

**COLLEGE LOOP on February 16, 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	Lewis Saunders	M	26	13:52	9	33:08	19:15	Beats your previous best of 19:53 by 0:38	05:47	06:00	104%	71.8%	Silver
2	Rod Sinnott	M	50	12:46	12	33:17	20:31	Beats your previous best of 20:55 by 0:24	06:10	06:20	103%	77.0%	Silver
3	Graham Milham	M	40	12:13	10	33:13	21:00	Season best stays at 20:51	06:18	06:30	103%	69.6%	Silver
4	Chris Rose	M	42	11:06	4	32:32	21:26	Beats your previous best of 22:53 by 1:27	06:26	06:50	106%	69.3%	Silver
5	John Chapman	M	49	11:39	13	33:30	21:51	Beats your previous best of 21:51 by 0:00	06:34	06:40	102%	71.8%	Silver
6	Tom Richards	M	50	11:39	14	33:35	21:56	Beats your previous best of 23:15 by 1:19	06:35	06:40	101%	72.1%	Silver
7	Stuart Follen	M	43	11:39	16	33:48	22:09	Welcome to your first run of the season	06:39	06:40	100%	67.6%	Bronze
8	Daniel Spiller	M	37	10:33	19	33:57	23:24	Season best stays at 22:59	07:02	07:00	100%	61.1%	Bronze
9	Nigel Seale	M	56	08:19	3	32:26	24:07	Beats your previous best of 27:23 by 3:17	07:14	07:40	106%	68.9%	Silver
10	Maire Irlam	F	51	08:53	8	33:08	24:15	Season best stays at 23:17	07:17	07:30	103%	75.0%	Silver
11	Ellen Connolly	F	36	09:59	22	34:29	24:30	Season best stays at 23:40	07:21	07:10	97%	65.6%	Bronze
12	Paul Wiegand	M	57	09:59	23	34:35	24:36	Season best stays at 23:15	07:23	07:10	97%	68.1%	Silver
13	Ian Milburn	M	72	08:53	20	34:01	25:08	Beats your previous best of 25:09 by 0:01	07:33	07:30	99%	77.1%	Silver
14	Jane Greenwood	F	61	06:40	11	33:15	26:35	Beats your previous best of 27:11 by 0:36	07:59	08:10	102%	78.2%	Gold
15	Michelle Gilbert	F	37	05:00	6	33:04	28:04	Welcome to your first run of the season	08:26	08:40	103%	57.5%	
16	Larissa Follen	F	43	05:00	18	33:56	28:56	Season best stays at 27:51	08:41	08:40	100%	57.8%	
17	Mark Hopkisson	M	48	03:53	15	33:43	29:50	Welcome to your first run of the season	08:58	09:00	100%	52.1%	
18	Roger Williams	M	69	02:13	1	32:08	29:55	Beats your previous best of 32:18 by 2:23	08:59	09:30	106%	62.4%	Bronze
19	Gily Anderson	F	35	01:40	2	32:19	30:39	Beats your previous best of 32:46 by 2:07	09:12	09:40	105%	52.2%	
20	Joanne Clarke	F	38	03:20	21	34:03	30:43	Season best stays at 30:31	09:14	09:10	99%	52.8%	
21	Carol Slater-Garner	F	40	02:13	5	33:03	30:50	Beats your previous best of 31:27 by 0:37	09:15	09:30	103%	53.2%	
22	Cheryl Chapman	F	48	02:46	17	33:49	31:03	Welcome to your first run of the season	09:19	09:20	100%	56.5%	
23	Judy Seale	F	54	00:00	7	33:07	33:07	Beats your previous best of 34:02 by 0:55	09:57	10:10	102%	57.1%	