

COLLEGE LOOP on March 1, 2016
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	H/Cap %	Age %	Club Standard
1	Paul Griffin	M	51	21:39	2	42:09	20:30	Beats your previous best of 20:34	06:09	06:30	106%	77.7%	Silver
2	Graham Milham	M	39	22:45	17	43:25	20:40	Beats your previous best of 20:45	06:12	06:10	99%	70.3%	Silver
3	Stuart Follen	M	42	21:39	4	42:32	20:53	Beats your previous best of 21:24	06:16	06:30	104%	71.1%	Silver
4	Sean Connolly	M	46	21:39	7	42:43	21:04	Welcome to your first run of the season	06:20	06:30	103%	72.7%	Silver
5	Alan Bird	M	45	20:32	20	43:29	22:57	Welcome to your first run of the season	06:53	06:50	99%	66.2%	Bronze
6	John Chapman	M	48	19:59	10	43:01	23:02	Season best stays at 22:50	06:55	07:00	101%	67.5%	Bronze
7	Max Pearson	M	40	19:59	14	43:08	23:09	Beats your previous best of 23:18	06:57	07:00	101%	63.2%	Bronze
8	Sarah Gauvin	F	45	19:59	16	43:12	23:13	Season best stays at 23:06	06:58	07:00	100%	73.3%	Silver
9	Jay Gilbert	F	37	18:52	8	42:44	23:52	Beats your previous best of 24:50	07:10	07:20	102%	67.6%	Bronze
10	Maire Irlam	F	50	18:52	11	43:05	24:13	Season best stays at 23:43	07:16	07:20	101%	74.2%	Silver
11	Ian Milburn	M	71	18:19	9	42:48	24:29	Season best stays at 24:16	07:21	07:30	102%	78.1%	Gold
12	Carol Bowett	F	36	18:52	24	43:46	24:54	Beats your previous best of 26:41	07:29	07:20	98%	64.5%	Bronze
13	Michelle Gilbert	F	36	16:39	5	42:41	26:02	Welcome to your first run of the season	07:49	08:00	102%	61.7%	Bronze
14	Jon Rowell	M	43	16:39	15	43:11	26:32	Season best stays at 26:26	07:58	08:00	100%	56.4%	
15	Ramune Raicheliene	F	35	16:39	19	43:28	26:49	Welcome to your first run of the season	08:03	08:00	99%	59.7%	Bronze
16	Becky Murley	F	40	13:19	1	40:13	26:54	Welcome to your first run of the season	08:05	09:00	111%	60.9%	Bronze
17	Neil Bailey	M	40	16:39	26	43:57	27:18	Season best stays at 26:15	08:12	08:00	98%	53.6%	
18	Jane Greenwood	F	60	14:59	12	43:06	28:07	Season best stays at 28:02	08:27	08:30	101%	72.9%	Silver
19	Tracy Farr	F	43	14:59	13	43:07	28:08	Welcome to your first run of the season	08:27	08:30	101%	59.5%	Bronze
20	Roger Williams	M	68	15:32	23	43:45	28:13	Season best stays at 27:49	08:28	08:20	98%	65.5%	Bronze
21	Joanne Clarke	F	37	13:53	3	42:29	28:36	Beats your previous best of 29:14	08:35	08:50	103%	56.4%	
22	Cheryl Chapman	F	47	13:53	25	43:48	29:55	Season best stays at 28:15	08:59	08:50	98%	58.0%	
23	Sarah Rippon	F	49	13:53	27	44:31	30:38	Season best stays at 29:06	09:12	08:50	96%	57.9%	
24	Carol Slater-Garner	F	39	11:06	21	43:34	32:28	Beats your previous best of 32:47	09:45	09:40	99%	50.2%	
25	Julia Oram	F	60	10:33	22	43:40	33:07	Welcome to your first run of the season	09:57	09:50	99%	61.9%	Bronze
26	Kristy Burton	F	36	08:20	18	43:27	35:07	Welcome to your first run of the season	10:33	10:30	100%	45.7%	
27	Sam Henriques	F	35	06:40	6	42:42	36:02	Welcome to your first run of the season	10:49	11:00	102%	44.4%	
28	Marianne Killick	F	39	06:40	28	46:06	39:26	Welcome to your first run of the season	11:51	11:00	93%	41.3%	
29	Jayne Sinnott	F	46	00:00	29	46:44	46:44	Season best stays at 45:41	14:02	13:00	93%	36.8%	