

**COLLEGE LOOP on January 21, 2016**  
**Distance 3.33 miles**

Pos	Runner	M/F	Age	Handicap	Handicap Position	Elapsed Time	Running Time	How did I do?	Paceper mile	Handicap pPace	H/Cap %	Age %	Club Standard
1	Tony Moore	M	45	14:26	7	36:35	22:09	Beats your previous best of 22:23	06:39	06:40	100%	68.6%	Silver
2	Dan Carrington	M	24	15:32	15	37:42	22:10	Season best stays at 21:42	06:39	06:20	95%	62.4%	Bronze
3	Richard Aggar	M	38	14:26	11	37:07	22:41	Beats your previous best of 23:09	06:49	06:40	98%	63.5%	Bronze
4	Max Pearson	M	39	13:19	8	36:37	23:18	Beats your previous best of 23:34	07:00	07:00	100%	62.3%	Bronze
5	Paul Wiegand	M	56	13:19	10	37:05	23:46	Welcome to your first run of the season	07:08	07:00	98%	69.9%	Silver
6	Ian King	M	47	13:19	12	37:13	23:54	Season best stays at 23:25	07:11	07:00	98%	64.6%	Bronze
7	Ellen Connolly	F	35	12:13	5	36:17	24:04	Welcome to your first run of the season	07:14	07:20	101%	66.5%	Bronze
8	Ian Milburn	M	71	12:13	13	37:16	25:03	Season best stays at 24:16	07:31	07:20	97%	76.3%	Silver
9	Neil Bailey	M	40	09:26	2	35:41	26:15	Beats your previous best of 26:34	07:53	08:10	104%	55.7%	
10	Keith White	M	68	11:39	17	38:15	26:36	Welcome to your first run of the season	07:59	07:30	94%	69.5%	Silver
11	Jane Greenwood	F	60	08:53	9	36:55	28:02	Beats your previous best of 28:30	08:25	08:20	99%	73.1%	Silver
12	Roger Williams	M	67	08:53	14	37:22	28:29	Season best stays at 27:49	08:33	08:20	97%	64.3%	Bronze
13	Joanne Clarke	F	37	06:40	4	35:54	29:14	Beats your previous best of 29:36	08:47	09:00	102%	55.2%	
14	Sarah Rippon	F	49	06:40	6	36:21	29:41	Season best stays at 29:06	08:55	09:00	101%	59.8%	Bronze
15	Cheryl Chapman	F	47	07:46	16	37:55	30:09	Season best stays at 28:15	09:03	08:40	96%	57.6%	
16	Stephanie Clark	F	52	05:00	3	35:42	30:42	Beats your previous best of 33:02	09:13	09:30	103%	60.0%	Bronze
17	Barbara Welbourn	F	49	03:20	1	35:39	32:19	Beats your previous best of 34:20	09:42	10:00	103%	54.9%	
18	Gill Holmes	F	62	00:00	18	38:55	38:55	Welcome to your first run of the season	11:41	11:00	94%	54.2%	