

Weston AC - 5K Training Handicap Race November 2012

Name	Finish Position Nov 2012	Actual Time	No of races last 12	Ave Time last 12	last 12 PB	Dec 12 base for handicap	November Start
Mike Oshea			1	29.58	29.58	29.58	TBA
Chris Edwards			2	30.04	29.38	29.38	TBA
Shaleen Summers			2	29.16	28.55	28.55	TBA
George Skeen			3	30.03	28.40	28.40	TBA
Julie Shergold	33	27.22	1	27.22	27.22	27.22	0.00
Rachel Hedges	34	27.22	1	27.22	27.22	27.22	0.00
Mike Vowles	31	27.15	1	27.15	27.15	27.15	0.00
Nick Lynn			1	26.52	26.52	26.52	0.00
Catrina Law	28	26.45	1	26.45	26.45	26.45	0.00
Gary Isles	24	26.33	3	27.10	26.33	26.33	0.00
Sarah Vincent	22	26.28	3	27.03	26.28	26.28	0.00
Charlotte Cockle			2	26.15	26.14	26.14	0.00
Louisa Loveridge			1	25.59	25.59	25.59	0.00
Katie David			5	27.37	25.51	25.51	0.00
Julia Withers	26	26.39	2	26.13	25.47	25.47	0.00
Sarah Quelch			7	25.37	24.59	25.37	0.14
Nicky Scott			1	25.32	25.32	25.32	0.22
Danny Mcmillan	23	26.07	4	25.48	25.29	25.29	0.22
Derrick Laver			1	25.12	26.12	25.12	0.39
Ben Masters	1	25.04	1	25.04	25.04	25.04	0.47
Lesley Cowell			1	24.51	24.51	24.51	1.00
Hannah Moore			1	24.46	24.46	24.46	1.05
Colin Lintern			1	24.24	24.24	24.24	1.27
Nick Cook	29	23.58	6	24.00	22.51	24.00	1.51
Geraldine Hope	25	24.23	10	23.48	22.55	23.48	2.03
Gemma White			2	24.40	23.42	23.42	2.09
Mark Gray	17	23.33	1	23.33	23.33	23.33	2.18
Alessio Mapolitano			1	23.32	23.32	23.32	2.18
Gareth Weaver	2	22.42	10	23.29	22.29	23.29	2.22
Bill Green			1	23.21	23.21	23.21	2.30
Paul Oaten			8	23.19	22.38	23.19	2.30
Steve Hale			2	23.22	23.16	23.16	2.35
Annette Giles	30	24.19	3	24.15	23.00	23.00	2.51
Mike Potter			1	22.55	22.55	22.55	2.56
Pete Jones	12	22.54	3	23.04	22.52	22.52	3.00
Rupindar Kochhar	10	22.47	1	22.47	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
Ruth White			2	22.56	22.42	22.42	3.09
Gareth Hiscock	20	23.00	6	22.35	21.35	22.35	3.16
Barry Walker			4	23.03	22.34	22.34	3.16
Mike Clark			3	22.49	22.29	22.29	3.22
Rowena Ham			1	22.45		22.13	3.39
Kim Huxtable			3	22.33	22.12	22.12	3.39
Chris Datchler			1	22.06	22.06	22.06	3.45
Sophie Coulton			2	22.23	22.04	22.04	3.46
Mark Hill			6	22.00	21.10	22.00	3.51
Michael Reep	3	21.25	11	21.57	21.25	21.57	3.54
Gareth Hawkes			1	21.57	21.57	21.57	3.54
Russell Millier			1	21.54	21.54	21.54	4.00
Dave Garnett	16	22.00	3	21.57	21.50	21.50	4.00
Phil Mellor	27	22.41	2	22.15	21.48	21.48	4.00
Lisa Tucker			2	21.46	21.37	21.37	4.15
Jim Hayward			2	21.56	21.36	21.36	4.15
Sarah Currall	4	21.34	3	22.02	21.34	21.34	4.19
Rob Skeen			2	21.30	21.27	21.27	4.25
Toby Andrews			1	21.24	21.24	21.24	4.25
Barry Hall	6	21.05	2	21.19	21.19	21.19	4.32
Bruce Bourne			5	21.29	21.16	21.16	4.35
Dave Cowell			1	21.09	21.09	21.09	4.42
Simon Walsh			1	21.03	21.03	21.03	4.48

Andy Hayes			4	21.46	20.57	20.57	4.54
Steve Baxter	32	21.48	4	21.42	20.57	20.57	4.54
Jim White			4	21.54	20.55	20.55	4.54
John Hinchcliffe	9	20.55	10	20.52	19.54	20.52	5.00
Martin Johnson			1	20.48	20.48	20.48	5.00
Rich Ford	13	20.45	5	21.12	20.45	20.45	5.06
Andrew Kelsey			4	22.12	20.37	20.37	5.16
James Wotton			1	20.35	20.35	20.35	5.16
Tom Webb			3	21.16	20.34	20.34	5.16
Mark Bostock			4	21.14	20.31	20.31	5.22
Chris Gough			2	20.56	20.29	20.29	5.22
Paul Van-der-Westhuizen		20.22	1	20.22	20.22	20.22	5.33
Phil Tomlinson			7	20.18	19.35	20.18	5.33
Paul Wildon			1	20.07	20.07	20.07	5.44
david Jenkins			2	22.15	20.04	20.04	5.50
Tony Hogg			4	20.48	20.02	20.02	5.50
Dave Baxter			5	20.29	20.02	20.02	5.50
Martin Henderson			1	19.56	19.56	19.56	5.55
Keiron Summers	5	19.05	6	19.52	19.05	19.52	6.00
Simon Lund	35	21.19	6	21.02	19.47	19.47	6.06
Martin Hurcombe			5	20.08	19.45	19.45	6.06
Tobias Hinchcliffe	9	19.30	8	19.43	18.46	19.43	6.06
Marc Malloy			2	19.41	19.37	19.37	6.16
Bryan Morley			4	20.06	19.35	19.35	6.16
Josh Harris	11	19.33	2	19.35	19.33	19.33	6.16
Garrard Bailey			4	19.47	19.30	19.30	6.21
Neale Jarrett	8	19.08	8	19.27	19.08	19.27	6.24
Liz Wiggins			3	19.49	19.23	19.23	6.28
Rich Bartlett	19	19.27	3	19.30	19.08	19.08	6.43
David Mcmillan	7	18.59	4	19.45	18.59	18.59	6.52
Neil Ayliffe			3	19.42	18.53	18.53	6.58
Mike Walsh			3	19.06	18.47	18.47	7.04
Jamie Tottle			5	19.15	18.47	18.47	7.04
Chris Pinchbeck			1	18.46	18.46	18.46	7.04
Adrian Noble			1	18.42	18.42	18.42	7.09
Guy Bradford	18	18.42	5	18.53	18.31	18.31	7.20
Pete Clark	14	18.33	2	18.31	18.28	18.28	7.23
Ross Needs			3	18.34	18.19	18.19	7.32
Sam Morteo	21	17.57	7	18.04	17.28	17.28	8.23
Chris Mcmillan			1	17.21	17.21	17.21	8.30
Dominic Taylor Jones			4	17.58	17.13	17.13	8.38