NJ 5K Winter Handicap 2021-2022

There's a simple rule for Handicap starting times. It means no one will start in a faster group than their average time. If your current average time is e.g. 24 something (24:00 to 24:59), you get a 25 min start. If it is 25 something you get a 26 min start etc. There will be times when one runner is 59 seconds better off than another runner but that is inevitable whatever system we choose, as we start in one minute intervals. Count your lucky stars and have some sympathy for the other runner! Next time it could be you. Please let us know if there are any unforced errors in the calculations: *chris.aylmer@newmarketjoggers.co.uk*

First Name	Last Name	F/M	Nov 2nd H'cap	Oct 5th Time	Pos	Average time so far	Nov 2nd Time	Pos	Dec 7th Time	Pos	Jan 4th Time	Pos	1st Feb Time	Pos	1st Mar Time	Pos	5th Apr Time	Pos
Matt	Askham	M	25	0:24:47	1	0:24:47												
Clare	Riches	F	38	0:37:14	2	0:37:14												
Caroline	Mcintosh	F	38	0:37:16	3	0:37:16												
Mary	Marsh	F	35	0:34:30	4	0:34:30												
Samuel	Chapman	M	22	0:21:36	5	0:21:36												
Marc	Feary	M	21	0:20:42	6	0:20:42												
Adam	Maltpress	M	21	0:20:49	7	0:20:49												
Jonathan	Ollington	M	22	0:21:02	8	0:21:02												
Helina	Salo	F	23	0:22:37	9	0:22:37												
Andy	Fryatt	M	21	0:20:41	10	0:20:41												
Richard	Groom	M	23	0:22:43	11	0:22:43												
Jo	Bouttell	F	34	0:33:00	12	0:33:00												
Adam	Orriss	M	28	0:27:05	13	0:27:05												
Jackie	Henley	F	34	0:33:08	14	0:33:08												
Rachael	Maltpress	F	28	0:27:09	15	0:27:09												
Louise	Cooper	F	34	0:33:11	16	0:33:11												
Bridget	Wallwin	F	28	0:27:17	17	0:27:17												
Jason	Beeton	M	20	0:19:21	18	0:19:21												
Lynda	McCormack	F	29	0:28:38	19	0:28:38												
Martin	Smith	M	23	0:22:42	20	0:22:42												
Ellie	Margetts	F	24	0:23:44	21	0:23:44												
Rebecca	Hannah	F	35	0:34:03	22	0:34:03												
Robert	Hawkins	M	27	0:26:13	23	0:26:13												
Olivia	Carter	F	24	0:23:14	24	0:23:14												
Dan	Hutchison	M	18	0:17:18	25	0:17:18												
Suzanne	Bailey	F	29	0:28:21	26	0:28:21												
Jim	Withers	M	27	0:26:32	27	0:26:32												
Wayne	Hargreaves	M	28	0:27:35	28	0:27:35												
Jan	Holmes	F	29	0:28:41	29	0:28:41												
James	Smith	M	18	0:17:52	30	0:17:52												
Mark	Hayward	M	18	0:17:56	31	0:17:56												
David	Crowley	M	28	0:27:29	32	0:27:29												
Sarah	Kinston	F	31	0:30:32	33	0:30:32												
Lisa Ann	Garrand	F	32	0:31:17	34	0:31:17												
Sianie	Painter	F	34	0:33:26	35	0:33:26												
Sarah	Martin	F	33	0:32:30	36	0:32:30												
Baz	Colley	M	29	0:28:44	37	0:28:44												
Claire	Acklam	F	25															
Sophie	Adams	F	30															
Andrew	Aldridge	M	27															
Rachel	Allen	F	38															
Vanessa	Allen	F	?															
Wendy	Ancill	F	24															
Chris	Aylmer	M	30															
John	Bailey	M	31															
Angela	Barnes	F	28															
Shane	Basing	M	23															
Troi	Baxter	F	?															
Ruth	Bell	F	24															
Eliot	Bentley	M	25															
Ellie	Bithell	F	26															
Jo	Blackstock	F	25															
Phil	Blundell	M	21															
Hayley	Blunt	F	?															
Sarah	Boneham	F	27															
Angela	Brennan	F	28															
Jon	Brooker	M	22															
Neville	Clarke	M	22															
Joe	Cormack	M	26															
Stephen	Cousins	M	24															
Rosalyn	Crawford	F	24															

Dylan	Cunha	M	26															
Greg	Davis	M	21															
Mandy	Davis	F	31															
Oliver	Daykin	M	19															
Orla	Dockery	F	34															
Dominic	Doe	M	27															
Marc	Drury	M	21															
John	Duke	M	23															
Ruth	Eberhardt	F	25															
Stephen	Edwards	M	22															
Tom	Elton	M	22															
Pearl	Fay	F	31															
Rebecca	Fordham	F	25															
Clare	Gaskell	F	?															
Mark	Geddie	M	22															
Karyn	Gillen	F	32															
Gillian	Green	F	39															
Jackie	Hall	F	29															
Simon	Harris	M	19															
Elke	Hausler	F	23															
Andy	Hayward	M	27															
Paul	Holley	M	17															
Jill	Howard	F	32															
Chris	Howell	M	21															
Daphne	Hurley	F	34															
Stuart	Janes	M	?															
Lisa	Jennings	F	29															
Lisa	Johnson	F	24															
Miles	Johnson	M	26															
Charles	Jones	M	21															
Danielle	Jones	F	24															
Richard	Jones	M	21															
Elizabeth	King	F	?															
Clare	Kingsley	F	29															
Rob	Kingsley	M	29															
Craig	Ladley	M	25															
Sarah	Last	F	32															
Francesca	Laughton	F	28															
Kate	Manning	F	?															
Anna	Mayhew	F	27															
Andy	McKeague	M	24															
Alison	McKenzie	F	28															
Rhiannon	Morgan	F	28															
Brian	Munns	M	22															
Jill	O'Grady	F	28															
Rebecca	Oettle	F	25															
Jenny	Osbourn	F	38															
Malcolm	Osbourn	M	26															
Hannah	Parsons	F	22															
Kevin	Pearson	M	25															
Robin	Peerthy	M	?															
Neil	Pollard	M	17															
Clive	Purbrook	M	24															
Jonathan	Pye	M	18															
Emma	Reader	F	34															
Jeremy	Reader	M	24															
John	Reeve	M	?															
Brian	Rice	M	29															
Paul	Roberts	M	24															
Clodie	Rolph	F	30															
Jamie	Rule	M	19															
Cathy	Russell	F	27															
Sarah	Sales	F	25															
Belinda	Schofield	F	29															
Aaron	Self	M	25															
Alan	Shand	M	26															
Christine	Shand	F	34															
Nicole	Smith	F	25															
Alexia	Smithson	F	31															
Stuart	Sowerby	M	20															
Andrew	Taylor	M	21															
James	Thomson	M	20															
Alan	Thornhill	M	29															
Melanie	Tindale	F	25															

Isabel	Vicente	F	**42**															
Marc	Walker	M	**24**															
James	Walker	M	**20**															
Kate	Warboys	F	**28**															
Helen	Wass	F	**27**															
Rhonda	Waters	F	**?**															
Keith	Williams	M	**?**															
Neil	Williamson	M	**23**															
Christine	Windsor	F	**34**															
Lisa	Winnington	F	**29**															
Sharon	Woodroofe	F	**35**															
Svetlana	Zinchenko	F	**30**															