

COLLEGE LOOP on October 11, 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	Graham Milham	M	40	22:12	9	43:03	20:51	Welcome to your first run of the season	06:16	06:20	101%	70.2%	Silver
2	Rod Sinnott	M	49	22:12	10	43:07	20:55	Welcome to your first run of the season	06:17	06:20	101%	75.0%	Silver
3	John Chapman	M	48	21:05	7	42:56	21:51	Welcome to your first run of the season	06:34	06:40	102%	71.2%	Silver
4	Paul Griffin	M	51	22:12	25	44:38	22:26	Welcome to your first run of the season	06:44	06:20	94%	71.0%	Silver
5	Max Pearson	M	40	19:59	6	42:54	22:55	Welcome to your first run of the season	06:53	07:00	102%	63.8%	Bronze
6	Lewis Saunders	M	26	19:59	8	42:56	22:57	Welcome to your first run of the season	06:54	07:00	102%	60.2%	Bronze
7	Paul Wiegand	M	56	19:59	12	43:14	23:15	Welcome to your first run of the season	06:59	07:00	100%	71.4%	Silver
8	Maire Irlam	F	51	19:59	13	43:16	23:17	Welcome to your first run of the season	07:00	07:00	100%	78.1%	Gold
9	Bethan Everson	F	25	21:39	28	45:19	23:40	Welcome to your first run of the season	07:07	06:30	91%	67.0%	Bronze
10	Sarah Gauvin	F	45	19:59	26	44:38	24:39	Welcome to your first run of the season	07:24	07:00	95%	69.0%	Silver
11	Jay Gilbert	F	38	18:52	22	44:04	25:12	Welcome to your first run of the season	07:34	07:20	97%	64.3%	Bronze
12	Aaron Petts	M	38	15:59	3	42:47	26:48	Welcome to your first run of the season	08:03	08:12	102%	53.8%	
13	Melissa Millward	F	37	15:59	4	42:52	26:53	Welcome to your first run of the season	08:04	08:12	102%	60.0%	Bronze
14	Gemma Rose	F	31	15:59	5	42:53	26:54	Welcome to your first run of the season	08:05	08:12	102%	59.0%	Bronze
15	Jessica Holmes	F	22	15:59	14	43:16	27:17	Welcome to your first run of the season	08:12	08:12	100%	58.1%	Bronze
16	Derrick Barsby	M	67	15:59	15	43:19	27:20	Welcome to your first run of the season	08:12	08:12	100%	67.0%	Bronze
17	Jane Greenwood	F	61	15:59	17	43:24	27:25	Welcome to your first run of the season	08:14	08:12	100%	75.8%	Silver
18	Katie Irlam	F	22	15:59	19	43:28	27:29	Welcome to your first run of the season	08:15	08:12	99%	57.7%	
19	Ramune Raicheliene	F	36	15:59	23	44:23	28:24	Welcome to your first run of the season	08:32	08:12	96%	56.6%	
20	Denise Griffin	F	52	15:59	24	44:24	28:25	Welcome to your first run of the season	08:32	08:12	96%	64.8%	Bronze
21	Sam Henriques	F	36	09:59	1	40:28	30:29	Welcome to your first run of the season	09:09	10:00	109%	52.7%	
22	Joanne Clarke	F	37	13:19	21	43:56	30:37	Welcome to your first run of the season	09:12	09:00	98%	52.7%	
23	Sarah Rippon	F	49	12:46	20	43:41	30:55	Welcome to your first run of the season	09:17	09:10	99%	57.4%	
24	Gemma Read	F	37	09:59	2	42:01	32:02	Welcome to your first run of the season	09:37	10:00	104%	50.4%	
25	Gily Anderson	F	35	10:33	16	43:19	32:46	Welcome to your first run of the season	09:50	09:50	100%	48.9%	
26	Barbara Welbourn	F	50	10:33	18	43:27	32:54	Welcome to your first run of the season	09:53	09:50	100%	54.6%	
27	Lucy Hicks	F	34	08:20	11	43:10	34:50	Welcome to your first run of the season	10:28	10:30	100%	45.8%	
28	Briony Gallagher	F	22	11:06	29	47:54	36:48	Welcome to your first run of the season	11:03	09:40	87%	43.1%	
29	Jayne Sinnott	F	47	00:00	27	45:05	45:05	Welcome to your first run of the season	13:32	13:00	96%	38.5%	