

COLLEGE LOOP on November 24, 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	Lewis Saunders	M	26	18:52	11	39:42	20:50	Welcome to your first run of the season	06:15	06:20	101%	66.4%	Bronze
2	Rod Sinnott	M	49	18:52	14	39:52	21:00	Season best stays at 20:55	06:18	06:20	100%	74.7%	Silver
3	Graham Milham	M	40	18:52	15	40:08	21:16	Season best stays at 20:51	06:23	06:20	99%	68.8%	Silver
4	Bethan Everson	F	25	17:46	8	39:21	21:35	Beats your previous best of 23:40	06:29	06:40	103%	73.5%	Silver
5	John Chapman	M	48	17:46	18	40:15	22:29	Season best stays at 21:51	06:45	06:40	99%	69.2%	Silver
6	Richard Agger	M	39	17:12	13	39:49	22:37	Welcome to your first run of the season	06:47	06:50	101%	64.2%	Bronze
7	Chris Rose	M	41	15:32	2	38:25	22:53	Welcome to your first run of the season	06:52	07:20	107%	64.4%	Bronze
8	Daniel Spiller	M	37	15:32	3	38:31	22:59	Welcome to your first run of the season	06:54	07:20	106%	62.3%	Bronze
9	Paul Wiegand	M	57	16:06	9	39:23	23:17	Season best stays at 23:15	07:00	07:10	102%	71.9%	Silver
10	Carol Bowett	F	37	16:06	19	40:26	24:20	Welcome to your first run of the season	07:19	07:10	98%	66.3%	Bronze
11	Maire Irlam	F	51	16:39	22	41:35	24:56	Season best stays at 23:17	07:29	07:00	93%	73.0%	Silver
12	Ian Milburn	M	72	15:32	20	41:03	25:31	Welcome to your first run of the season	07:40	07:20	96%	76.0%	Silver
13	Gemma Rose	F	30	12:46	7	39:18	26:32	Beats your previous best of 26:54	07:58	08:10	102%	59.8%	Bronze
14	Katie Irlam	F	22	12:13	5	39:15	27:02	Beats your previous best of 27:29	08:07	08:20	103%	58.7%	Bronze
15	Jane Greenwood	F	61	12:13	10	39:24	27:11	Beats your previous best of 27:25	08:10	08:20	102%	76.5%	Silver
16	Melissa Millward	F	37	12:46	17	40:12	27:26	Season best stays at 26:53	08:14	08:10	99%	58.8%	Bronze
17	Larissa Follen	F	42	11:06	4	38:57	27:51	Welcome to your first run of the season	08:22	08:40	104%	59.6%	Bronze
18	Jane Clarke	F	49	07:30	1	36:07	28:37	Welcome to your first run of the season	08:36	09:45	113%	62.0%	Bronze
19	Carly Read	F	35	09:59	16	40:11	30:12	Welcome to your first run of the season	09:04	09:00	99%	53.0%	
20	Gemma Read	F	36	08:53	6	39:17	30:24	Beats your previous best of 32:02	09:08	09:20	102%	52.9%	
21	Carol Slater-Garner	F	40	08:20	12	39:46	31:27	Welcome to your first run of the season	09:27	09:30	101%	52.1%	
22	Judy Seale	F	54	05:33	21	41:05	35:32	Welcome to your first run of the season	10:40	10:20	97%	53.2%	
23	Rebecca Richardson	F	26	05:00	23	42:45	37:45	Welcome to your first run of the season	11:20	10:30	93%	42.0%	
24	Jayne Sinnott	F	47	00:00	24	45:56	45:56	Season best stays at 45:05	13:48	12:00	87%	37.8%	