

**WINTER 5K HANDICAP
TIMES**

| NAME | | 5K SB | 02.10.12 | 06.11.12 | 04.12.12 | 08.01.13 | 05.02.13 | 05.03.13 | 02.04.13 |
|----------|------------|-------|----------|----------|----------|----------|----------|----------|----------|
| PAUL | HOLLEY | 16:08 | 16:57 | 16:48 | | | 16:54 | 16:15 | 16:08 |
| DENYS | OLEFIR | 16:43 | 16:55 | | 16:55 | 16:43 | | 16:56 | 18:50 |
| MARTIN | GEAR | 16:58 | 16:58 | | 17:57 | 17:07 | 17:06 | | |
| MATTHEW | HARVEY | 17:14 | | | | | 17:14 | | |
| SAM | SADLER | 17:49 | 18:30 | 18:54 | 18:28 | 19:06 | 18:56 | 17:59 | 17:49 |
| ROBIN | CLIFFORD | 18:06 | 18:52 | 18:06 | | | | | |
| BEN | BLOWES | 18:24 | | 18:24 | | | 18:52 | | |
| CHRIS | GAY | 18:32 | | 18:56 | 18:32 | 18:42 | | 18:55 | 18:51 |
| BEN | JAY | 18:40 | | | | 20:25 | 18:49 | 18:40 | |
| SIMON | HARRIS | 19:08 | | | 19:12 | | | 19:08 | |
| JOANNA | COLE | 19:11 | | | 19:11 | 21:29 | | | |
| KEVIN | CONNOLLY | 19:35 | | 20:03 | 19:35 | | | | |
| NICK | CONWAY | 19:43 | 19:43 | | | | | | |
| JONATHAN | CLARKE | 19:45 | 19:57 | 19:45 | 19:46 | | | 20:45 | |
| ALEX | CAIRNS | 19:53 | | | | | | | 19:53 |
| URSULA | RANSOM | 20:00 | 20:00 | | | | | | |
| ALAN | SIMPSON | 20:26 | 20:26 | | 21:54 | 23:28 | | | 20:27 |
| NOEL | BENN | 20:33 | 22:10 | 21:33 | | 20:53 | 21:35 | | 20:33 |
| JOE | RICHER | 20:39 | 20:39 | | | 19:56 | | | |
| JUSTIN | LONG | 20:44 | 21:22 | 20:44 | | 21:16 | | 20:54 | |
| CHRIS | EYRE | 20:45 | | | 21:32 | 20:52 | 20:58 | 20:45 | |
| NIK | CHAPMAN | 20:45 | | | | | 21:42 | | 20:45 |
| STEVEN | DONOGHUE | 20:55 | | | | | 20:55 | | |
| CLIVE | PURBROOK | 21:04 | 21:44 | 22:08 | 21:08 | 21:10 | 21:50 | | 21:04 |
| DAVE | MCLAUGHLIN | 21:09 | | 21:37 | | | | | 21:09 |
| DAVID | CHEESE | 21:18 | 21:11 | | | 21:36 | 21:45 | 21:18 | |
| ADRIAN | WHITTLE | 21:19 | 21:53 | | 21:29 | 21:19 | | | |
| DAVE | GRAHAM | 21:20 | | | | 24:27 | | 22:40 | 21:20 |
| CHARLES | SHOOLBRED | 21:46 | | | 21:46 | 22:15 | 22:57 | 22:21 | 22:14 |
| HENRY | HALL | 21:58 | | | 22:29 | 21:58 | | | |
| MARCUS | GYNN | 21:59 | 24:11 | 22:31 | 22:57 | 22:27 | 22:31 | 21:59 | |
| NICKY | CHAPMAN | 22:02 | | 23:40 | 22:26 | 22:22 | | 22:02 | |
| JEFFREY | NELSON | 22:03 | 22:03 | | | 22:13 | | | |
| SUSANNAH | RUSH | 22:10 | | | | 22:53 | | 22:10 | |
| ALAN | ADAMS | 22:30 | | | | | | 23:05 | 22:30 |
| TANIA | WICKLOW | 22:46 | 22:46 | 22:52 | | | | | |
| LISA | REDMAN | 22:48 | 23:20 | 23:05 | 22:48 | | | | |
| JENNY | LEE | 23:19 | 23:19 | | 23:13 | | | | |
| KERRY | BROWN | 23:34 | | | | 23:34 | | | |
| HAYLEY | BURTON | 23:42 | | | | | | | 23:42 |
| MIKE | SALES | 23:54 | | 24:02 | 23:54 | | | 25:17 | |
| CAROLYNN | ANDERSON | 23:54 | 25:06 | | | 24:46 | 25:10 | | 23:54 |
| BEE | CHAPMAN | 24:02 | | | | 24:55 | 24:28 | 24:02 | 24:04 |
| BRIAN | MUNNS | 24:05 | | | | | 24:05 | | |
| SUE | STOTEN | 24:25 | 26:15 | 25:50 | | | 24:56 | | 24:25 |
| JIM | WITHERS | 24:31 | | | | | 24:31 | | |
| DOMINIC | DOE | 24:40 | 25:06 | | 25:57 | 26:13 | 25:47 | 24:40 | |
| COLIN | ALMOND | 24:46 | | | | 25:25 | 24:46 | | 27:38 |
| BELINDA | SCHOFIELD | 24:54 | | 24:54 | | | | | 25:10 |
| JULIA | WINTERBURN | 25:27 | 27:55 | | | 26:51 | | 25:27 | |
| CHRIS | AYLMER | 25:28 | 26:19 | 25:28 | 27:01 | | | 28:20 | 28:23 |
| MICHELLE | BARNES | 25:35 | | 26:54 | 27:38 | 26:58 | 26:07 | 25:35 | |
| MEGAN | CHRISTIE | 26:42 | 26:42 | 27:17 | | | | | |
| LYNDA | MCCORMACK | 26:42 | | 26:42 | | | | | |
| CARRIE | KING | 27:19 | | 27:19 | 27:22 | | | | |
| GINA | BROWSE | 27:30 | | | | 27:30 | | | |
| MARY | MARSH | 27:30 | | 28:48 | 27:30 | 27:38 | | | |
| KARINE | VERQUIN | 27:52 | 27:52 | 28:59 | | | | | |
| ALISON | McKENZIE | 28:27 | | | | | | 28:27 | |
| LISA | JENNINGS | 28:35 | 32:57 | | 31:42 | 29:10 | | | 28:35 |
| CAROLINE | SHEEHAN | 28:58 | | | | | 30:57 | 28:58 | 29:24 |
| ZOE | RADFORD | 29:21 | | 29:21 | | | | | |
| MAUREEN | RICHARDSON | 30:12 | | 30:12 | | | | | |