

Weston AC - 5K Training Handicap Race Feb 2015

Name	Finish Position Feb 2015	Actual Time min	Actual Time sec	No of races last 12	Ave Time last 12	last 12 PB	Mar 15 base for handicap	Mar 15 start time
Jeanette Riley				1	39.15	39.15	39.15	-10.00
Yvonne Sandford	52	38	27	4	40.27	38.27	38.27	-10.00
Karen Morledge	51	38	13	4	39.21	37.33	37.33	-10.00
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
Lynne Parsonage	46	34	16	4	34.08	32.56	32.56	-5.00
Midge Meakin	38	32	18	4	32.49	32.18	32.18	-5.00
Lisa Archbold				1	32.18	32.18	32.18	-5.00
Paula Adderley	37	32	0	3	33.27	32.00	32.00	-5.00
Vicky Jones				3	32.20	31.54	31.54	-5.00
Abigail Frost				1	31.35	31.35	31.35	-5.00
Marian Barber	42	32	54	5	32.18	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
Tracey Bungay	29	31	15	1	31.15	31.15	31.15	-5.00
Sue Foot				2	31.27	30.59	30.59	0.00
Wendie Beardsall	18	30	47	3	32.02	30.47	30.47	0.00
Lorraine Smith				2	30.54	30.43	30.43	0.00
Debbie Vowles	8	30	33	4	31.55	30.33	30.33	0.00
Kate Rossiter	7	30	32	4	32.14	30.32	30.32	0.00
George Skeen				1	30.26	30.26	30.26	0.00
Karen Cutter	47	29	56	4	30.48	29.53	29.53	0.00
Sam Thompson				3	29.46	28.39	28.39	0.00
Emma Taylor				1	28.38	28.38	28.38	0.00
Sara Weaver				2	29.19	28.34	28.34	0.00
Nigel Flaskett	48	29	59	3	29.27	28.32	28.32	0.00
Sarah Wheatley				1	28.22	28.22	28.22	0.00
Susan Bushnell				1	28.20	28.20	28.20	0.00
Chantelle Thompson	43	28	13	2	28.22	28.13	28.13	0.00
Derek Almond				3	29.37	27.57	27.57	0.00
Ruth Phillips	41	27	49	2	27.57	27.49	27.49	0.00
Chris Edwards	49	31	57	3	31.16	27.34	27.34	0.00
Mike Vowles				1	27.33	27.33	27.33	0.00
Shaleen Summers	45	29	12	7	28.22	27.22	27.22	0.00
Hollie Moore	40	27	36	5	28.28	27.11	27.11	0.00
Victoria Hodge				3	27.29	27.02	27.02	0.00
Kirsty Mangham				4	27.56	26.59	26.59	0.00
Rachel Hedges	39	27	18	3	27.05	26.47	26.47	0.00
Joanna Coveney				2	27.10	26.40	26.40	0.00
Tricia Baillie-Horler				1	26.40	26.40	26.40	0.00
Stefania Merrifield	33	26	44	4	26.55	26.38	26.38	0.00
Dean Bird				1	26.28	26.28	26.28	0.00
Vanessa Andrews				2	26.35	26.20	26.20	0.00
Leanne Gardener				2	26.24	26.09	26.09	0.00
Carolyn Devereux				1	26.03	26.03	26.03	0.00
Katie Wood	28	25	56	4	26.05	25.48	25.48	0.12
Keith Lee	50	31	57	3	28.20	25.42	25.42	0.18
Lisa Acton	11	25	39	2	25.49	25.39	25.39	0.21
Julie Shergold				5	25.53	25.37	25.37	0.23
Julia Withers				3	25.46	25.31	25.31	0.29

Sara Chiswell-Jones				2	25.41	25.26	25.26	0.34
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
Laura Broderick				4	25.06	24.48	24.48	1.12
Julie Monaghan	23	24	38	5	25.12	24.38	24.38	1.22
Alex Knight				1	24.37	24.37	24.37	1.22
Lesley Bowskill	16	24	33	5	25.09	24.33	24.33	1.27
Clive Barker				2	24.37	24.33	24.33	1.27
Mark Gray				2	24.29	24.27	24.27	1.33
Claire Trego	3	24	21	1	24.21	24.21	24.21	1.40
Geraldine Hope	9	24	20	6	25.07	24.20	24.20	1.40
Julie Bailiss	24	24	17	5	25.06	24.17	24.17	1.43
Peter Skeen	10	24	16	9	26.03	24.16	24.16	1.43
Steve Hale				1	24.12	24.12	24.12	1.48
Gary Iles				3	25.10	24.09	24.09	1.50
Helen Diamond	36	25	1	9	25.16	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				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
James Taylor				1	23.27	23.27	23.27	2.34
Jim White	2	22	30	6	23.26	22.07	23.26	2.34
Ray Broadhurst				5	24.22	23.25	23.25	2.34
Andrew Kelsey				1	23.21	23.21	23.21	2.40
Ian Shillcock				1	23.18	23.18	23.18	2.40
Gareth Weaver				3	23.34	23.14	23.14	2.45
Nick Cook	35	23	57	9	23.10	22.05	23.10	2.50
Stephanie Shute				2	23.15	23.09	23.09	2.50
Stuart Jervis				1	23.06	23.06	23.06	2.55
Rob Mountfield				1	23.02	23.02	23.02	3.00
Hannah Dockrell				2	23.08	22.56	22.56	3.04
Nia Davies				6	22.50	22.29	22.50	3.10
Claudine Mercer				2	22.51	22.47	22.47	3.13
Rachel Vincent				3	22.52	22.31	22.31	3.30
Wayne Lloyd				2	22.30	22.23	22.23	3.37
Bruce Bourne				3	22.15	22.11	22.11	3.50
Andy Hayes				2	22.18	22.08	22.08	3.50
Phil Mellor				1	22.03	22.03	22.03	4.00
Mark Hill				3	22.28	22.02	22.02	4.00
Jules Pflaum				1	22.00	22.00	22.00	4.00
Stuart Haynes				1	21.56	21.56	21.56	4.05
Fran Bird				1	21.50	21.50	21.50	4.10
Hannah Moore	6	21	49	2	22.06	21.49	21.49	4.10
Dave Cowell	34	22	47	6	21.49	20.36	21.49	4.10
Katie Gourmley	27	21	54	3	21.52	21.47	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
Michelle Fryer				4	22.30	21.39	21.39	4.20
Kira Thorpe				2	21.46	21.36	21.36	4.25
Jason Richards				1	21.35	21.35	21.35	4.25
Simon Andrews				7	22.08	21.33	21.33	4.25
Michael Reep	17	21	26	11	21.32	21.02	21.32	4.30
John Hinchliffe	12	21	27	11	21.29	21.04	21.29	4.30
Chris Datchler	31	21	45	2	21.35	21.25	21.25	4.30
Dave Baxter				3	21.27	21.24	21.24	4.35
Bill Green				7	21.17	20.44	21.17	4.43

Charlie Hurcomb				2	21.15	21.09	21.09	4.50
Jim Hayward				2	21.15	21.05	21.05	4.55
Stuart Diamond	4	20	1	8	20.58	20.01	20.58	5.02
Paul Grinham	32	21	28	4	21.28	20.56	20.56	5.02
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
Malcolm Gammon				1	20.35	20.35	20.35	5.25
Phil Richards				2	20.42	20.32	20.32	5.30
Jason Wyatt	30	20	46	3	20.40	20.31	20.31	5.30
Rich Ford	22	20	15	1	20.15	20.15	20.15	5.45
Toby Andrews	5	20	12	2	20.40	20.12	20.12	5.45
James Wotton				3	20.30	19.56	19.56	6.04
Mark Bostock				1	19.55	19.55	19.55	6.04
Martin Hurcombe				4	20.34	19.53	19.53	6.04
Simon Lund	44	21	17	3	21.02	19.49	19.49	6.11
Josh Harris				2	19.50	19.44	19.44	6.16
John Oaten				1	19.44	19.44	19.44	6.16
Neale Jarrett				8	19.38	19.17	19.38	6.22
Tony Hogg	19	19	4	6	19.32	19.04	19.32	6.30
Chris Pinchbeck	26	19	37	3	19.41	19.31	19.31	6.30
Kie Booth				4	20.44	19.24	19.24	6.36
Matt Wheeler				7	19.10	18.51	19.10	6.50
Ross Needs	20	18	58	5	19.26	19.09	19.09	6.50
David Western				1	19.02	19.02	19.02	7.00
Marc Malloy				2	19.01	19.00	19.00	7.00
Jamie Tottle				2	19.08	18.47	18.47	7.13
Pete Clark				2	18.58	18.41	18.41	7.19
Nick Briffitt	13	18	22	6	18.35	18.20	18.35	7.25
Adrian Noble	1	21	15	4	19.23	18.33	18.33	7.25
Steve Kibblewhite				3	18.50	18.31	18.31	7.29
Guy Bradford	21	18	32	6	18.28	17.52	18.28	7.32
Andy Chadburn	15	18	26	2	18.34	18.26	18.26	7.34
Wilf Huxtable	14	17	59	4	18.29	17.59	17.59	8.01
Matt Huxtable				5	18.37	17.40	17.40	8.20
Kieron Summers	25	17	48	10	17.40	17.10	17.40	8.20
Dominic Taylor Jones				0	17.31	17.31	17.31	8.29
Chris Mcmillan				4	17.04	16.40	17.04	8.56