

COLLEGE LOOP on November 12, 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	Paul Griffin	M	50	19:26	16	39:59	20:34	Welcome to your first run of the season	06:10	06:10	99.9%	76.9%	Silver
2	Richard Hammond	M	42	19:26	20	40:06	20:41	Welcome to your first run of the season	06:13	06:10	99.3%	71.8%	Silver
3	Rod Sinnott	M	48	19:26	29	40:34	21:09	Welcome to your first run of the season	06:21	06:10	97.1%	73.6%	Silver
4	Stuart Follen	M	41	18:52	24	40:16	21:24	Welcome to your first run of the season	06:26	06:20	98.6%	68.9%	Silver
5	Dan Carrington	M	24	18:52	30	40:34	21:42	Welcome to your first run of the season	06:31	06:20	97.2%	63.7%	Bronze
6	Tom Richards	M	49	17:46	11	39:49	22:03	Welcome to your first run of the season	06:37	06:40	100.6%	71.1%	Silver
7	John Shaw	M	46	17:12	8	39:19	22:07	Welcome to your first run of the season	06:38	06:50	102.9%	69.2%	Silver
8	Tony Moore	M	45	16:39	4	39:02	22:23	Welcome to your first run of the season	06:43	07:00	104.1%	67.9%	Bronze
9	John Chapman	M	47	17:12	18	40:02	22:50	Welcome to your first run of the season	06:51	06:50	99.7%	67.6%	Bronze
10	Sarah Gauvin	F	45	16:39	10	39:45	23:06	Welcome to your first run of the season	06:56	07:00	100.9%	73.7%	Silver
11	Richard Aggar	M	38	17:12	26	40:21	23:09	Welcome to your first run of the season	06:57	06:50	98.3%	62.3%	Bronze
12	Ian King	M	47	16:39	19	40:04	23:25	Welcome to your first run of the season	07:02	07:00	99.5%	65.9%	Bronze
13	Maire Irlam	F	50	17:12	32	40:55	23:43	Welcome to your first run of the season	07:07	06:50	96.0%	75.8%	Silver
14	Ian Milburn	M	71	14:59	6	39:15	24:16	Welcome to your first run of the season	07:17	07:30	102.9%	78.8%	Gold
15	Harry Hodgkiss	M	26	11:39	1	37:30	25:51	Welcome to your first run of the season	07:46	08:30	109.5%	53.5%	
16	Jon Rowell	M	43	13:52	25	40:18	26:26	Welcome to your first run of the season	07:56	07:50	98.7%	56.6%	
17	Larissa Follen	F	41	13:19	15	39:57	26:38	Welcome to your first run of the season	08:00	08:00	100.0%	61.9%	Bronze
18	Carol Bowett	F	35	13:19	17	40:00	26:41	Welcome to your first run of the season	08:01	08:00	99.9%	60.0%	Bronze
19	Jac Richards	F	48	12:13	13	39:54	27:41	Welcome to your first run of the season	08:19	08:20	100.2%	63.4%	Bronze
20	Cheryl Chapman	F	47	11:39	14	39:54	28:15	Welcome to your first run of the season	08:29	08:30	100.2%	61.4%	Bronze
21	Jane Greenwood	F	60	11:39	22	40:09	28:30	Welcome to your first run of the season	08:33	08:30	99.3%	71.9%	Silver
22	Perry Scott-Moore	M	17	11:39	23	40:14	28:35	Welcome to your first run of the season	08:35	08:30	99.0%	50.7%	
23	Denise Griffin	F	51	10:33	7	39:16	28:43	Welcome to your first run of the season	08:38	08:50	102.4%	63.3%	Bronze
24	Sarah Rippon	F	48	11:39	31	40:45	29:06	Welcome to your first run of the season	08:44	08:30	97.3%	60.3%	Bronze
25	Sam Hodge	F	37	08:53	2	38:08	29:15	Welcome to your first run of the season	08:47	09:20	106.2%	55.2%	
26	Joanne Clarke	F	37	10:33	21	40:09	29:36	Welcome to your first run of the season	08:53	08:50	99.4%	54.5%	
27	John Welbourn	M	58	12:46	34	42:40	29:54	Welcome to your first run of the season	08:59	08:10	90.9%	56.5%	
28	Rachel Taylor	F	44	06:40	5	39:04	32:24	Welcome to your first run of the season	09:44	10:00	102.8%	52.1%	
29	Carol Slater-Garner	F	39	07:46	28	40:33	32:47	Welcome to your first run of the season	09:51	09:40	98.2%	49.7%	
30	Debbie Wate	F	52	06:40	9	39:41	33:01	Welcome to your first run of the season	09:55	10:00	100.8%	55.8%	
31	Stephanie Clark	F	52	08:20	33	41:22	33:02	Welcome to your first run of the season	09:55	09:30	95.7%	55.7%	
32	Barbara Welbourn	F	49	05:33	12	39:53	34:20	Welcome to your first run of the season	10:19	10:20	100.2%	51.7%	
33	Wendy Paynter	F	53	03:20	3	38:58	35:38	Welcome to your first run of the season	10:42	11:00	102.8%	52.4%	
34	Sally King	F	54	01:40	27	40:24	38:44	Welcome to your first run of the season	11:38	11:30	98.9%	48.8%	
35	Jayne Sinnott	F	46	00:00	35	45:41	45:41	Welcome to your first run of the season	13:43	12:00	87.5%	37.6%	