

Weston AC - 5K Training Handicap Race Dec 2013

Name	Finish Position Dec 2013	Actual Time min	Actual Time sec	No of races last 12	Ave Time last 12	last 12 PB	Jan 14 base for handicap	Dec 14 start
Shaleen Summers				1	30.19	30.19	30.19	0.00
Lydia Zajac				1	29.40	29.40	29.40	0.00
Karen Pang				1	29.38	29.38	29.38	0.00
Tilly Ferrari	39	28	48	2	31.46	28.48	28.48	0.00
Chris Edwards	37	27	55	1	27.55	27.55	27.55	0.00
Julie Turnbull				1	27.55	27.55	27.55	0.00
Sarah Vincent				3	28.18	27.29	27.29	0.00
Vanessa Andrews				1	26.54	26.54	26.54	0.00
Catrina Law				3	27.12	26.53	26.53	0.00
Mike Vowles	34	26	21	2	27.58	26.21	26.21	0.00
Tom Curry	31	26	18	1	26.18	26.18	26.18	0.00
Rachel Hedges	32	26	18	3	26.40	26.18	26.18	0.00
Keith Lee	30	26	15	1	26.15	26.15	26.15	0.00
Julie Shergold	33	26	18	5	26.54	26.11	26.11	0.00
Helen Diamond	29	26	10	1	26.10	26.10	26.10	0.00
Zak Ghent				1	26.09	26.09	26.09	0.00
Mandy Nash	27	26	8	3	27.47	26.08	26.08	0.00
Dan Fisher				2	26.37	26.07	26.07	0.00
Lesley Bowskill				4	26.31	26.06	26.06	0.00
Julia Withers				3	26.05	25.52	25.52	0.08
Maddy Cook				3	25.38	25.14	25.14	0.46
Jamie Whiting	7	25	13	1	25.13	25.13	25.13	0.46
Rob Stabbins				1	25.05	25.05	25.05	0.55
Georgie Ford				1	24.50	24.50	24.50	1.10
Paul Horton				2	24.53	24.39	24.39	1.21
Gareth Hiscock				2	24.33	24.31	24.31	1.29
Mary Oaten	24	24	23	1	24.23	24.23	24.23	1.37
Kirsty Watts				6	25.17	24.21	24.21	1.37
Lisa Bowen-Howe				2	24.35	24.15	24.15	1.45
Tom Webb				1	24.09	24.09	24.09	1.51
Annette Giles				1	24.07	24.07	24.07	1.51
Mark Gray				3	24.15	23.49	23.49	2.11
Danny Mcmillan				4	24.46	23.47	23.47	2.11
Geraldine Hope				6	23.45	23.14	23.45	2.15
Ray Broadhurst				2	24.46	23.45	23.45	2.15
Gary Iles	17	23	43	6	26.00	23.43	23.43	2.15
Chris Cox				3	24.50	23.35	23.35	2.25
Chris Datchler				1	23.34	23.34	23.34	2.25
Andy Rees				1	23.32	23.32	23.32	2.30
Rupindar Kochhar				1	23.27	23.27	23.27	2.30
John Gatehouse				1	23.26	23.26	23.26	2.30
Ruth White				3	23.33	23.23	23.23	2.38
Stephanie Shute	2	23	22	4	25.02	23.22	23.22	2.38
Jenni Boocock				1	23.20	23.20	23.20	2.38
Paul Oaten				6	23.19	23.10	23.19	2.38
Lisa Fitzgerald	5	23	6	1	23.06	23.06	23.06	3.00
Nia Davies	16	23	4	6	23.24	23.04	23.04	3.00
Dean Bird				3	23.33	23.04	23.04	3.00
Pete Jones				1	23.02	23.02	23.02	3.00
Claudine Mercer				1	22.46	22.46	22.46	3.15
Dan Gadsby				1	22.36	22.36	22.36	3.03
Wayne Lloyd	3	22	34	3	23.24	22.34	22.34	3.25
Gareth Weaver				4	22.53	22.34	22.34	3.25
Barry Hall				2	23.11	22.32	22.32	3.30
Stuart Jervis	9	22	20	2	22.35	22.20	22.20	3.40
Bill Green	22	22	21	3	22.26	22.14	22.14	3.45
Steve Hale				1	22.13	22.13	22.13	3.45
Si Angrove				1	22.10	22.10	22.10	3.50
Nick Cook	11	21	57	8	22.55	21.57	21.57	4.03
Andy Salter				1	21.53	21.53	21.53	4.07

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Phil Mellor				2	22.37	21.51	21.51	4.10
Sarah Currall				1	21.49	21.49	21.49	4.10
Andy Hayes				3	22.15	21.48	21.48	4.10
Kira Thorpe				2	21.55	21.48	21.48	4.10
Jim White	38	24	6	5	22.34	21.43	21.43	4.17
Morgan Tottle				1	21.38	21.38	21.38	4.22
Simon Andrews				2	22.04	21.33	21.33	4.27
Fran Bird				9	23.33	21.29	21.29	4.31
Michael Reep	19	21	26	12	21.29	21.02	21.29	4.31
Steve Baxter				5	22.09	21.26	21.26	4.35
Stuart Diamond	1	21	20	2	22.02	21.20	21.20	4.40
Bruce Bourne				2	21.33	21.20	21.20	4.40
John Hinchcliffe	26	21	22	11	21.10	20.28	21.10	4.50
Dave Baxter				1	21.06	21.06	21.06	4.55
Bryan Morley	21	21	5	2	21.31	21.05	21.05	4.55
Rob Skeen	10	21	4	4	21.34	21.04	21.04	4.55
Dave Cowell				1	21.00	21.00	21.00	5.00
Rich Ford				7	20.42	19.48	20.42	5.18
Andy Devereux	28	20	51	11	20.36	19.57	20.36	5.24
Andy Chadburn				1	20.31	20.31	20.31	5.30
Richard Wyatt				2	20.51	20.26	20.26	5.35
Chris Gough				1	20.25	20.25	20.25	5.35
Charlie Hurcomb				2	20.56	20.25	20.25	5.35
Phil Tomlinson				1	20.23	20.23	20.23	5.40
Brendan Summers	3	20	21	3	21.42	20.21	20.21	5.40
Jim Hayward				2	20.35	20.13	20.13	5.45
Josh Harris				3	20.05	20.00	20.00	6.00
Jason Wyatt	13	19	59	6	20.31	19.59	19.59	6.00
Martin Hurcombe				6	19.59	19.47	19.59	6.00
Phil Richards	23	19	59	4	19.59	19.52	19.52	6.08
Tony Hogg	12	19	23	6	19.47	19.04	19.47	6.13
John Oaten	14	19	44	3	19.58	19.44	19.44	6.16
Andrew Kelsey				4	20.27	19.33	19.33	6.27
Matt Wheeler				7	19.27	18.55	19.27	6.33
Neale Jarrett	6	18	50	9	19.27	18.50	19.27	6.33
Marc Malloy				1	19.12	19.12	19.12	6.48
Simon Lund				4	19.50	18.58	18.58	7.03
Steve Kibblewhite	8	18	57	5	19.53	18.57	18.57	7.03
Chris Preece				1	18.42	18.42	18.42	7.19
Rich Bartlett				5	19.17	18.41	18.41	7.19
Matt Huxtable	36	18	38	1	18.38	18.38	18.38	7.22
Chris Pinchbeck	25	18	26	3	18.29	18.24	18.24	7.36
Adrian Noble				4	18.33	18.24	18.24	7.36
David Mcmillan				4	18.38	18.20	18.20	7.40
Guy Bradford	20	18	20	5	18.27	18.19	18.19	7.40
Nick Briffitt				3	18.38	18.18	18.18	7.40
Jamie Tottle	18	17	59	3	18.44	17.59	17.59	8.01
Keiron Summers	15	17	43	7	18.18	17.43	17.43	8.17
Pete Clark	35	18	27	6	18.27	17.43	17.43	8.17
Chris Mcmillan				1	17.32	17.32	17.32	8.28
Sam Morteo				2	17.40	17.28	17.28	8.32
Chris Old				3	16.49	16.25	16.25	9.35