

Prom Run

14-Mar-19 League 3

Distance (miles)

5

Detailed Analysis				
Name	Position	Finishing time	Category	Pace Mins/mile
C Chessell	1	00:26:46	M	00:05:21
Jim Wemyss	74	00:33:57	M50	00:06:47
Theresa Goldstone	108	00:36:10	F50	00:07:14
Stuart Anstead	115	00:36:35	M45	00:07:19
Patsy Goldstone	126	00:37:23	F50	00:07:29
Andrea Jenn	165	00:40:12	F40	00:08:02
Andrew Elverd	168	00:40:45	M	00:08:09
GillAtwill	208	00:47:22	F50	00:09:28
Last runner	228	01:02:46	F40	00:12:33

Nailsea finishers

7