

COLLEGE LOOP on January 3, 2017**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	Martin Jennings	M	46	16:39	9	36:01	19:22	Welcome to your first run of the season	05:49	06:00	103%	79.1%	Gold
2	Lewis Saunders	M	26	15:32	3	35:25	19:53	Beats your previous best of 20:50 by 0:57	05:58	06:20	106%	69.5%	Silver
3	Sean Connolly	M	47	16:06	18	36:21	20:15	Welcome to your first run of the season	06:05	06:10	101%	76.2%	Silver
4	Rod Sinnott	M	49	15:32	23	36:38	21:06	Season best stays at 20:55	06:20	06:20	100%	74.3%	Silver
5	Bethan Everson	F	25	15:32	24	36:42	21:10	Season best stays at 21:05	06:21	06:20	100%	75.0%	Silver
6	John Shaw	M	47	14:26	14	36:07	21:41	Welcome to your first run of the season	06:31	06:40	102%	71.2%	Silver
7	Dan Carrington	M	25	13:52	8	35:56	22:03	Welcome to your first run of the season	06:37	06:50	103%	62.7%	Bronze
8	John Chapman	M	49	13:52	15	36:10	22:17	Season best stays at 21:51	06:42	06:50	102%	70.3%	Silver
9	Richard Aggar	M	39	13:52	17	36:13	22:20	Beats your previous best of 22:37 by 0:17	06:43	06:50	102%	65.0%	Bronze
10	Max Pearson	M	40	13:19	19	36:25	23:06	Season best stays at 22:55	06:56	07:00	101%	63.3%	Bronze
11	Tom Richards	M	50	13:19	21	36:34	23:15	Welcome to your first run of the season	06:59	07:00	100%	68.0%	Bronze
12	Ellen Connolly	F	36	12:46	20	36:26	23:40	Welcome to your first run of the season	07:06	07:10	101%	67.9%	Bronze
13	Paul Wiegand	M	57	13:19	28	37:09	23:50	Season best stays at 23:15	07:09	07:00	98%	70.3%	Silver
14	Carol Bowett	F	37	12:13	13	36:06	23:53	Beats your previous best of 24:20 by 0:27	07:10	07:20	102%	67.5%	Bronze
15	Ann Trett	F	33	11:06	4	35:29	24:23	Welcome to your first run of the season	07:19	07:40	105%	65.3%	Bronze
16	Maire Irlam	F	51	12:13	27	37:04	24:51	Season best stays at 23:17	07:28	07:20	98%	73.2%	Silver
17	Ian Milburn	M	72	11:39	25	36:48	25:09	Beats your previous best of 25:31 by 0:22	07:33	07:30	99%	77.1%	Silver
18	Jane Greenwood	F	61	09:26	22	36:37	27:11	Beats your previous best of 27:11 by 0:00	08:10	08:10	100%	76.5%	Silver
19	Nigel Seale	M	56	08:20	7	35:43	27:23	Welcome to your first run of the season	08:14	08:30	103%	60.6%	Bronze
20	Jane Clarke	F	49	07:46	5	35:30	27:44	Beats your previous best of 28:37 by 0:53	08:20	08:40	104%	64.0%	Bronze
21	Carly Read	F	35	06:06	1	34:59	28:53	Beats your previous best of 30:12 by 1:19	08:40	09:10	106%	55.5%	
22	Larissa Follen	F	43	08:20	30	37:16	28:56	Season best stays at 27:51	08:41	08:30	98%	57.8%	
23	Jon Rowell	M	44	09:59	33	39:18	29:19	Welcome to your first run of the season	08:48	08:00	91%	51.4%	
24	Gemma Read	F	36	06:06	12	36:04	29:58	Beats your previous best of 30:24 by 0:26	09:00	09:10	102%	53.6%	
25	Sharon Bird	F	45	05:00	2	35:21	30:21	Welcome to your first run of the season	09:07	09:30	104%	56.1%	
26	Joanne Clarke	F	38	05:33	11	36:04	30:31	Beats your previous best of 30:57 by 0:26	09:10	09:20	102%	53.1%	
27	James Calvert	M	44	05:00	10	36:03	31:03	Welcome to your first run of the season	09:20	09:30	102%	48.5%	
28	Sam Henriques	F	36	06:06	31	37:38	31:32	Season best stays at 30:29	09:28	09:10	97%	51.0%	
29	Roger Williams	M	68	03:53	16	36:11	32:18	Welcome to your first run of the season	09:42	09:50	101%	57.2%	
30	Barbara Welbourn	F	50	03:53	26	36:58	33:05	Season best stays at 32:54	09:56	09:50	99%	54.3%	
31	Judy Seale	F	54	01:40	6	35:42	34:02	Beats your previous best of 35:52 by 1:50	10:13	10:30	103%	55.5%	
32	Lucy Hicks	F	34	01:40	29	37:13	35:33	Season best stays at 34:50	10:41	10:30	98%	44.9%	
33	Cheryl Baird	F	44	00:00	32	38:14	38:14	Welcome to your first run of the season	11:29	11:00	96%	44.1%	
34	Marianne Killick	F	40	00:00	34	39:26	39:26	Welcome to your first run of the season	11:51	11:00	93%	41.6%	