

Weston AC - 5K Training Handicap Race April 2015

Name	Finish Position April 2015	Actual Time min	Actual Time sec	No of races last 12	Ave Time last 12	last 12 PB	May 15 base for handicap	May 15 start time
Jeanette Riley	30	38	40	2	38.58	38.40	38.40	-10.00
Yvonne Sandford	23	36	20	6	39.17	36.20	36.20	-10.00
Karen Morledge				5	38.37	35.45	35.45	-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				4	34.08	32.56	32.56	-5.00
Midge Meakin				4	32.49	32.18	32.18	-5.00
Lisa Archbold				1	32.18	32.18	32.18	-5.00
Chris Edwards				2	33.08	31.57	31.57	-5.00
Vicky Jones				3	32.20	31.54	31.54	-5.00
Abigail Frost				1	31.35	31.35	31.35	-5.00
Kelly Staddon				1	31.25	31.25	31.25	-5.00
Sue Foot				2	31.27	30.59	30.59	0.00
Marian Barber	14	30	56	6	32.04	30.56	30.56	0.00
Lorraine Smith				2	30.54	30.43	30.43	0.00
Paula Adderley				4	32.45	30.38	30.38	0.00
George Skeen				1	30.26	30.26	30.26	0.00
Karen Cutter				5	30.48	29.53	29.53	0.00
Debbie Vowles	31	29	20	5	31.24	29.20	29.20	0.00
Kate Rossiter				5	31.39	29.18	29.18	0.00
Sam Thompson				3	29.42	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				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				2	28.22	28.13	28.13	0.00
Tracey Bungay				2	29.41	28.06	28.06	0.00
Ruth Phillips				2	27.57	27.49	27.49	0.00
Keith Lee				2	29.40	27.22	27.22	0.00
Jill Naughton	29	27	20	1	27.20	27.20	27.20	0.00
Katherine Fisher	27	27	20	3	28.57	27.20	27.20	0.00
Hollie Moore				5	28.28	27.11	27.11	0.00
Kirsty Mangham				3	28.15	27.11	27.11	0.00
Shaleen Summers	28	27	7	9	28.16	27.07	27.07	0.00
Victoria Hodge				4	27.30	27.02	27.02	0.00
Rachel Hedges				3	27.05	26.47	26.47	0.00
Tricia Baillie-Horler				1	26.40	26.40	26.40	0.00
Stefania Merrifield				4	26.55	26.38	26.38	0.00
Wendie Beardsall	26	26	30	5	30.29	26.30	26.30	0.00
Dean Bird	0			1	26.28	26.28	26.28	0.00
Vanessa Andrews				2	26.35	26.20	26.20	0.00
Derek Almond	22	26	16	4	28.47	26.16	26.16	0.00
Leanne Gardener				2	26.24	26.09	26.09	0.00
Katie Wood	15	25	46	6	25.59	25.46	25.46	0.14
Lisa Acton				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
Mike Smith				1	25.28	25.28	25.28	0.32
Sara Chiswell-Jones				2	25.41	25.26	25.26	0.40
Lindsay Graham				1	25.20	25.20	25.20	0.40

Pam Withers				1	25.13	25.13	25.13	0.47
Joanna Coveney	19	25	10	4	26.31	25.10	25.10	0.50
Luke Buchan				3	25.35	25.10	25.10	0.50
Laura Broderick				2	25.06	24.52	24.52	1.08
Julie Monaghan				5	25.12	24.38	24.38	1.22
Alex Knight				1	24.37	24.37	24.37	1.22
Lesley Bowskill				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				1	24.21	24.21	24.21	1.40
Geraldine Hope				5	24.55	24.20	24.20	1.40
Julie Bailiss				3	24.42	24.17	24.17	1.43
Steve Hale				1	24.12	24.12	24.12	1.48
Gary Iles	18	24	17	4	24.57	24.09	24.09	1.51
Helen Diamond	25	24	32	8	25.05	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				2	24.22	23.48	23.48	2.11
Ray Broadhurst				3	24.14	23.46	23.46	2.14
Paul Oaten				1	23.39	23.39	23.39	2.21
James Taylor				1	23.27	23.27	23.27	2.33
Jim White	2	22	24	6	23.21	22.07	23.21	2.40
Andrew Kelsey				1	23.21	23.21	23.21	2.40
Ian Shillcock				1	23.18	23.18	23.18	2.42
Nick Cook				9	23.14	22.05	23.14	2.46
Stephanie Shute				2	23.15	23.09	23.09	2.51
Stuart Jervis				1	23.06	23.06	23.06	2.54
Rob Mountfield				1	23.02	23.02	23.02	3.00
Peter Skeen	1	22	59	11	25.37	22.59	22.59	3.00
Hannah Dockrell				1	22.56	22.56	22.56	3.04
Claudine Mercer				1	22.54	22.54	22.54	3.06
Nia Davies				6	22.50	22.29	22.50	3.10
Rachel Vincent				3	22.52	22.31	22.31	3.30
Wayne Lloyd				1	22.23	22.23	22.23	3.37
John Belhomme	6	22	15	1	22.15	22.15	22.15	3.45
Gareth Weaver	3	22	12	4	23.14	22.12	22.12	3.48
Bruce Bourne				4	22.18	22.11	22.11	3.50
Mark Hill				3	22.28	22.02	22.02	4.00
Jules Pflaum				1	22.00	22.00	22.00	4.00
Andy Hayes	13	21	58	4	22.13	21.58	21.58	4.02
Stuart Haynes				1	21.56	21.56	21.56	4.04
Fran Bird				1	21.50	21.50	21.50	4.10
Dave Cowell				4	22.17	21.49	21.49	4.10
Hannah Moore				3	22.00	21.49	21.49	4.10
Katie Gourmley				3	21.52	21.47	21.47	4.10
Chris Datchler				1	21.45	21.45	21.45	4.15
Dean Bridges	11	21	42	1	21.42	21.42	21.42	4.18
Rob Skeen				1	21.41	21.41	21.41	4.20
Russ Purcell				1	21.40	21.40	21.40	4.20
John Hinchliffe	21	21	50	11	21.39	21.04	21.39	4.20
Kira Thorpe				2	21.46	21.36	21.36	4.24
Jason Richards				1	21.35	21.35	21.35	4.24
Simon Andrews				5	22.09	21.33	21.33	4.25
Michael Reep				9	21.30	21.02	21.30	4.30
Dave Baxter				3	21.27	21.24	21.24	4.36
Bill Green				7	21.17	20.44	21.17	4.43
Michelle Fryer	10	21	15	5	22.15	21.15	21.15	4.45
Charlie Hurcomb				2	21.15	21.09	21.09	4.51

Jim Hayward				1	21.05	21.05	21.05	4.55
Paul Grinham				5	21.32	20.56	20.56	5.04
Stuart Diamond	9	20	24	8	20.53	20.01	20.53	5.07
Phil Richards				1	20.51	20.51	20.51	5.09
Zoe Barber				2	21.10	20.50	20.50	5.09
Rob Withers				3	21.07	20.49	20.49	5.11
Andy Devereux				2	20.53	20.42	20.42	5.18
Malcolm Gammon				1	20.35	20.35	20.35	5.25
Jason Wyatt				3	20.40	20.31	20.31	5.30
Marc Whiting	4	20	21	2	20.48	20.21	20.21	5.40
Rich Ford				1	20.15	20.15	20.15	5.45
Toby Andrews				2	20.40	20.12	20.12	5.48
James Wotton	20	20	7	3	20.14	19.56	19.56	6.04
Mark Bostock				1	19.55	19.55	19.55	6.05
Martin Hurcombe	8	20	25	5	20.42	19.53	19.53	6.07
Simon Lund				2	20.33	19.49	19.49	6.11
Josh Harris				1	19.44	19.44	19.44	6.16
John Oaten				1	19.44	19.44	19.44	6.16
Leighton Smith				1	19.40	19.40	19.40	6.20
Neale Jarrett				7	19.40	19.20	19.40	6.20
Chris Pinchbeck				3	19.41	19.31	19.31	6.30
Kie Booth	16	19	24	5	20.28	19.24	19.24	6.3.6
Ross Needs				5	19.26	19.09	19.09	6.51
Adrian Noble	5	20	7	4	20.04	19.07	19.07	6.53
Tony Hogg				5	19.25	19.04	19.04	6.56
Marc Malloy				2	19.01	19.00	19.00	7.00
Matt Wheeler				5	19.07	18.51	18.51	7.09
Jamie Tottle				2	19.08	18.47	18.47	7.13
Pete Clark				2	18.58	18.41	18.41	7.19
Nick Briffitt				6	18.35	18.20	18.35	7.25
Steve Kibblewhite				3	18.50	18.31	18.31	7.29
Guy Bradford	17	18	31	5	18.41	17.52	18.29	7.31
Andy Chadburn				2	18.34	18.26	18.26	7.34
Wilf Huxtable	24	18	25	5	18.28	17.59	17.59	8.01
Matt Huxtable				4	18.02	17.40	17.40	8.20
Kieron Summers	7	17	5	11	17.39	17.05	17.39	8.21
Chris Mcmillan	12	16	27	6	17.02	16.27	17.02	8.58