

CIRCUIT BREAKER - MARATHON

Overall	Name	Club or City	HG (m)	Clock Time	CT (min)	TT (min)	M/F			
1	Felicity Pawling	Penny Lane Striders	19	3:19:03	199	198.24	1			
2	Bradley Williams	North Endurance	308	3:39:12	219	206.68	1	TT = CT - (2.4 x HG) / 60		
3	Ralph Pawling	Pensby Runners	54	3:35:15	215	212.84	2			
4	Adrian Pearce	Maesteg	598	3:56:53	237	213.08	3	where:		
5	Mike Alexander	WeSwimRun	190	3:59:20	239	231.4	4			
6	Ellie Michael	Wirral	192	4:43:48	284	276.32	2	HG = Height Gain (metres)		
7	Maggie Collingborn	Aberystwyth	588	5:03:40	303	279.48	3			
8	Becky Varnouse	Penny Lane Striders	191	5:09:48	310	302.36	4	CT = Clock Time (minutes)		
9	Jacinta Macdermot	Machynlleth	941	350	350	312.36	5			
10	Andrea Edwards-Jones	Dolgellau	970	6:03:18	363	324.2	6	TT = Talbot Time (minutes)		
11	Claire Thapa	Cerist Tri	936	363	363	325.56	7			
12	Jon Shaw	Cerist Tri	1321	6:24:52	385	332.16	5	Full details of Talbot's Rule here		
13	Steve May	100 Marathon Club	1284	6:24:00	384	332.64	6			
14	Robert Goodsell	Cerist Tri	1266	6:26:00	386	335.36	7			
15	John Williams	Cerist Tri	992	6:50:00	410	370.32	8			
16	Alice Croot	Machynlleth	-	-	-	-	-			
17	Paul Scullion	Aberystwyth	-	-	-	-	-			
18	Bob Persuader	Vegan Runners UK	-	-	-	-	-			