

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

Name	Finish Position June 2013	Actual Time min	Actual Time sec	No of races last 12	Ave Time last 12	last 12 PB	July 13 base for handicap	July start time
Chris Edwards				1	30.30	30.30	30.30	TBA
Mike Oshea				1	29.58	29.58	29.58	TBA
Lydia Zajac	31	29	40	1	29.40	29.40	29.40	0.00
Karen Pang				1	29.38	29.38	29.38	0.00
Gary Whitfield				1	29.28	29.28	29.28	TBA
Mandy Nash				1	28.47	28.47	28.47	0.00
George Skeen				3	30.03	28.40	28.40	TBA
Julie Turnbull	30	27	55	1	27.55	27.55	27.55	0.00
Sarah Vincent				6	27.40	26.28	27.40	0.00
Mike Vowles				2	28.25	27.15	27.15	0.00
Vanessa Settrington				1	26.54	26.54	26.54	0.00
Nick Lynn				1	26.52	26.52	26.52	0.00
Rachel Hedges	29	26	50	4	26.57	26.46	26.46	0.00
Catrina Law				4	27.05	26.45	26.45	0.00
Lesley Bowskill	25	26	13	2	26.25	26.13	26.13	0.00
Julie Shergold	28	26	48	4	26.46	26.11	26.11	0.00
Katie David				2	28.36	28.25	25.51	0.00
Sarah Quelch				3	26.02	25.48	25.48	0.00
Julia Withers				4	26.12	25.47	25.47	0.00
Maddy Cook				2	25.50	25.35	25.35	0.16
Nicky Scott				1	25.32	25.32	25.32	0.16
Derrick Laver				1	25.12	26.12	25.12	0.39
Rob Stabbins				1	25.05	25.05	25.05	0.47
Ben Masters				2	25.07	25.04	25.04	0.47
Kirsty Watts	27	25	33	4	25.34	24.52	24.52	1.00
Lesley Cowell				1	24.51	24.51	24.51	1.00
Hannah Moore				1	24.46	24.46	24.46	1.05
Lisa Bowen-Howe	6	24	15	2	24.35	24.15	24.15	1.36
Annette Giles				3	24.23	24.07	24.07	1.44
Gary Iles				7	26.02	23.52	23.52	2.00
Geraldine Hope	16	23	36	11	23.52	23.14	23.52	2.00
Ruth White	20	23	52	1	23.52	23.52	23.52	2.00
Nick Cook	22	23	26	6	23.48	23.20	23.48	2.00
Danny Mcmillan				9	25.20	23.47	23.47	2.00
Vince Howard				1	23.41	23.41	23.41	2.10
Alessio Mapolitano				1	23.41	23.41	23.41	2.10
Fran Bird				4	25.00	23.40	23.40	2.10
Chris Cox				2	24.40	23.35	23.35	2.17
Nia Davies	7	23	34	1	23.34	23.34	23.34	2.17
Mark Gray				2	23.41	23.33	23.33	2.17
Barry Walker				1	23.27	23.27	23.27	2.24
Bill Green				1	23.21	23.21	23.21	2.30
Paul Oaten	24	23	18	6	23.19	23.10	23.19	2.30
Dean Bird				3	23.33	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
Claudine Mercer				1	22.46	22.46	22.46	3.04
Stuart Diamond				1	22.43	22.43	22.43	3.04
Gareth Weaver				7	23.02	22.38	22.38	3.15
Dan Gadsby				1	22.36	22.36	22.36	3.15
Simon Andrews				1	22.35	22.35	22.35	3.15
Gareth Hiscock				4	23.33	22.22	22.22	3.30
Ray Broadhurst				1	22.21	22.21	22.21	3.30
Steve Hale				3	22.59	22.13	22.13	3.40
Kim Huxtable				1	22.12	22.12	22.12	3.40
Si Angrove				1	22.10	22.10	22.10	3.40
Mark Hill				2	22.25	22.10	22.10	3.40
Jim White				1	22.09	22.09	22.09	3.40
Steve Baxter	14	21	26	6	22.05	21.26	22.05	3.46
Andy Salter	3	21	53	1	21.53	21.53	21.53	4.00
Phil Mellor				3	22.38	21.51	21.51	4.00
Dave Garnett				3	21.57	21.50	21.50	4.00
Kira Thorpe	2	21	48	2	21.55	21.48	21.48	4.00
Lisa Tucker				2	21.46	21.37	21.37	4.15
Jim Hayward				1	21.36	21.36	21.36	4.15
Rob Skeen	21	21	39	3	21.51	21.34	21.34	4.15
Michael Reep	15	21	17	12	21.33	21.02	21.33	4.18
Tom Webb				2	21.37	21.26	21.26	4.25
Sarah Currall				5	21.51	21.21	21.21	4.30

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Richard Wyatt				1	21.15	21.15	21.15	4.36
Barry Hall	5	22	32	3	22.29	21.05	21.05	4.46
Bruce Bourne				3	21.17	21.00	21.00	4.50
Dave Cowell				2	21.05	21.00	21.00	4.50
John Hinchcliffe	23	20	57	10	20.52	19.54	20.52	5.00
Rich Ford	1	19	48	9	20.52	19.48	20.52	5.00
Andy Devereux	17	20	24	6	20.50	20.24	20.50	5.00
Mark Bostock				2	20.47	20.44	20.44	5.07
Jason Wyatt				3	20.41	20.40	20.40	5.11
Andy Chadburn				1	20.31	20.31	20.31	5.20
Charlie Hurcomb				1	20.25	20.25	20.25	5.26
Paul Van-der-Westhuizen				1	20.22	20.22	20.22	5.30
Chris Gough				2	20.54	20.15	20.15	5.36
Liz Wiggins				1	20.11	20.11	20.11	4.40
Dave Baxter				2	20.29	20.10	20.10	5.40
Neil Ayliffe				1	20.10	20.10	20.10	5.40
John Oaten	4	20	7	1	20.07	20.07	20.07	5.40
Paul Wildon				1	20.07	20.07	20.07	5.40
Andrew Kelsey				4	20.35	20.04	20.04	5.47
Martin Henderson				1	19.56	19.56	19.56	5.55
Martin Hurcombe	19	19	48	5	20.10	19.48	19.48	6.00
Garrard Bailey				1	19.48	19.48	19.48	6.00
Tony Hogg				5	20.05	19.42	19.42	6.09
Josh Harris				1	19.33	19.33	19.33	6.18
Neale Jarrett	18	19	27	9	19.32	19.08	19.32	6.18
Simon Lund				4	21.01	19.30	19.30	6.18
Tobias Hinchcliffe				3	19.55	19.30	19.30	6.18
Phil Tomlinson				5	20.17	19.20	19.20	6.30
Rich Bartlett	26	19	48	9	19.19	18.41	19.19	6.30
Marc Malloy				3	19.31	19.12	19.12	6.40
Matt Wheeler	11	19	1	4	19.34	19.01	19.01	6.50
Ross Needs				1	18.54	18.54	18.54	7.00
Jamie Tottle				4	19.13	18.52	18.52	7.00
Bryan Morley				2	19.13	18.51	18.51	7.00
Mike Walsh				1	18.47	18.47	18.47	7.05
Chris Pinchbeck				1	18.46	18.46	18.46	7.05
Chris Preece				1	18.42	18.42	18.42	7.09
Keiron Summers	9	18	20	8	19.05	18.20	18.20	7.31
David Mcmillan	10	18	20	9	19.05	18.13	18.20	7.31
Guy Bradford	8	18	19	6	18.39	18.19	18.20	7.31
Adrian Noble	12	18	24	2	18.31	18.24	18.20	7.31
Pete Clark				5	18.44	18.20	18.20	7.31
Sam Morteo				5	17.41	17.28	17.28	8.23
Chris Mcmillan				2	17.27	17.21	17.21	8.30
Dominic Taylor Jones				2	17.22	17.13	17.13	8.38