	00:10:49	78.33%	9.00	7.83	16.83
Julie Roberts	3	0:51:55	08:21	7.18	00:12:49	75.31%	8.00	7.53	15.53
Rachel Cooke	3	0:52:13	08:24	7.14	00:13:07	74.88%	7.00	7.49	14.49
Olivia Young	3	0:53:20	08:35	6.99	00:14:14	73.31%	6.00	7.33	13.33
Beth Lunn	3	0:53:42	08:39	6.94	00:14:36	72.81%	5.00	7.28	12.28
Hayley Goldthorpe	3	0:53:59	08:41	6.91	00:14:53	72.43%	4.00	7.24	11.24
Gemma Ashby-Lund	3	0:54:14	08:44	6.87	00:15:08	72.10%	3.00	7.21	10.21
Andrew Pocock	3	0:55:10	08:53	6.76	00:16:04	70.88%	2.00	7.09	9.09
Rose Wigglesworth	3	0:55:12	08:53	6.75	00:16:06	70.83%	1.00	7.08	8.08
Alice Copeland	3	0:56:25	09:05	6.61	00:17:19	69.31%	1.00	6.93	7.93
Emily Chatwin	3	0:56:30	09:06	6.60	00:17:24	69.20%	1.00	6.92	7.92
Ella McCall	4	0:50:24	08:07	7.40	00:11:18	77.58%	10.00	7.76	17.76
Denise Clark	4	0:52:53	08:31	7.05	00:13:47	73.94%	9.00	7.39	16.39
Simon Hill	4	0:53:51	08:40	6.92	00:14:45	72.61%	8.00	7.26	15.26
Millie Watson	4	0:55:19	08:54	6.74	00:16:13	70.68%	7.00	7.07	14.07
Stewart Haigh	4	0:56:19	09:04	6.62	00:17:13	69.43%	6.00	6.94	12.94
Natalie Stone	4	0:56:27	09:05	6.60	00:17:21	69.26%	5.00	6.93	11.93
Darren Stone	4	0:56:51	09:09	6.56	00:17:45	68.78%	4.00	6.88	10.88

Stephen Wong	4	0:57:11	09:12	6.52	00:18:05	68.38%	3.00	6.84	9.84
Hannah Faulkner	4	0:57:51	09:19	6.44	00:18:45	67.59%	2.00	6.76	8.76
Martyn Stearn	4	0:59:16	09:32	6.29	00:20:10	65.97%	1.00	6.60	7.60
Gail Tombs	4	0:59:21	09:33	6.28	00:20:15	65.88%	1.00	6.59	7.59
Sarah Rose	4	0:59:38	09:36	6.25	00:20:32	65.57%	1.00	6.56	7.56
Caroline Lawrence	4	1:01:55	09:58	6.02	00:22:49	63.15%	1.00	6.31	7.31
Stephanie Field	4	1:11:55	11:34	5.18	00:32:49	54.37%	1.00	5.44	6.44
Jill Daly	5	0:54:49	08:49	6.80	00:15:43	71.33%	10.00	7.13	17.13
Isla Guy	5	0:58:07	09:21	6.42	00:19:01	67.28%	9.00	6.73	15.73
Daryl Pearson	5	0:58:28	09:25	6.38	00:19:22	66.88%	8.00	6.69	14.69
Debbie Macklam	5	0:58:34	09:25	6.37	00:19:28	66.76%	7.00	6.68	13.68
Sophie Falkiner	5	0:59:01	09:30	6.32	00:19:55	66.25%	6.00	6.63	12.63
Gary Naylor	5	0:59:07	09:31	6.31	00:20:01	66.14%	5.00	6.61	11.61
Ian Hookham	5	1:02:42	10:05	5.95	00:23:36	62.36%	4.00	6.24	10.24
Victoria Peckover	5	1:04:19	10:21	5.80	00:25:13	60.79%	3.00	6.08	9.08
Dawn Sketchley	5	1:04:25	10:22	5.79	00:25:19	60.70%	2.00	6.07	8.07
Carol Middleton	5	1:04:32	10:23	5.78	00:25:26	60.59%	1.00	6.06	7.06
Lynne Owen	5	1:04:34	10:23	5.77	00:25:28	60.56%	1.00	6.06	7.06
Julie Swanepoel	5	1:07:50	10:55	5.50	00:28:44	57.64%	1.00	5.76	6.76
Steve Baker	5	1:09:57	11:15	5.33	00:30:51	55.90%	1.00	5.59	6.59
Tim Owen	5	1:12:09	11:37	5.17	00:33:03	54.19%	1.00	5.42	6.42
Caroline Crutchley	6	1:01:15	09:51	6.09	00:22:09	63.84%	10.00	6.38	16.38
Annabelle James	6	1:05:50	10:36	5.66	00:26:44	59.39%	9.00	5.94	14.94
Sarah Longfield	6	1:07:03	10:47	5.56	00:27:57	58.31%	8.00	5.83	13.83
Jeff Denton	6	1:09:36	11:12	5.36	00:30:30	56.18%	7.00	5.62	12.62
Jane Busfield	6	1:11:11	11:27	5.24	00:32:05	54.93%	6.00	5.49	11.49
Roger Waterhouse	6	1:12:09	11:37	5.17	00:33:03	54.19%	5.00	5.42	10.42
Chris Crowther	6	1:16:18	12:17	4.89	00:37:12	51.25%	4.00	5.12	9.12
Alan Tattersall	6	1:18:23	12:37	4.76	00:39:17	49.88%	3.00	4.99	7.99
Christine Hall	6	1:18:27	12:37	4.75	00:39:21	49.84%	2.00	4.98	6.98
Yvonne Stearn	6	1:18:46	12:41	4.73	00:39:40	49.64%	1.00	4.96	5.96
Linda Selby	6	1:26:39	13:57	4.30	00:47:33	45.12%	1.00	4.51	5.51
Tracy Bridgett	6	1:28:45	14:17	4.20	00:49:39	44.06%	1.00	4.41	5.41
Sally Morris	6	1:28:46	14:17	4.20	00:49:40	44.05%	1.00	4.40	5.40
Michelle Marshall	6	1:28:47	14:17	4.20	00:49:41	44.04%	1.00	4.40	5.40
Debbie Worthington	6	1:28:47	14:17	4.20	00:49:41	44.04%	1.00	4.40	5.40
Helen Wainwright	6	1:28:48	14:17	4.20	00:49:42	44.03%	1.00	4.40	5.40