

Pontefract 10k

Name	League	Time	Pace	Speed (MPH)	Time diff to 1st	% Diff	Position Points	Pace Points	Total Points
Shaun Yates	P	0:37:45	06:04	9.88	00:00:00	0.00%	10.00	10.00	20.00
David Caddick	P	0:39:31	06:22	9.44	00:01:46	95.53%	9.00	9.55	18.55
Sam Lockett	P	0:39:53	06:25	9.35	00:02:08	94.65%	8.00	9.47	17.47
Daniel Torr	P	0:41:17	06:39	9.03	00:03:32	91.44%	7.00	9.14	16.14
Helen Morgan	P	0:41:30	06:41	8.98	00:03:45	90.96%	6.00	9.10	15.10
Rowan Winks	P	0:41:58	06:45	8.88	00:04:13	89.95%	5.00	9.00	14.00
David Hughes	P	0:44:02	07:05	8.47	00:06:17	85.73%	4.00	8.57	12.57
Ryan Gascoigne	1	0:44:01	07:05	8.47	00:06:16	85.76%	10.00	8.58	18.58
Mark Torr	1	0:44:40	07:11	8.35	00:06:55	84.51%	9.00	8.45	17.45
Alex Robson	1	0:45:49	07:22	8.14	00:08:04	82.39%	8.00	8.24	16.24
Paul Farrell	1	0:45:50	07:23	8.13	00:08:05	82.36%	7.00	8.24	15.24
Philip Chapman	1	0:45:54	07:23	8.12	00:08:09	82.24%	6.00	8.22	14.22
Jennifer Knowles	1	0:47:27	07:38	7.86	00:09:42	79.56%	5.00	7.96	12.96
Sue Francis	1	0:49:38	07:59	7.51	00:11:53	76.06%	4.00	7.61	11.61
Joe Middleton	2	0:44:46	07:12	8.33	00:07:01	84.33%	10.00	8.43	18.43
Kirsty Walker	2	0:47:08	07:35	7.91	00:09:23	80.09%	9.00	8.01	17.01
Lucy Vamplew	2	0:47:29	07:38	7.85	00:09:44	79.50%	8.00	7.95	15.95
Gail Wrangles	2	0:50:53	08:11	7.33	00:13:08	74.19%	7.00	7.42	14.42
Greg Thorley	2	0:53:08	08:33	7.02	00:15:23	71.05%	6.00	7.10	13.10
Josh Stone	2	0:56:24	09:05	6.61	00:18:39	66.93%	5.00	6.69	11.69
Andrew Nuut	2	0:58:11	09:22	6.41	00:20:26	64.88%	4.00	6.49	10.49
Callum Smith	2	1:04:08	10:19	5.81	00:26:23	58.86%	3.00	5.89	8.89
Kevin Guttridge	3	0:49:41	08:00	7.50	00:11:56	75.98%	10.00	7.60	17.60
Christian Brooks	3	0:50:54	08:11	7.32	00:13:09	74.17%	9.00	7.42	16.42
David Ellicott	3	0:51:30	08:17	7.24	00:13:45	73.30%	8.00	7.33	15.33
Rachel Cooke	3	0:52:04	08:23	7.16	00:14:19	72.50%	7.00	7.25	14.25
Janet Davis	3	0:52:42	08:29	7.07	00:14:57	71.63%	6.00	7.16	13.16
Hayley Goldthorpe	3	0:54:01	08:42	6.90	00:16:16	69.89%	5.00	6.99	11.99
Ella Moxon	3	0:54:31	08:46	6.84	00:16:46	69.24%	4.00	6.92	10.92
Alice Copeland	3	0:57:26	09:15	6.49	00:19:41	65.73%	3.00	6.57	9.57
Ella MccAll	4	0:56:32	09:06	6.60	00:18:47	66.77%	10.00	6.68	16.68
Natalie Stone	4	0:58:15	09:22	6.40	00:20:30	64.81%	9.00	6.48	15.48
Helen Ramsbottom	4	0:58:27	09:24	6.38	00:20:42	64.59%	8.00	6.46	14.46
Stewart Haigh	4	0:58:29	09:25	6.38	00:20:44	64.55%	7.00	6.45	13.45
Hannah Faulkner	4	1:00:23	09:43	6.17	00:22:38	62.52%	6.00	6.25	12.25
Caroline Lawrence	4	1:01:24	09:53	6.07	00:23:39	61.48%	5.00	6.15	11.15
Darren Stone	4	1:02:13	10:01	5.99	00:24:28	60.68%	4.00	6.07	10.07
Jill Daly	5	0:55:20	08:54	6.74	00:17:35	68.22%	10.00	6.82	16.82
Gary Naylor	5	0:57:51	09:19	6.44	00:20:06	65.25%	9.00	6.53	15.53
Debbie Macklam	5	0:59:04	09:30	6.31	00:21:19	63.91%	8.00	6.39	14.39
Sophie Falkiner	5	0:59:05	09:30	6.31	00:21:20	63.89%	7.00	6.39	13.39
Wendy Berry	5	0:59:10	09:31	6.30	00:21:25	63.80%	6.00	6.38	12.38
Victoria Peckover	5	1:04:59	10:27	5.74	00:27:14	58.09%	5.00	5.81	10.81
Nicholas Hall	5	1:08:49	11:04	5.42	00:31:04	54.86%	4.00	5.49	9.49
Sally Hayward	6	1:10:36	11:22	5.28	00:32:51	53.47%	10.00	5.35	15.35
Alan Tattersall	6	1:12:31	11:40	5.14	00:34:46	52.06%	9.00	5.21	14.21
Barbara Radecki	6	1:15:24	12:08	4.94	00:37:39	50.07%	8.00	5.01	13.01
Stephen Berry	6	1:19:46	12:50	4.67	00:42:01	47.33%	7.00	4.73	11.73
Lucy Ferris	6	1:21:17	13:05	4.59	00:43:32	46.44%	6.00	4.64	10.64
Linda Selby	6	1:24:53	13:40	4.39	00:47:08	44.47%	5.00	4.45	9.45
Janice Hookham	6	1:32:57	14:57	4.01	00:55:12	40.61%	4.00	4.06	8.06