

Elswick 6 Mile Handicap Results

Position	Time	Adjusted Time	Run Pace
1 Rob W	49.06	46.06	7.41
2 Paul	49.30	44.30	7.25
3 Rob Y	49.37	46.37	7.46
4 Claire	50.23	50.23	8.24
5 Dave	50.25	45.25	7.34
6 Andrew	50.26	36.26	6.04
7 Peter J	51.44	51.44	8.37
8 Scott	51.47	37.47	6.18
9 Steve N	51.49	46.49	7.48
10 Amy	52.36	39.36	6.36
11 Simon	53.09	40.09	6.41
12 Ben	53.19	41.19	6.53
13 Tracey	53.40	50.40	8.27
14 Carl	54.14	41.14	6.52
15 Joanne	54.22	43.22	7.13
16 Johnny	55.38	43.26	7.14

Well done to all who ran on a wet night and to all the helpers

Tom