

5K Winter Handicap 2019-2020

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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
25.50	Rebecca	Fordham	25.50	26						29.09	46			25.50	1		
22.56	Alan	Shand	24.29	24		24.43	24			24.43	3			24.29	2		
22.18	Giles	Macrow	24.38	24		26.00	33	26.09	33	26.59	32	25.50	23	24.38	3		
22.53	Adrian	Whittle	22.53	23		23.52	16			23.38	9	24.29	39	22.53	4		
22.58	Andy	McKeague	22.58	23										22.58	5		
26.18	Rob	Kingsley	28.09	28						28.53	40			28.09	6		
23.12	Richard	Groom	23.12	23						23.53	10	23.18	12	23.12	7		
19.17	Henry	Hamilton-Gould	19.17	19										19.17	8		
18.23	James	Thomson	19.26	19						20.18	18	19.56	25	19.26	9		
28.39	John	Bailey	28.39	28								29.08	10	28.39	10		
28.41	Angela	Brennan	28.41	28		29.34	27	29.18	27	28.57	12			28.41	11		
27.49	Sianie	Painter	27.49	27		27.56	32	28.02	22	28.40	23	28.00	26	27.49	12		
25.51	Francesca	Laughton	25.51	26		26.17	8			26.15	6			25.51	13		
20.03	Jonathan	Ollington	20.42	21				20.42	3	21.32	38	21.14	30	20.54	14		
20.47	Craig	Ladley	23.31	25		23.31	36	25.47	40	24.55	29			24.57	15		
23.14	Danielle	Jones	24.02	24								24.24	13	24.02	16		
25.52	Lynda	McCormack	26.09	27				26.09	25			27.46	40	27.05	17		
25.32	Jan	Holmes	26.08	26				26.08	24	29.16	47			26.12	18		
25.28	Chris	Aylmer	28.59	29				29.45	35	30.04	14	28.59	6	29.14	19		
16.57	James	Smith	16.57	17						18.08	35	16.57	5	17.17	20		
18.38	Joanna	Cole	20.18	20		21.08	6	20.41	18			20.18	33	20.27	21		
20.07	Charles	Jones	20.07	20		21.01	1	20.07	7			20.13	28	20.36	22		
25.36	Kate	Warboys	27.31	27				28.06	4	27.31	7			27.43	23		
19.42	Stuart	Sowerby	19.42	19		20.24	25	19.42	20					19.45	24		
24.15	Michelle	Seymour	24.15	24						24.44	27	24.15	31	24.48	25		
21.04	Clive	Purbrook	25.54	26										25.54	26		
25.40	Nicole	Smith	25.40	26				26.39	17			25.40	20	26.01	27		
25.01	Malcolm	Osborn	26.33	27		27.03	35	27.18	28	27.32	21	26.33	16	27.06	28		
19.26	Brian	Munns	23.04	24						24.31	8	23.04	7	24.28	29		
21.36	Steve	Cousins	23.40	24								23.58	41	23.40	30		
24.17	Claire	Acklam	24.17	24		24.55	18	24.32	14	24.40	24	24.17	32				
22.05	Nick	Acklam	22.19	22		22.19	22										
28.34	Sophie	Adams	28.34	28								28.34	1				
27.22	Angela	Barnes	27.22	27		27.34	13	28.55	38	27.42	25	27.22	35				
22.06	Megan	Beecroft	22.06	22		23.34	12	22.42	19	23.05	33	22.06	9				
19.38	Jon	Brooker	19.45	19		20.24	9	20.13	26	20.42	26	19.45	21				
23.05	Baz	Colley	23.05	23		23.43	2			25.04	41	23.05	8				
21.57	Denis	Coman	21.57	22		21.57	4										
24.22	Joe	Cormack	24.22	24		24.22	23	24.38	31								
23.13	Nicola	Delderfield	23.13	23		25.03	5	23.13	11	23.13	17	23.20	34				
28.51	Orla	Dockery	30.09	30				30.21	29	31.37	39	30.09	11				
23.23	Dominic	Doe	27.52	28						27.52	45						
20.29	Marc	Drury	20.29	20		20.29	10										
22.05	Ruth	Eberhardt	23.28	23								23.28	14				
22.06	Tom	Elton	22.06	23				22.06	6	23.07	34						
30.03	Pearl	Fay	33.49	35				33.49	37	36.11	42						
16.53	Chris	Gay	16.53	17						17.23	19	16.53	24				
28.24	Gillian	Green															
24.37	Pauline	Green	25.46	25		25.46	14										
24.06	Jackie	Hall	25.52	26		25.52	30			26.28	20						
28.42	Rebecca	Hannah	31.42	31		31.42	37										
26.06	Wayne	Hargreaves	26.06	26		26.41	28	26.06	23	26.06	15						
18.20	Simon	Harris	19.01	19						19.01	13						
22.11	Elke	Hausler	22.11	22		22.54	31	22.11	9								
24.04	Robert	Hawkins	24.04	24		25.15	7	24.04	5								
17.38	Mark	Hayward	17.38	18		18.02	34	17.38	16	17.58	31						
29.32	Jackie	Henley	29.32	29		31.49	3	33.49	36	31.03	1	29.32	2				
16.07	Paul	Holley	17.29	17								17.29	36				
33.10	Daphne	Hurley	33.10	33		33.10	21										
26.50	Lisa	Johnson	26.50	27		26.50	29										
27.35	Sarah	Kinston	28.34	28		28.49	15	28.34	15								
20.59	Adam	Maltpress	21.02	21		21.02	20					21.51	37				
25.39	Anna	Mayhew	25.39	25						26.10	4	25.39	19				
30.20	Caroline	McIntosh	31.31	31		31.31	26										
28.27	Alison	McKenzie															
19.56	Gavin	Moody	21.56	22								21.56	4				
21.42	Emma	Newman	22.55	23				23.01	31	22.55	11						
20.35	Rebecca	Oettle	23.27	23				23.27	2								
25.42	Jill	O'Grady	28.01	28				28.01	39								
31.30	Jenny	Osborn	34.12	36		35.27	39	34.12	10	36.18	44	36.03	38				
21.08	Hannah	Parsons	21.08	22		21.56	19	21.08	8	21.57	30						
17.16	Neil	Pollard															
19.44	Jamie	Rule	19.44	19				19.44	21								
17.03	Sam	Sadler	17.38	17				18.26	30	19.21	37	17.38	3				
27.39	Aaron	Self	27.39	27				29.17	12	27.39	2						
34.45	Christine	Shand															
25.31	Hannah	Short	25.31	25						26.11	5	25.31	15				
30.06	Bryn	Stuppell	30.06	30						30.14	43	30.06	27				
28.03	Alan	Thornhill	29.12	29		29.33	11			29.12	16						
22.50	Stuart	Trangmar	22.50	22						23.36	22	22.50	22				
19.34	James	Walker	19.34	19		20.54	17	20.20	13			19.34	17				
24.03	Helen	Wass															
29.56	Christine	Windsor	29.56	30		31.42	38	29.56	4	31.15	36	30.35	18				
21.16	Jim	Withers	26.13	26				26.35	34	26.47	28	26.13	29				
24.49	Svitlana	Zinchenko	32.07	32								32.07	42				

Total Runners	0	39	40	47	42	30		
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