

**COLLEGE LOOP on December 2, 2014**  
**Distance 3.33 miles**

| Pos | Runner             | M/F | Age | Handicap | Handicap Position | Elapsed Time | Running Time | How did I do?                           | Pace per mile | Handicap Pace | Performance H/Cap % | Performance Age % |
|-----|--------------------|-----|-----|----------|-------------------|--------------|--------------|---|---------------|---------------|---------------------|-------------------|
| 1   | Martin Jennings    | M   | 44  | 16:06    | 2                 | 0:35:56      | 19:50        | Season best stays at 19:22              | 05:57         | 06:10         | 103.5%              | 76.0%             |
| 2   | Gary Bligh         | M   | 45  | 16:06    | 11                | 0:36:25      | 20:19        | Beats your previous best of 20:36       | 06:06         | 06:10         | 101.0%              | 74.8%             |
| 3   | Stuart Follen      | M   | 40  | 14:26    | 3                 | 0:36:06      | 21:40        | Beats your previous best of 22:15       | 06:30         | 06:40         | 102.4%              | 67.5%             |
| 4   | Adam Chown         | M   | 26  | 14:59    | 23                | 0:37:08      | 22:09        | Season best stays at 21:49              | 06:39         | 06:30         | 97.7%               | 62.4%             |
| 5   | Paul Wiegand       | M   | 55  | 14:59    | 24                | 0:37:09      | 22:10        | Beats your previous best of 22:14       | 06:39         | 06:30         | 97.7%               | 74.3%             |
| 6   | Rod Sinnott        | M   | 47  | 14:26    | 15                | 0:36:43      | 22:17        | Season best stays at 22:14              | 06:42         | 06:40         | 99.6%               | 69.2%             |
| 7   | John Chapman       | M   | 46  | 14:26    | 20                | 0:36:53      | 22:27        | Welcome to your first run of the season | 06:45         | 06:40         | 98.9%               | 68.2%             |
| 8   | John Shaw          | M   | 45  | 14:26    | 21                | 0:36:55      | 22:29        | Season best stays at 22:22              | 06:45         | 06:40         | 98.7%               | 67.6%             |
| 9   | Clive Harrod       | M   | 56  | 13:52    | 9                 | 0:36:23      | 22:30        | Beats your previous best of 23:14       | 06:46         | 06:50         | 101.1%              | 73.8%             |
| 10  | Richard Aggar      | M   | 37  | 13:19    | 16                | 0:36:46      | 23:27        | Beats your previous best of 23:59       | 07:02         | 07:00         | 99.4%               | 61.0%             |
| 11  | Maire Irlam        | F   | 49  | 13:19    | 22                | 0:36:57      | 23:38        | Season best stays at 22:51              | 07:06         | 07:00         | 98.6%               | 75.1%             |
| 12  | Ian Milburn        | M   | 70  | 12:46    | 12                | 0:36:31      | 23:45        | Welcome to your first run of the season | 07:08         | 07:10         | 100.5%              | 79.5%             |
| 13  | Ellen Drew         | F   | 34  | 12:46    | 13                | 0:36:35      | 23:49        | Welcome to your first run of the season | 07:09         | 07:10         | 100.2%              | 67.0%             |
| 14  | Alan Bird          | M   | 44  | 12:46    | 14                | 0:36:38      | 23:52        | Beats your previous best of 24:43       | 07:10         | 07:10         | 100.0%              | 63.2%             |
| 15  | Sarah Gauvin       | F   | 44  | 13:19    | 26                | 0:37:18      | 23:59        | Welcome to your first run of the season | 07:12         | 07:00         | 97.2%               | 70.3%             |
| 16  | Nicky Jennings     | F   | 41  | 12:46    | 25                | 0:37:14      | 24:28        | Beats your previous best of 24:30       | 07:21         | 07:10         | 97.5%               | 67.4%             |
| 17  | Ann Trett          | F   | 31  | 11:39    | 8                 | 0:36:22      | 24:43        | Beats your previous best of 24:48       | 07:25         | 07:30         | 101.1%              | 64.2%             |
| 18  | Marc Martin        | M   | 40  | 11:39    | 10                | 0:36:24      | 24:45        | Beats your previous best of 25:00       | 07:26         | 07:30         | 100.9%              | 59.1%             |
| 19  | Ramune Raicheliene | F   | 34  | 10:49    | 4                 | 0:36:16      | 25:27        | Beats your previous best of 25:41       | 07:38         | 07:45         | 101.4%              | 62.7%             |
| 20  | Max Pearson        | M   | 38  | 11:23    | 19                | 0:36:52      | 25:29        | Season best stays at 25:12              | 07:39         | 07:35         | 99.1%               | 56.5%             |
| 21  | Michelle Gilbert   | F   | 35  | 09:59    | 17                | 0:36:47      | 26:48        | Season best stays at 26:39              | 08:03         | 08:00         | 99.4%               | 59.8%             |
| 22  | Roger Williams     | M   | 66  | 09:59    | 18                | 0:36:51      | 26:52        | Season best stays at 26:43              | 08:04         | 08:00         | 99.2%               | 67.5%             |
| 23  | Sam Lyddiatt       | F   | 44  | 06:40    | 1                 | 0:34:39      | 27:59        | Welcome to your first run of the season | 08:24         | 09:00         | 107.1%              | 60.3%             |
| 24  | Neil Bailey        | M   | 38  | 09:09    | 27                | 0:38:22      | 29:13        | Season best stays at 28:03              | 08:46         | 08:15         | 94.1%               | 49.3%             |
| 25  | Jac Richards       | F   | 47  | 06:40    | 6                 | 0:36:17      | 29:37        | Beats your previous best of 30:37       | 08:54         | 09:00         | 101.2%              | 58.6%             |
| 26  | Tracy Farr         | F   | 42  | 06:06    | 5                 | 0:36:16      | 30:10        | Beats your previous best of 30:36       | 09:03         | 09:10         | 101.2%              | 55.1%             |
| 27  | Cheryl Chapman     | F   | 46  | 06:06    | 7                 | 0:36:21      | 30:15        | Welcome to your first run of the season | 09:05         | 09:10         | 100.9%              | 56.8%             |