

Weston AC - 5K Training

Name	Finish Position Feb 2012	Actual Time	No of races last 12	Ave Time last 12	last 12 PB	Mar 12 base for handicap	Mar 12 Handicap	Mar 12 Finish
Charlotte Cockle			3	26.23	26.16	26.16	0	
Louisa Loveridge			1	25.59	25.59	25.59	0.17	
Derrick Laver	19	00:25:12	1	25.12	26.12	25.12	1.04	
Sarah Quelch	22	00:24:59	9	26.12	24.59	24.59	1.17	
Colin Lintern	10	00:24:24	1	24.24	24.24	24.24	1.52	
Alessio Mapolitano	2	00:23:32	1	23.32	23.32	23.32	2.44	
Pete Jones			1	23.27	23.27	23.27	2.49	
Hannah Moore	5	00:24:46	1	24.46	24.46	23.13	3.03	
Geraldine Hope	20	00:23:40	11	23.13	22.24	23.13	3.03	
Nick Cook	4	00:23:45	2	24.17	23.45	23.12	3.03	
Gareth Weaver	15	00:23:18	10	23.12	21.56	23.12	3.03	
Ian Hughes			2	23.27	23.10	23.10	3.03	
Gemma White	1	00:23:42	2	24.40	23.42	23.03	3.13	
Annette Giles			1	23.00	23.00	23.00	3.16	
Charlotte Gray			4	23.21	22.55	22.55	3.21	
Kim Huxtable			3	23.10	22.54	22.54	3.21	
Barry Walker			2	23.11	22.52	22.52	3.24	
Paul Oaten	16	00:22:54	4	23.15	22.47	22.47	3.29	
Gareth Hiscock			8	22.33	21.45	22.33	3.43	
Ruth White	21	00:23:10	3	23.00	22.30	22.30	3.46	
Mike Clark			2	22.56	22.29	22.29	3.46	
Michael Reep	11	00:21:48	8	22.14	21.48	22.14	4.02	
Sophie Coulton			3	22.30	22.04	22.04	4.12	
Andy Hayes	18	00:22:20	3	22.31	21.58	21.58	4.18	
Russell Millier			1	21.54	21.54	21.54	4.22	
Andrew Kelsey			2	22.38	22.07	21.41	4.35	
Rob Skeen			2	21.32	21.27	21.27	4.49	
Toby Andrews	6	00:21:24	1	21.24	21.24	21.24	4.52	
Kira Thorpe			1	21.19	21.19	21.19	4.57	
John Hinchcliffe	14	00:21:16	11	21.12	20.12	21.12	5.04	
Mark Hill	23	00:22:04	4	21.52	21.10	21.10	5.04	
Steve Baxter			7	21.04	20.21	21.04	5.12	
Simon Walsh	12	00:21:03	1	21.03	21.03	21.03	5.12	
Jim White	28	00:22:18	3	21.43	20.57	20.57	5.19	
Martin Johnson			1	20.48	20.48	20.48	5.28	
Chris Main			1	20.44	20.44	20.44	5.32	
Chris Datchler			3	20.58	20.41	20.41	5.36	
Bruce Bourne	27	00:21:55	4	21.23	20.40	20.40	5.36	
Mark Bostock			4	21.05	20.31	20.31	5.45	
Wayne Summers			3	20.57	20.30	20.30	5.45	
Mark Jones			5	20.51	20.24	20.24	5.52	
Andy Devereux			1	20.23	20.23	20.23	5.52	
Tony Hogg	25	00:21:07	8	20.09	19.28	20.09	6.07	
Paul Wildon			1	20.07	20.07	20.07	6.07	
Mike Walsh			1	19.57	19.57	19.57	6.19	
Tobias Hinchcliffe	7	00:19:07	6	19.54	19.07	19.54	6.22	
Phil Richards			4	19.56	19.47	19.47	6.29	
Rich Ford			5	20.32	19.46	19.46	6.29	
Martin Hurcombe	13	00:19:45	9	19.43	19.14	19.43	6.34	
Dave Baxter	26	00:20:45	8	19.41	18.53	19.41	6.34	
Chris Gough			2	20.11	19.39	19.39	6.34	
Dave Cowell			3	19.51	19.35	19.35	6.41	
Liz Wiggins	17	00:19:23	1	19.23	19.23	19.23	6.54	
Tracey Lewis			1	19.22	19.22	19.22	6.54	
Neale Jarrett	29	00:19:58	6	19.22	18.23	19.22	6.54	
Jamie Tottle			2	19.21	19.16	19.16	7.00	
Josh Harris			2	19.47	19.42	19.15	7.00	
Phil Tomlinson	22	00:19:48	3	19.30	19.08	19.08	7.08	
Bryan Morley	30	00:20:59	3	19.52	19.03	19.03	7.13	
Malcolm Gammon			1	18.56	18.56	18.56	7.20	
Neil Ayliffe	3	00:18:53	2	19.29	18.53	18.53	7.23	
Garrard Bailey	24	00:19:50	4	19.34	18.50	18.50	7.26	
Simon Lund			7	20.35	18.42	18.42	7.34	
Ross Needs	9	00:18:19	8	18.36	18.26	18.36	7.40	
Sam Morteo			5	19.08	18.22	18.22	7.54	
Adrian Noble			3	18.46	18.16	18.16	8.00	
Dominic Taylor Jones			2	18.53	18.14	18.14	8.02	
Chris Pinchbeck			2	18.25	18.03	18.03	8.13	
Mark Dunstone			3	18.34	17.56	17.56	8.20	
Pete Clark			1	17.47	17.47	17.47	8.29	