

## Weston AC - 5K Training Handicap Race Jan 2013

Name	Finish Position Dec 2012	Actual Time	No of races last 12	Ave Time last 12	last 12 PB	Jan 13 base for handicap	Jan 13 Start
Mike Oshea			1	29.58	29.58	29.58	TBA
Chris Edwards			2	30.04	29.38	29.38	TBA
Gary Whitfield	24	29.28	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
Mike Vowles			1	27.15	27.15	27.15	0.00
Nick Lynn			1	26.52	26.52	26.52	0.00
Julie Shergold	22	26.46	2	27.03	26.46	26.46	0.00
Rachel Hedges	23	26.46	2	27.03	26.46	26.46	0.00
Catrina Law			1	26.45	26.45	26.45	0.00
Sarah Vincent			3	27.03	26.28	26.28	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			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	18	25.46	5	25.48	25.29	25.29	0.22
Derrick Laver			1	25.12	26.12	25.12	0.39
Ben Masters	16	25.09	2	25.07	25.04	25.04	0.47
Kirsty Watts			0			24.59	0.52
Lesley Cowell			1	24.51	24.51	24.51	1.00
Hannah Moore			1	24.46	24.46	24.46	1.05
Gary Isles	2	24.40	4	26.33	24.40	24.40	1.11
Colin Lintern			1	24.24	24.24	24.24	1.27
Nick Cook	8	23.42	7	23.57	22.51	23.57	1.54
Geraldine Hope	20	24.12	11	23.50	22.55	23.50	2.01
Gareth Weaver			9	23.34	22.29	23.34	2.18
Mark Gray			1	23.33	23.33	23.33	2.18
Alessio Mapolitano	27	23.41	2	23.37	23.32	23.32	2.18
Bill Green			1	23.21	23.21	23.21	2.30
Steve Hale			2	23.22	23.16	23.16	2.35
Paul Oaten			7	23.07	22.38	23.07	2.41
Annette Giles			3	24.15	23.00	23.00	2.51
Mike Potter			1	22.55	22.55	22.55	2.56
Pete Jones			3	23.04	22.52	22.52	3.00
Rupindar Kochhar			1	22.47	22.47	22.47	3.05
Mark Burland			2	23.19	22.47	22.47	3.05
Ray Broadhurst			3	23.00	22.46	22.46	3.05
Ruth White			2	22.56	22.42	22.42	3.10
Barry Walker			3	22.54	22.34	22.34	3.17
Mike Clark			2	22.33	22.29	22.29	3.22
Rowena Ham			1	22.45	22.45	22.13	3.38
Kim Huxtable			3	22.33	22.12	22.12	3.38
Chris Datchler			1	22.06	22.06	22.06	3.47
Sophie Coulton			1	22.04	22.04	22.04	3.47
Mark Hill			6	22.00	21.10	22.00	3.51
Michael Reep	10	22.19	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	3.57
Dave Garnett			3	21.57	21.50	21.50	4.00
Phil Mellor			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
Gareth Hiscock			5	22.31	21.35	21.35	4.15
Claudine Mercer			0	21.33	21.33	21.33	4.15
Rob Skeen	21	22.19	3	21.46	21.27	21.27	4.24
Toby Andrews			1	21.24	21.24	21.24	4.27
Bruce Bourne	9	21.00	6	21.24	21.16	21.24	4.27
Sarah Currall	11	21.21	4	21.52	21.21	21.21	4.30
Barry Hall			2	21.19	21.19	21.19	4.30
Dave Cowell			1	21.09	21.09	21.09	4.42
Simon Walsh			1	21.03	21.03	21.03	4.48
Rich Ford	6	20.19	6	21.03	20.19	21.03	4.48
Andy Hayes			3	21.41	20.57	20.57	4.54
Steve Baxter			3	21.35	20.57	20.57	4.54
Jim White			4	21.54	20.55	20.55	4.54
John Hinchcliffe	19	21.08	10	20.52	19.54	20.52	5.00
Andrew Kelsey			3	21.21	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			3	20.52	20.31	20.31	5.20
Paul Van-der-Westhuizen			1	20.22	20.22	20.22	5.30
Chris Gough	10	20.15	3	20.46	20.15	20.15	5.35
Phil Tomlinson	3	19.20	8	20.10	19.20	20.10	5.41
Paul Wildon			1	20.07	20.07	20.07	5.44
david Jenkins			2	22.15	20.04	20.04	5.50
Tony Hogg	15	20.04	5	20.39	20.02	20.02	5.50
Dave Baxter			4	20.26	20.02	20.02	5.50
Martin Henderson			1	19.56	19.56	19.56	5.55
Simon Lund			5	20.51	19.47	19.47	6.04
Martin Hurcombe			4	20.07	19.45	19.45	6.06
Tobias Hinchcliffe			7	19.43	18.46	19.43	6.08
Keiron Summers	1	18.39	7	19.41	18.39	19.41	6.10
Marc Malloy			2	19.41	19.37	19.37	6.14

Neale Jarrett			7	19.34	19.08	19.34	6.18
Josh Harris			2	19.35	19.33	19.33	6.18
Garrard Bailey			3	19.43	19.30	19.30	6.18
Liz Wiggins			3	19.49	19.23	19.23	6.28
Rich Bartlett	12	18.57	4	19.22	18.57	18.57	6.54
Neil Ayliffe			3	19.42	18.53	18.53	6.58
Bryan Morley	5	18.51	5	19.51	18.51	18.51	7.00
Guy Bradford	13	18.32	6	18.50	18.31	18.50	7.00
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
Pete Clark	14	18.29	3	18.30	18.28	18.28	7.23
Ross Needs			3	18.34	18.19	18.19	7.32
David Mcmillan	4	18.13	5	19.26	18.13	18.13	7.38
Sam Morteo			6	17.58	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