

Weston AC - 5K Training Handicap Race Mar 2014

Name	Finish Position Mar 2014	Actual Time min	Actual Time sec	No of races last 12	Ave Time last 12	last 12 PB	April 14 base for handicap	April 14 start
Victor Baila				1	37.00	37.00	37.00	0.00
Shaleen Summers				1	30.19	30.19	30.19	0.00
Lydia Zajac				1	29.40	29.40	29.40	0.00
Tilly Ferrari				3	31.14	28.48	28.48	0.00
Julie Turnbull				1	27.55	27.55	27.55	0.00
Kirsty Mangham				1	27.33	27.33	27.33	0.00
Chris Edwards	25	27	34	3	27.37	27.24	27.24	0.00
Vanessa Andrews				2	27.01	26.54	26.54	0.00
Catrina Law				1	26.53	26.53	26.53	0.00
Mike Vowles	24	27	33	4	28.17	26.21	26.21	0.00
Tom Curry				1	26.18	26.18	26.18	0.00
Rachel Hedges				4	26.42	26.18	26.18	0.00
Zak Ghent				1	26.09	26.09	26.09	0.00
Dan Fisher				2	26.37	26.07	26.07	0.00
Lesley Bowskill				5	26.23	25.55	25.55	0.05
Mandy Nash				4	26.54	25.53	25.53	0.07
Helen Diamond	13	25	53	2	26.01	25.53	25.53	0.07
Julie Shergold				6	26.44	25.52	25.52	0.08
Julia Withers				3	25.53	25.46	25.46	0.14
Julie Bailiss	9	25	42	1	25.42	25.42	25.42	0.18
Keith Lee	10	25	42	3	26.11	25.42	25.42	0.18
Elaine Eldgridge				1	25.38	25.38	25.38	0.22
Laura Broderick	5	25	23	2	27.12	25.23	25.23	0.37
Colin Stirrup				1	25.22	25.22	25.22	0.38
Geraldine Hope	3	25	20	4	23.51	23.14	25.20	0.40
Maddy Cook				2	25.24	25.14	25.14	0.46
Jamie Whiting				1	25.13	25.13	25.13	0.47
Georgie Ford				1	24.50	24.50	24.50	1.10
Edel Robins				1	24.40	24.40	24.40	1.20
Paul Horton				2	24.53	24.39	24.39	1.20
Kevin Knight				1	24.26	24.26	24.26	1.34
Mary Oaten				1	24.23	24.23	24.23	1.37
Kirsty Watts				4	24.58	24.21	24.21	1.39
Pete Jones				1	24.20	24.20	24.20	1.39
Lisa Bowen-Howe				2	24.35	24.15	24.15	1.45
Tom Webb				1	24.09	24.09	24.09	1.51
Ian Shillcock				1	24.03	24.03	24.03	1.57
Louise Trott-Grant							24.00	2.00
Phil Mellor				1	23.52	23.52	23.52	2.08
Mark Gray				4	24.43	23.49	23.49	2.11
Danny Mcmillan				1	23.47	23.47	23.47	2.11
Ray Broadhurst	26	25	44	4	26.05	23.45	23.45	2.15
Gary Iles				4	24.26	23.43	23.43	2.15
Jim White	2	22	53	8	23.41	21.43	23.41	2.20
Dean Bird				1	23.39	23.39	23.39	2.20
Chris Cox				2	24.22	23.35	23.35	2.25
Andy Rees				1	23.32	23.32	23.32	2.30
Cheryl Scott				1	24.17	24.17	23.30	2.30
Alex Barker				1	23.27	23.27	23.27	2.33
John Gatehouse				1	23.26	23.26	23.26	2.34
Ruth White				5	24.53	23.23	23.23	2.37
Stephanie Shute				4	25.02	23.22	23.22	2.37
Jenni Boocock				1	23.20	23.20	23.20	2.40

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Paul Oaten				3	23.26	23.18	23.18	2.42
Andy Kennard				1	23.12	23.12	23.12	2.48
Hannah Dockrell	17	23	20	2	23.15	23.11	23.11	2.48
Lisa Fitzgerald				2	23.10	23.06	23.06	2.55
Nia Davies				7	23.25	23.04	23.04	2.55
Dan Gadsby				1	22.36	22.36	22.36	3.25
Wayne Lloyd	15	22	37	6	23.15	22.34	22.34	3.25
Gareth Weaver				5	23.07	22.34	22.34	3.25
Barry Hall				1	22.32	22.32	22.32	3.30
Tad Gray				1	22.25	22.25	22.25	3.35
Stuart Jervis				3	22.37	22.20	22.20	3.40
Niki Fulstow				1	22.20	22.20	22.20	3.40
Bill Green				3	22.26	22.14	22.14	3.45
Amanda Hunter				1	22.07	22.07	22.07	3.53
Nick Cook				6	22.43	21.57	21.57	4.03
Andy Salter				1	21.53	21.53	21.53	4.07
Andy Hayes				3	22.15	21.48	21.48	4.12
Kira Thorpe				1	21.48	21.48	21.48	4.12
Michael Reep	18	21	54	12	21.42	21.02	21.42	4.18
Morgan Tottle				2	23.24	21.38	21.38	4.22
Simon Andrews	22	22	20	3	22.09	21.33	21.33	4.27
John Hinchcliffe	11	21	12	12	21.32	20.28	21.32	4.27
Fran Bird				7	22.49	21.29	21.29	4.30
Steve Baxter				3	21.50	21.26	21.26	4.35
Chris Datchler	6	21	25	2	22.29	21.25	21.25	4.35
Bruce Bourne				1	21.20	21.20	21.20	4.40
Stuart Diamond	12	21	10	2	21.21	21.10	21.10	4.50
Dave Cowell	16	21	6	1	21.06	21.06	21.06	4.54
Dave Baxter				2	21.28	21.06	21.06	4.54
Bryan Morley				3	21.28	21.05	21.05	4.54
Rob Skeen				4	21.34	21.04	21.04	4.54
James Wotton				2	22.32	21.40	21.00	5.00
Wilf Huxtable				2	22.09	21.16	21.00	5.00
Charlie Hurcomb				2	21.28	20.50	20.50	5.10
Richard Wyatt				1	20.26	20.26	20.26	5.35
Chris Gough				1	20.25	20.25	20.25	5.35
Andy Devereux				8	20.24	19.57	20.24	5.35
Brendan Summers	19	20	52	4	21.29	20.21	20.21	5.40
Jim Hayward	23	21	25	3	20.52	20.13	20.13	5.47
Phil Richards	21	20	32	6	20.08	19.52	20.08	5.52
Josh Harris				3	20.05	20.00	20.00	6.00
Jason Wyatt				3	20.21	19.59	19.59	6.00
Leighton Smith				1	19.54	19.54	19.54	6.05
Rich Ford				5	20.39	19.48	19.48	6.12
Tony Hogg				4	19.35	19.04	19.47	6.12
Martin Hurcombe				3	19.50	19.47	19.47	6.12
John Oaten				3	19.58	19.44	19.44	6.16
Dave Stock				1	19.42	19.42	19.42	6.18
Matt Wheeler	8	19	20	9	19.38	18.55	19.38	6.22
Andrew Kelsey				2	20.42	19.33	19.33	6.27
Rich Bartlett				2	19.39	19.30	19.30	6.30
Neale Jarrett	14	19	17	7	19.19	18.50	19.19	6.41
David Western	1	19	2	2	19.53	19.02	19.02	6.58

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Simon Lund	27	22	0	3	20.10	18.58	18.58	7.02
Steve Kibblewhite				7	19.44	18.55	18.55	7.05
Adrian Noble	20	18	33	6	18.37	18.24	18.37	7.23
Guy Bradford	4	18	2	7	18.36	18.02	18.36	7.23
Chris Pinchbeck				3	18.29	18.24	18.24	7.36
David Mcmillan				1	18.20	18.20	18.20	7.40
Nick Briffitt				4	18.51	18.18	18.18	7.42
Matt Huxtable				3	19.19	18.03	18.03	7.57
Jamie Tottle				1	17.59	17.59	17.59	8.01
Pete Clark				6	18.26	17.43	17.43	8.17
Sam Morteo				1	17.37	17.37	17.37	8.23
Chris Mcmillan				1	17.32	17.32	17.32	8.28
Keiron Summers	7	17	10	8	18.06	17.10	17.10	8.50
Chris Old				3	16.49	16.25	16.25	9.35