

**COLLEGE LOOP on January 22, 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 Pace	Performance H/Cap %	Performance Age %
1	Dan Carrington	M	23	14:59	8	0:36:30	21:31	Beats your previous best of 22:26	06:28	06:30	100.6%	64.3%
2	Dean Clark	M	18	11:39	1	0:33:33	21:54	Season best stays at 21:39	06:35	07:30	114.1%	65.3%
3	Paul Griffin	M	50	14:26	12	0:36:37	22:11	Season best stays at 22:02	06:40	06:40	100.1%	71.2%
4	Adam Chown	M	26	14:59	19	0:37:19	22:20	Season best stays at 21:49	06:42	06:30	96.9%	61.9%
5	Tom Richards	M	48	14:26	14	0:36:51	22:25	Welcome to your first run of the season	06:44	06:40	99.0%	69.4%
6	Clive Harrod	M	56	14:26	16	0:36:53	22:27	Beats your previous best of 22:30	06:45	06:40	98.9%	74.0%
7	Paul Wiegand	M	55	14:26	17	0:37:03	22:37	Season best stays at 22:10	06:48	06:40	98.1%	72.8%
8	Stewart Harrison	M	37	13:19	4	0:36:12	22:53	Welcome to your first run of the season	06:52	07:00	101.9%	62.5%
9	Richard Aggar	M	37	13:19	10	0:36:32	23:13	Beats your previous best of 23:27	06:58	07:00	100.4%	61.6%
10	Alan Bird	M	44	13:19	11	0:36:35	23:16	Beats your previous best of 23:52	06:59	07:00	100.2%	64.8%
11	Maire Irlam	F	49	13:19	13	0:36:46	23:27	Season best stays at 22:51	07:02	07:00	99.4%	75.7%
12	John Chapman	M	47	14:26	25	0:37:59	23:33	Season best stays at 22:27	07:04	06:40	94.3%	65.5%
13	Tony Moore	M	44	12:46	7	0:36:28	23:42	Welcome to your first run of the season	07:07	07:10	100.7%	63.6%
14	Ian Milburn	M	70	12:46	20	0:37:20	24:34	Season best stays at 23:45	07:23	07:10	97.1%	76.9%
15	Ian King	M	46	10:33	9	0:36:31	25:58	Welcome to your first run of the season	07:48	07:50	100.4%	59.0%
16	Rod Sinnott	M	47	09:59	6	0:36:18	26:19	Season best stays at 22:14	07:54	08:00	101.3%	58.7%
17	Paskey Ruggiero	M	51	10:33	23	0:37:54	27:21	Welcome to your first run of the season	08:13	07:50	95.4%	58.2%
18	John Welbourn	M	57	09:59	24	0:37:56	27:57	Welcome to your first run of the season	08:23	08:00	95.3%	59.9%
19	Neil Bailey	M	38	08:53	21	0:37:27	28:34	Season best stays at 28:03	08:35	08:20	97.1%	50.4%
20	Larissa Follen	F	41	08:53	22	0:37:36	28:43	Beats your previous best of 29:11	08:37	08:20	96.6%	57.4%
21	Jac Richards	F	47	06:40	3	0:35:55	29:15	Beats your previous best of 29:37	08:47	09:00	102.4%	59.3%
22	Julie Garner	F	50	06:06	5	0:36:17	30:11	Welcome to your first run of the season	09:04	09:10	101.1%	59.5%
23	Tracy Farr	F	42	06:06	15	0:36:52	30:46	Season best stays at 30:10	09:14	09:10	99.2%	54.0%
24	Allison Patterson	F	46	06:40	28	0:38:36	31:56	Welcome to your first run of the season	09:35	09:00	93.8%	53.8%
25	Cheryl Chapman	F	46	06:06	26	0:38:13	32:07	Season best stays at 30:15	09:39	09:10	95.1%	53.5%
26	Sarah Rippon	F	48	05:00	18	0:37:17	32:17	Season best stays at 31:03	09:42	09:30	98.0%	54.3%
27	Stephen Brunton	M	34	01:40	2	0:35:44	34:04	Welcome to your first run of the season	10:14	10:30	102.6%	41.2%
28	Gill Holmes	F	61	00:00	27	0:38:26	38:26	Season best stays at 36:34	11:32	11:00	95.3%	54.1%