

**COLLEGE LOOP on March 24, 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	Paul Griffin	M	50	14:59	9	0:35:36	20:37	Beats your previous best of 21:38	06:11	06:30	105.0%	76.7%
2	Rod Sinnott	M	48	14:42	10	0:35:37	20:55	Beats your previous best of 21:37	06:17	06:35	104.8%	74.4%
3	Dan Carrington	M	23	14:59	21	0:36:31	21:32	Season best stays at 21:31	06:28	06:30	100.5%	64.2%
4	Dean Clark	M	19	14:42	19	0:36:24	21:42	Season best stays at 21:39	06:31	06:35	101.1%	65.1%
5	John Chapman	M	47	13:52	12	0:35:49	21:57	Beats your previous best of 22:27	06:35	06:50	103.7%	70.3%
6	Paul Wiegand	M	55	13:52	13	0:35:51	21:59	Beats your previous best of 22:03	06:36	06:50	103.5%	74.9%
7	John Shaw	M	46	13:52	14	0:35:52	21:59	Beats your previous best of 22:22	06:36	06:50	103.5%	69.6%
8	Colin Simpson	M	61	13:52	18	0:36:15	22:22	Welcome to your first run of the season	06:43	06:50	101.7%	77.5%
9	Tom Richards	M	48	14:42	25	0:37:10	22:28	Season best stays at 22:25	06:45	06:35	97.6%	69.3%
10	Tony Moore	M	45	13:52	23	0:36:51	22:58	Beats your previous best of 23:42	06:54	06:50	99.0%	66.1%
11	Maire Irlam	F	50	13:19	20	0:36:27	23:08	Season best stays at 22:51	06:57	07:00	100.8%	77.7%
12	Andy Wicklen	M	39	11:39	4	0:34:58	23:19	Welcome to your first run of the season	07:00	07:30	107.1%	62.3%
13	Richard Aggar	M	37	13:19	22	0:36:44	23:25	Season best stays at 23:13	07:02	07:00	99.6%	61.1%
14	David Clarke	M	23	09:59	2	0:33:41	23:42	Welcome to your first run of the season	07:07	08:00	112.4%	58.3%
15	Mel Murdoch	F	38	11:39	7	0:35:23	23:44	Beats your previous best of 24:34	07:08	07:30	105.3%	68.3%
16	Alan Bird	M	44	13:19	27	0:37:16	23:57	Season best stays at 23:16	07:11	07:00	97.3%	63.0%
17	Richard Betts	M	52	13:19	28	0:37:23	24:04	Welcome to your first run of the season	07:14	07:00	96.9%	66.8%
18	Max Pearson	M	39	10:49	5	0:35:06	24:17	Beats your previous best of 25:12	07:17	07:45	106.3%	59.8%
19	Nicky Jennings	F	41	11:39	15	0:35:57	24:18	Beats your previous best of 24:28	07:18	07:30	102.8%	67.9%
20	Ian King	M	46	10:49	6	0:35:15	24:26	Beats your previous best of 25:58	07:20	07:45	105.6%	62.7%
21	Jay Gilbert	F	36	10:49	16	0:36:01	25:12	Beats your previous best of 25:36	07:34	07:45	102.4%	63.8%
22	Michelle Gilbert	F	35	09:59	11	0:35:49	25:50	Beats your previous best of 26:39	07:45	08:00	103.1%	62.0%
23	Roger Williams	M	67	09:59	30	0:37:47	27:48	Season best stays at 26:43	08:21	08:00	95.9%	65.9%
24	Tracey Howard	F	38	05:00	1	0:33:22	28:22	Beats your previous best of 30:53	08:31	09:30	111.5%	57.1%
25	Tracy Farr	F	42	05:50	3	0:34:22	28:32	Beats your previous best of 30:10	08:34	09:15	107.9%	58.2%
26	Jac Richards	F	47	07:30	24	0:36:56	29:26	Season best stays at 29:15	08:50	08:45	99.0%	58.9%
27	Jane Greenwood	F	59	05:00	8	0:35:35	30:35	Beats your previous best of 31:17	09:11	09:30	103.4%	66.1%
28	Sarah Rippon	F	48	05:00	17	0:36:14	31:14	Season best stays at 31:03	09:23	09:30	101.3%	56.2%
29	Cheryl Chapman	F	46	05:50	26	0:37:14	31:24	Season best stays at 30:15	09:26	09:15	98.1%	54.7%
30	Gill Holmes	F	61	00:00	29	0:37:29	37:29	Season best stays at 36:34	11:15	11:00	97.7%	55.5%