

Weston AC - 5K Training Handicap Race Jan 2015

Name	Finish Position Jan 2015	Actual Time min	Actual Time sec	No of races last 12	Ave Time last 12	last 12 PB	Feb 15 base for handicap	Feb Start time
Yvonne Sandford	61	39	15	3	41.06	39.15	39.15	-5.00
Jeanette Riley	62	39	15	1	39.15	39.15	39.15	-5.00
Karen Morledge	63	39	32	3	39.43	37.33	37.33	-5.00
Joanne Lintern				1	35.23	35.23	35.23	-5.00
Emma Wheeler				1	35.10	35.10	35.10	-5.00
Ryan Pauldin				1	33.48	33.48	33.48	-5.00
Jo Buchan				2	33.42	33.02	33.02	-5.00
Geraldine Gravell				1	33.02	33.02	33.02	-5.00
Paula Adderley	50	32	56	2	34.11	32.56	32.56	-5.00
Lynne Parsonage	51	32	56	3	34.05	32.56	32.56	-5.00
Midge Meakin	48	32	22	3	32.59	32.22	32.22	-5.00
Lisa Archbold	47	32	18	1	32.18	32.18	32.18	-5.00
Debbie Vowles	44	32	14	3	32.22	32.14	32.14	-5.00
Vicky Jones	41	31	54	3	32.20	31.54	31.54	-5.00
Wendie Beardsall				2	32.40	31.40	31.40	-5.00
Abigail Frost	37	31	35	1	31.35	31.35	31.35	-5.00
Marian Barber	36	31	34	4	32.09	31.34	31.34	-5.00
Katherine Fisher				1	31.30	31.30	31.30	-5.00
Kelly Staddon				1	31.25	31.25	31.25	-5.00
Kate Rossiter	31	31	10	3	32.48	31.10	31.10	-5.00
Sue Foot				2	31.27	30.59	30.59	0.00
Lorraine Smith				2	30.54	30.43	30.43	0.00
George Skeen				1	30.26	30.26	30.26	0.00
Karen Cutter	2	29	53	3	31.05	29.53	29.53	0.00
Sam Thompson				3	29.46	28.39	28.39	0.00
Emma Taylor	59	28	38	1	28.38	28.38	28.38	0.00
Sara Weaver				2	29.19	28.34	28.34	0.00
Nigel Flaskett	58	28	32	2	29.11	28.32	28.32	0.00
Chantelle Thompson	57	28	30	1	28.30	28.30	28.30	0.00
Sarah Wheatley	55	28	22	1	28.22	28.22	28.22	0.00
Susan Bushnell				1	28.20	28.20	28.20	0.00
Ruth Phillips	54	28	5	1	28.05	28.05	28.05	0.00
Derek Almond	53	27	57	3	29.37	27.57	27.57	0.00
Chris Edwards				2	30.56	27.34	27.34	0.00
Mike Vowles				2	29.51	27.33	27.33	0.00
Shaleen Summers	52	27	57	6	28.14	27.22	27.22	0.00
Keith Lee				1	27.22	27.22	27.22	0.00
Hollie Moore	43	27	11	4	28.41	27.11	27.11	0.00
Dan Fisher				0	27.07	27.07	27.07	0.00
Victoria Hodge	42	27	2	3	27.29	27.02	27.02	0.00
Kirsty Mangham	60	29	14	4	27.56	26.59	26.59	0.00
Ruth White				1	26.50	26.50	26.50	0.00
Rachel Hedges	40	26	47	2	26.59	26.47	26.47	0.00
Joanna Coveney	39	26	40	2	27.10	26.40	26.40	0.00
Tricia Baillie-Horler				1	26.40	26.40	26.40	0.00
Stefania Merrifield	38	26	38	3	26.58	26.38	26.38	0.00
Dean Bird	56	26	28	1	26.28	26.28	26.28	0.00
Vanessa Andrews				2	26.35	26.20	26.20	0.00
Leanne Gardener	30	26	9	2	26.24	26.09	26.09	0.00
Carolyn Devereux				1	26.03	26.03	26.03	0.00
Lisa Acton	26	25	59	1	25.59	25.59	25.59	0.00
Katie Wood	19	25	48	3	26.08	25.48	25.48	0.12
Keith Lee				2	26.32	25.42	25.42	0.18

Julie Shergold	35	25	58	5	25.53	25.37	25.37	0.23
Julia Withers	27	25	31	3	25.46	25.31	25.31	0.29
Sara Chiswell-Jones				2	25.41	25.26	25.26	0.34
Colin Stirrup				1	25.22	25.22	25.22	0.38
Lindsay Graham				1	25.20	25.20	25.20	0.40
Pam Withers				1	25.13	25.13	25.13	0.47
Luke Buchan				3	25.35	25.10	25.10	0.50
Lesley Bowskill				4	25.18	24.48	24.48	1.12
Laura Broderick				4	25.06	24.48	24.48	1.12
Geraldine Hope	4	24	46	5	25.17	24.46	24.46	1.15
Julie Monaghan	13	24	45	4	25.21	24.45	24.45	1.15
Peter Skeen	28	24	55	8	26.16	24.40	24.40	1.20
Alex Knight				1	24.37	24.37	24.37	1.23
Clive Barker	21	24	33	2	24.37	24.33	24.33	1.27
Mark Gray	24	24	27	2	24.29	24.27	24.27	1.33
Julie Bailiss	1	24	17	4	25.18	24.17	24.17	1.43
Steve Hale				1	24.12	24.12	24.12	1.48
Jim White				6	24.10	22.07	24.10	1.50
Gary Iles	46	25	30	3	25.10	24.09	24.09	1.50
Helen Diamond	7	24	3	8	25.18	24.03	24.03	1.57
Darren Abbotts				1	23.57	23.57	23.57	2.03
Pete Jones				1	23.52	23.52	23.52	2.08
Carol O'Leary	8	23	49	3	24.21	23.49	23.49	2.11
Rachel Smith				1	23.48	23.48	23.48	2.11
Paul Oaten				1	23.39	23.39	23.39	2.21
Cheryl Scott				1	24.17	24.17	23.30	2.30
James Taylor				1	23.27	23.27	23.27	2.33
Ray Broadhurst				6	25.20	23.25	23.25	2.35
Andrew Kelsey				1	23.21	23.21	23.21	2.40
Ian Shillcock				1	23.18	23.18	23.18	2.40
Gareth Weaver				4	23.45	23.14	23.14	2.46
Stephanie Shute				2	23.15	23.09	23.09	2.51
Nick Cook	45	23	24	8	23.05	22.05	23.05	2.55
Rob Mountfield		23	2	1	23.02	23.02	23.02	2.58
Hannah Dockrell				2	23.08	22.56	22.56	3.04
Nia Davies	16	22	40	6	22.50	22.29	22.50	3.10
Claudine Mercer				2	22.51	22.47	22.47	3.13
Stuart Jervis				2	22.54	22.42	22.42	3.18
Rachel Vincent	18	22	31	3	22.52	22.31	22.31	3.29
Wayne Lloyd				3	22.55	22.23	22.23	3.37
Hannah Moore				1	22.22	22.22	22.22	3.37
Bruce Bourne	23	22	11	3	22.15	22.11	22.11	3.49
Andy Hayes				2	22.18	22.08	22.08	3.52
Phil Mellor				1	22.03	22.03	22.03	3.57
Mark Hill				3	22.28	22.02	22.02	3.57
Jules Pflaum				1	22.00	22.00	22.00	4.00
Stuart Haynes				1	21.56	21.56	21.56	4.04
Fran Bird	20	21	50	1	21.50	21.50	21.50	4.10
Katie Gourmley				2	21.51	21.47	21.47	4.13
John Hinchliffe	17	21	30	11	21.47	21.04	21.47	4.13
Rob Skeen				1	21.41	21.41	21.41	4.20
Russ Purcell				1	21.40	21.40	21.40	4.20
Michael Reep				11	21.40	21.02	21.40	4.20
Michelle Fryer				4	22.30	21.39	21.39	4.20
Kira Thorpe				2	21.46	21.36	21.36	4.25
Jason Richards	14	21	35	1	21.35	21.35	21.35	4.25
Simon Andrews				7	22.08	21.33	21.33	4.25
Chris Datchler				1	21.25	21.25	21.25	4.35

Dave Baxter				3	21.27	21.24	21.24	4.35
Bryan Morley				0	21.24	21.24	21.24	4.35
Bill Green	10	20	44	7	21.17	20.44	21.17	4.43
Charlie Hurcomb				2	21.15	21.09	21.09	4.50
Toby Andrews				1	21.08	21.08	21.08	4.50
Stuart Diamond	5	20	23	7	21.06	20.23	21.06	4.55
Jim Hayward				2	21.15	21.05	21.05	4.55
Paul Grinham	12	20	56	3	21.20	20.56	20.56	5.05
Brendan Summers				1	20.52	20.52	20.52	5.10
Zoe Barber				2	21.10	20.50	20.50	5.10
Rob Withers				3	21.07	20.49	20.49	5.10
Andy Devereux				2	20.53	20.42	20.42	5.20
Dave Cowell	49	22	26	5	21.37	20.36	20.36	5.24
Malcolm Gammon				1	20.35	20.35	20.35	5.24
Phil Richards				2	20.42	20.32	20.32	5.28
Jason Wyatt	32	20	42	2	20.37	20.31	20.31	5.28
James Wotton				4	20.48	19.56	19.56	6.05
Mark Bostock	3	19	55	1	19.55	19.55	19.55	6.05
Martin Hurcombe				4	20.34	19.53	19.53	6.05
Josh Harris				2	19.50	19.44	19.44	6.16
John Oaten				1	19.44	19.44	19.44	6.16
Dave Stock				1	19.42	19.42	19.42	6.18
Neale Jarrett	29	19	43	8	19.38	19.17	19.38	6.22
Chris Pinchbeck				2	19.44	19.31	19.31	6.29
Kie Booth				4	20.44	19.24	19.24	6.36
Matt Wheeler	11	18	58	8	19.23	18.51	19.23	6.36
Tony Hogg	34	19	36	5	19.37	19.17	19.17	6.43
Ross Needs				4	19.33	19.09	19.09	6.51
Matt Huxtable				6	19.04	17.40	19.04	6.55
David Western				2	19.53	19.02	19.02	7.00
Marc Malloy				2	19.01	19.00	19.00	7.00
Simon Lund				2	20.55	18.58	18.58	7.00
Jamie Tottle				2	19.08	18.47	18.47	7.13
Andy Chadburn	6	18	42	1	18.42	18.42	18.42	7.18
Nick Briffitt	9	17	50	6	18.42	17.50	18.42	7.18
Guy Bradford	33	18	49	6	18.42	17.52	18.42	7.18
Pete Clark				2	18.58	18.41	18.41	7.18
Adrian Noble				3	18.45	18.33	18.33	7.27
Steve Kibblewhite				4	19.04	18.31	18.31	7.27
Wilf Huxtable	15	18	19	4	19.19	18.19	18.19	7.41
Kieron Summers	22	17	39	10	17.45	17.10	17.45	8.15
Chris Mcmillan	25	16	40	4	17.04	16.40	16.40	9.20