

Weston AC - 5K Training Handicap Race March 2013

Name	Finish Position Mar 2013	Actual Time min	Actual Time sec	No of races last 12	Ave Time last 12	last 12 PB	April 13 base for handicap	April start time
Mike Oshea				1	29.58	29.58	29.58	TBA
Chris Edwards				2	30.04	29.38	29.38	TBA
Karen Pang	33	29	38	1	29.38	29.38	29.38	0.00
Gary Whitfield				1	29.28	29.28	29.28	TBA
Shaleen Summers				2	29.16	28.55	28.55	TBA
George Skeen				3	30.03	28.40	28.40	TBA
Sarah Vincent	32	28	4	6	27.40	26.28	27.40	0.00
Mike Vowles				2	28.25	27.15	27.15	0.00
Nick Lynn				1	26.52	26.52	26.52	0.00
Julie Shergold				2	27.03	26.46	26.46	0.00
Rachel Hedges				2	27.03	26.46	26.46	0.00
Catrina Law	30	27	22	3	27.09	26.45	26.45	0.00
Gary Isles	29	26	9	6	26.24	24.40	26.24	0.00
Maddy Cook	27	26	4	1	26.04	26.04	26.04	0.00
Katie David				4	27.54	25.51	25.51	0.00
Julia Withers				3	26.16	25.47	25.47	0.00
Chris Cox	31	25	45	1	25.45	25.45	25.45	0.06
Sarah Quelch				4	25.55	25.34	25.34	0.17
Nicky Scott				1	25.32	25.32	25.32	0.17
Kirsty Watts	14	25	31	2	25.55	25.31	25.31	0.23
Fran Bird	11	25	28	2	26.07	25.28	25.28	0.23
Derrick Laver				1	25.12	26.12	25.12	0.39
Rob Stabbins				1	25.05	25.05	25.05	0.45
Ben Masters				2	25.07	25.04	25.04	0.45
Lesley Cowell				1	24.51	24.51	24.51	1.00
Hannah Moore				1	24.46	24.46	24.46	1.05
Danny Mcmillan	1	24	12	8	25.32	24.12	24.12	1.39
Annette Giles				3	24.23	24.07	24.07	1.44
Geraldine Hope	21	23	45	11	23.57	23.32	23.57	1.54
Nick Cook	10	23	20	6	23.52	23.20	23.52	1.59
Vince Howard				1	23.41	23.41	23.41	2.00
Alessio Mapolitano				1	23.41	23.41	23.41	2.00
Mark Gray				1	23.33	23.33	23.33	2.18
Barry Walker				1	23.27	23.27	23.27	2.24
Gareth Weaver				7	23.23	22.42	23.23	2.30
Bill Green				1	23.21	23.21	23.21	2.30
Paul Oaten	25	23	10	7	23.18	23.10	23.18	2.33
Rowena Ham				1	23.16	23.16	23.16	2.33
Dean Bird	5	23	4	2	23.31	23.04	23.04	2.47
Pete Jones				2	22.58	22.54	22.54	2.57
Rupindar Kochhar				2	23.07	22.47	22.47	3.04
Mark Burland				2	23.19	22.47	22.47	3.04
Ray Broadhurst				3	23.00	22.46	22.46	3.04
Claudine Mercer				1	22.46	22.46	22.46	3.04
Stuart Diamond	3	22	43	1	22.43	22.43	22.43	3.08
Mike Clark				1	22.36	22.36	22.36	3.15
Rob Skeen				1	22.19	22.19	22.19	3.32
Steve Hale	2	22	13	3	22.59	22.13	22.13	3.38
Kim Huxtable				1	22.12	22.12	22.12	3.38
Jim White				2	22.11	22.09	22.09	3.42
Kira Thorpe	28	22	1	1	22.01	22.01	22.01	3.50
Gareth Hawkes				1	21.57	21.57	21.57	3.54
Phil Mellor	4	21	51	3	22.38	21.51	21.51	4.00
Dave Garnett				3	21.57	21.50	21.50	4.00
Steve Baxter				4	22.16	21.48	21.48	4.00
Andy Hayes				1	21.47	21.47	21.47	4.00
Lisa Tucker				2	21.46	21.37	21.37	4.15
Jim Hayward				2	21.54	21.36	21.36	4.15
Gareth Hiscock				5	23.13	21.35	21.35	4.15
Mark Hill				4	21.58	21.27	21.27	4.24
Sarah Currall				5	21.51	21.21	21.21	4.30
Barry Hall				3	22.09	21.19	21.19	4.32
Richard Wyatt				1	21.15	21.15	21.15	4.36
Andrew Sandiford				0	21.12	21.12	21.12	4.39
Simon Walsh				0	21.03	21.03	21.03	4.50
Michael Reep	17	21	2	11	21.44	21.02	21.02	4.50
Bruce Bourne				5	21.19	21.00	21.00	4.50
Dave Cowell	23	21	0	2	21.05	21.00	21.00	4.50
Rich Ford	15	20	45	6	20.55	20.19	20.55	4.55
John Hinchcliffe	12	20	28	9	20.55	19.54	20.55	4.55
Jason Wyatt	26	20	38	3	20.41	20.40	20.40	5.11
Tom Webb				3	21.16	20.34	20.34	5.20
Andy Devereux	8	20	32	3	21.07	20.32	20.32	5.20
Mark Bostock				3	20.52	20.31	20.31	5.20
Andy Chadburn				1	20.31	20.31	20.31	5.20
Phil Tomlinson				6	20.26	19.20	20.26	5.26

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Charlie Hurcomb				1	20.25	20.25	20.25	5.26
Paul Van-der-West				1	20.22	20.22	20.22	5.29
Chris Gough				3	20.46	20.15	20.15	5.36
Martin Hurcombe	24	19	49	6	20.11	19.49	20.11	5.40
Neil Ayliffe				1	20.10	20.10	20.10	5.40
Paul Wildon				1	20.07	20.07	20.07	5.40
Andrew Kelsey	18	20	4	4	20.35	20.04	20.04	5.48
david Jenkins				1	24.26	20.04	20.04	5.48
Dave Baxter				3	20.20	20.02	20.02	5.48
Tony Hogg				5	20.24	20.01	20.01	5.48
Matt Wheeler	6	20	0	1	20.00	20.00	20.00	5.48
Martin Henderson				1	19.56	19.56	19.56	5.57
Liz Wiggins				2	20.03	19.54	19.54	5.57
Neale Jarrett	16	19	15	8	19.37	19.08	19.37	6.15
Keiron Summers				8	19.36	18.39	19.36	6.15
Josh Harris				2	19.35	19.33	19.33	6.18
Simon Lund	19	19	30	5	20.46	19.30	19.30	6.21
Garrard Bailey				2	19.49	19.30	19.30	6.21
Tobias Hinchcliffe				5	19.59	19.21	19.21	6.30
Rich Bartlett	22	18	41	7	19.13	18.41	19.13	6.38
Jamie Tottle				7	19.13	18.47	19.13	6.38
Marc Malloy	13	19	12	3	19.31	19.12	19.12	6.38
David Mcmillan	9	18	42	8	19.10	18.13	19.10	6.41
Ross Needs				1	18.54	18.54	18.54	6.57
Bryan Morley				3	19.21	18.51	18.51	7.00
Guy Bradford				6	18.50	18.31	18.50	7.00
Mike Walsh				3	19.06	18.47	18.47	7.00
Chris Pinchbeck				1	18.46	18.46	18.46	7.05
Chris Preece	7	18	42	1	18.42	18.42	18.42	7.05
Pete Clark				4	18.28	18.20	18.20	7.31
Sam Morteo	20	17	43	6	17.55	17.28	17.55	7.56
Chris Mcmillan				1	17.21	17.21	17.21	8.30
Dominic Taylor Jones				2	17.22	17.13	17.13	8.38