

# 5K Winter Handicap 2019-2020

[WWW.NEWMARKETJOGGERS.CO.UK](http://WWW.NEWMARKETJOGGERS.CO.UK)



V		Volunteer		New Course PB		Top 3 position											
Course Record for Women: 18.38				Joanna Cole 2011/2012				Course Record for Men: 15.51				Denys Olefir 2014/2015					
Course PB	First Name	Surname	SB 2019/2020	Current Handicap Time (minutes)	1st Oct 2019 Cancelled	5th Nov 2019 Time	5th Nov Race Position	3rd Dec 2019 Time	3rd Dec Race Position	7th Jan 2020 Time	7th Jan Race Position	4th Feb 2020 Time	4th Feb Race Position	3rd Mar 2020 Time	3rd Mar Race Position	7th Apr 2020 Time	7th Apr Race Position
28.34	Sophie	Adams	28.34	28								28.34	1				
29.32	Jackie	Henley	29.32	29		31.49	3	33.49	36	31.03	1	29.32	2				
17.03	Sam	Sadler	17.38	17				18.26	30	19.21	37	17.38	3				
19.56	Gavin	Moody	21.56	22								21.56	4				
16.57	James	Smith	16.57	17						18.08	35	16.57	5				
25.28	Chris	Aylmer	28.59	29				29.45	35	30.04	14	28.59	6				
19.26	Brian	Munns	23.04	23						24.31	8	23.04	7				
23.05	Baz	Colley	23.05	23		23.43	2			25.04	41	23.05	8				
22.06	Megan	Beecroft	22.06	22		23.34	12	22.42	19	23.05	33	22.06	9				
29.08	John	Bailey	29.08	29								29.08	10				
28.51	Orla	Dockery	30.09	30				30.21	29	31.37	39	30.09	11				
23.18	Richard	Groom	23.18	23								23.18	12				
23.14	Danielle	Jones	24.24	24								24.24	13				
22.05	Ruth	Eberhardt	23.28	23								23.28	14				
25.31	Hannah	Short	25.31	25						26.11	5	25.31	15				
25.01	Malcolm	Osborn	26.33	26		27.03	35	27.18	28	27.32	21	26.33	16				
19.34	James	Walker	19.34	19		20.54	17	20.20	13			19.34	17				
29.56	Christine	Windsor	29.56	30		31.42	38	29.56	4	31.15	36	30.35	18				
25.39	Anna	Mayhew	25.39	25						26.10	4	25.39	19				
25.40	Nicole	Smith	25.40	25				26.39	17			25.40	20				
19.38	Jon	Brooker	19.45	19		20.24	9	20.13	26	20.42	26	19.45	21				
22.50	Stuart	Trangmar	22.50	22						23.36	22	22.50	22				
22.18	Giles	Macrow	25.50	26		26.00	33	26.09	33	26.59	32	25.50	23				
16.53	Chris	Gay	16.53	17						17.23	19	16.53	24				
18.23	James	Thomson	19.56	20						20.18	18	19.56	25				
27.56	Sianie	Painter	27.56	28		27.56	32	28.02	22	28.40	23	28.00	26				
30.06	Bryn	Stuppell	30.06	30						30.14	43	30.06	27				
20.07	Charles	Jones	20.07	20		21.01	1	20.07	7			20.13	28				
21.16	Jim	Withers	26.13	26				26.35	34	26.47	28	26.13	29				
20.03	Jonathan	Ollington	20.42	21				20.42	3	21.32	38	21.14	30				
24.15	Michelle	Seymour	24.15	24						24.44	27	24.15	31				
24.17	Claire	Acklam	24.17	24		24.55	18	24.32	14	24.40	24	24.17	32				
18.38	Joanna	Cole	20.18	20		21.08	6	20.41	18			20.18	33				
23.13	Nicola	Delderfield	23.13	23		25.03	5	23.13	11	23.13	17	23.20	34				
27.22	Angela	Barnes	27.22	27		27.34	13	28.55	38	27.42	25	27.22	35				
16.07	Paul	Holley	17.29	17								17.29	36				
20.59	Adam	Maltpress	21.02	21		21.02	20					21.51	37				
31.30	Jenny	Osborn	34.12	36		35.27	39	34.12	10	36.18	44	36.03	38				
23.33	Adrian	Whittle	23.38	24		23.52	16			23.38	9	24.29	39				
25.52	Lynda	McCormack	26.09	27				26.09	25			27.46	40				
21.36	Steve	Cousins	23.58	24								23.58	41				
24.49	Svitlana	Zinchenko	32.07	32								32.07	42				
27.39	Aaron	Self	27.39	27				29.17	12	27.39	2						
22.56	Alan	Shand	24.43	24		24.43	24			24.43	3						
28.03	Alan	Thornhill	29.12	29		29.33	11			29.12	16						
28.27	Alison	Mckenzie															
28.57	Angela	Brennan	28.57	29		29.34	27	29.18	27	28.57	12						
30.20	Caroline	McIntosh	31.31	31		31.31	26										
34.45	Christine	Shand															
20.47	Craig	Ladley	23.31	25		23.31	36	25.47	40	24.55	29						
33.10	Daphne	Hurley	33.10	33		33.10	21										
21.57	Denis	Coman	21.57	22		21.57	4										
23.23	Dominic	Doe	27.52	28						27.52	45						
22.11	Elke	Hausler	22.11	22		22.54	31	22.11	9								
21.42	Emma	Newman	22.55	23				23.01	31	22.55	11						
26.15	Francesca	Laughton	26.15	26		26.17	8			26.15	6						
28.24	Gillian	Green															
21.08	Hannah	Parsons	21.08	22		21.56	19	21.08	8	21.57	30						
24.03	Helen	Wass															
24.06	Jackie	Hall	25.52	26		25.52	30			26.28	20						
19.44	Jamie	Rule	19.44	19				19.44	21								
25.32	Jan	Holmes	26.08	27				26.08	24	29.16	47						
25.42	Jill	O'Grady	28.01	28				28.01	39								
24.22	Joe	Cormack	24.22	24		24.22	23	24.38	31								
25.36	Kate	Warboys	27.31	27				28.06	1	27.31	7						
26.50	Lisa	Johnson	26.50	27		26.50	29										
20.29	Marc	Drury	20.29	20		20.29	10										
17.38	Mark	Hayward	17.38	18		18.02	34	17.38	16	17.58	31						
17.16	Neil	Pollard															
22.05	Nick	Acklam	22.19	22		22.19	22										
24.37	Pauline	Green	25.46	25		25.46	14										
30.03	Pearl	Fay	33.49	35				33.49	37	36.11	42						
26.35	Rebecca	Fordham	29.09	29						29.09	46						
20.35	Rebecca	Oettle	23.27	23				23.27	2								
28.42	Rebecca	Hannah	31.42	31		31.42	37										
22.17	Richard	Groom	23.53	24						23.53	10						
26.18	Rob	Kingsley	28.53	29						28.53	40						
24.04	Robert	Hawkins	24.04	24		25.15	7	24.04	5								
27.35	Sarah	Kinston	28.34	28		28.49	15	28.34	15								
18.20	Simon	Harris	19.01	19						19.01	13						
19.42	Stuart	Sowerby	19.42	19		20.24	25	19.42	20								
22.06	Tom	Elton	22.06	23				22.06	6	23.07	34						
26.06	Wayne	Hargreaves	26.06	26		26.41	28	26.06	23	26.06	15						
Total Runners					0	39	40			47		42					