

**COLLEGE LOOP on December 15, 2015**  
**Distance 3.33 miles**

Pos	Runner	M/F	Age	Handicap	Handicap Position	Elapsed Time	Running Time	How did I do?	Pace per mile	Handicap pPace	H/Cap %	Age %	Club Standard
1	Rod Sinnott	M	48	13:52	9	34:29	20:37	Beats your previous best of 21:09	06:11	06:10	100%	75.5%	Silver
2	Graham Milham	M	39	13:52	10	34:37	20:45	Welcome to your first run of the season	06:14	06:10	99%	70.0%	Silver
3	Tim Chapman	M	51	13:19	6	34:13	20:54	Welcome to your first run of the season	06:17	06:20	101%	76.2%	Silver
4	John Shaw	M	46	12:13	2	33:50	21:37	Beats your previous best of 22:07	06:30	06:40	103%	70.8%	Silver
5	Andre Pittock	M	49	12:46	15	35:04	22:18	Welcome to your first run of the season	06:42	06:30	97%	70.3%	Silver
6	Richard Aggar	M	38	12:13	20	35:37	23:24	Season best stays at 23:09	07:02	06:40	95%	61.6%	Bronze
7	Max Pearson	M	39	11:06	11	34:40	23:34	Welcome to your first run of the season	07:05	07:00	99%	61.6%	Bronze
8	Sarah Gauvin	F	45	11:06	12	34:48	23:42	Season best stays at 23:06	07:07	07:00	98%	71.8%	Silver
9	Jay Gilbert	F	37	09:26	7	34:16	24:50	Welcome to your first run of the season	07:27	07:30	101%	65.0%	Bronze
10	Neil Bailey	M	40	06:06	1	32:40	26:34	Welcome to your first run of the season	07:59	08:30	107%	55.1%	
11	Jon Rowell	M	43	07:46	8	34:25	26:39	Season best stays at 26:26	08:00	08:00	100%	56.1%	
12	Carol Bowett	F	36	08:53	19	35:34	26:41	Season best stays at 26:41	08:01	07:40	96%	60.2%	Bronze
13	Martin Kinghorn	M	55	06:40	3	34:01	27:21	Welcome to your first run of the season	08:13	08:20	101%	60.2%	Bronze
14	Larissa Follen	F	41	08:20	21	35:54	27:34	Season best stays at 26:38	08:17	07:50	95%	59.8%	Bronze
15	Roger Williams	M	67	07:13	14	35:02	27:49	Welcome to your first run of the season	08:21	08:10	98%	65.8%	Bronze
16	Perry Scott-Moore	M	17	07:13	22	36:15	29:02	Season best stays at 28:35	08:43	08:10	94%	49.9%	
17	John Welbourn	M	58	07:13	23	36:29	29:16	Beats your previous best of 29:54	08:47	08:10	93%	57.7%	
18	Simon Welbourn	M	19	04:26	5	34:12	29:46	Welcome to your first run of the season	08:56	09:00	101%	47.4%	
19	Joanne Clarke	F	37	05:00	13	35:01	30:01	Season best stays at 29:36	09:01	08:50	98%	53.7%	
20	Sarah Rippon	F	48	05:00	17	35:24	30:24	Season best stays at 29:06	09:08	08:50	97%	57.7%	
21	Rachel Taylor	F	44	01:40	4	34:07	32:27	Beats your previous best of 32:34	09:45	09:50	101%	52.0%	
22	Carol Slater-Garner	F	39	02:13	18	35:33	33:20	Season best stays at 32:47	10:01	09:40	97%	48.9%	
23	Barbara Welbourn	F	49	00:00	16	35:08	35:08	Season best stays at 34:20	10:33	10:20	98%	50.5%	