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. Opening handicaps have been based on your performance in virtual or real 5K club races this year, over road surfaces or multiterrain (not track, which is quicker), or over other distances if necessary. In future, your average time in the handicap the previous year will be a better guide. Please let us know if there are any unforced errors in the calculations: *chris.aylmer@newmarketjoggers.co.uk*

First Name	Last Name	F/M	Average time so far	Latest H'cap Time	Oct 5th Time	HC	Pos	Nov 2nd Time	Pos	Dec 7th Time	Pos	Jan 4th Time	Pos	1st Feb Time	Pos	1st Mar Time	Pos	5th Apr Time	Pos
Sarah	Martin	F	0:31:30	32	0:32:30		36	0:30:30	1										
Rob	Kingsley	M	0:27:26	28				0:27:26	2										
Jo	Bouttell	F	0:32:45	33	0:33:00		12	0:32:30	3										
Wayne	Hargreaves	M	0:27:03	28	0:27:35		28	0:26:31	4										
Bridget	Wallwin	F	0:26:55	27	0:27:17		17	0:26:32	5										
Sianie	Painter	F	0:33:05	34	0:33:26		35	0:32:44	6										
Jackie	Henley	F	0:32:59	33	0:33:08		14	0:32:51	7										
Samuel	Chapman	M	0:21:14	22	0:21:36		5	0:20:52	8										
Olivia	Carter	F	0:23:04	24	0:23:14		24	0:22:53	9										
James	Smith	M	0:17:23	18	0:17:52		30	0:16:54	10										
Emma	Reader	F	0:32:57	33				0:32:57	11										
Angela	Barnes	F	0:26:59	27				0:26:59	12										
Suzanne	Bailey	F	0:28:11	29	0:28:21		26	0:28:01	13										
Jonathan	Ollington	M	0:21:11	22	0:21:02		8	0:21:20	14										
Sarah	Kinston	F	0:30:28	31	0:30:32		33	0:30:24	15										
Clare	Kingsley	F	0:31:25	32				0:31:25	16										
John	Duke	M	0:27:28	28				0:27:28	17										
Jeremy	Reader	M	0:23:30	24				0:23:30	18										
Hannah	Parsons	F	0:21:31	22				0:21:31	19										
Adam	Orriss	M	0:27:20	28	0:27:05		13	0:27:35	20										
Stephen	Cousins	M	0:23:37	24				0:23:37	21										
Andy	Fryatt	M	0:20:40	21	0:20:41		10	0:20:39	22										
Mark	Hayward	M	0:17:49	18	0:17:56		31	0:17:43	23										
Alexia	Smithson	F	0:30:44	31				0:30:44	24										
Paul	Holley	M	0:17:47	18				0:17:47	25										
Joseph	Bendall	M	0:18:48	19				0:18:48	26										
Marc	Feary	M	0:20:51	21	0:20:42		6	0:21:01	27										
Sophie	Adams	F	0:30:08	31				0:30:08	28										
James	Thomson	M	0:20:09	21				0:20:09	29										
Martin	Smith	M	0:22:58	23	0:22:42		20	0:23:14	30										
Jim	Withers	M	0:26:54	27	0:26:32		27	0:27:16	31										
Baz	Colley	M	0:26:16	27	0:28:44	HC	37	0:26:16	32										
Brian	Rice	M	0:29:21	30				0:29:21	33										
Ellie	Margetts	F	0:24:03	25	0:23:44		21	0:24:23	34										
David	Crowley	M	0:28:06	29	0:27:29		32	0:28:43	35										
Alan	Thornhill	M	0:30:31	31				0:30:31	36										
Andy	Hayward	M	0:28:45	29				0:28:45	37										
Brian	Munns	M	0:23:58	24				0:23:58	38										
Lisa Ann	Garrand	F	0:32:40	33	0:31:17		34	0:34:02	39										
Kate	Warboys	F	0:30:33	31				0:30:33	40										
Chris	Aylmer	M	0:32:43	33				0:32:43	41										
Claire	Acklam	F		26															
Andrew	Aldridge	M		27															
Rachel	Allen	F		38															
Vanessa	Allen	F		25															
Wendy	Ancill	F		24															
Matt	Askham	M	0:24:47	25	0:24:47		1												
John	Bailey	M		31															
Shane	Basing	M		23															
Troi	Baxter	F		20															
Jason	Beeton	M	0:19:21	20	0:19:21		18												
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		25															
Angela	Brennan	F		28															
Jon	Brooker	M		22															

Neville	Clarke	M		22																
Louise	Cooper	F	0:33:11	34	0:33:11		16													
Joe	Cormack	M		26																
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																
Ruth	Eberhardt	F		25																
Stephen	Edwards	M		22																
Tom	Elton	M		22																
Pearl	Fay	F		31																
Rebecca	Fordham	F		26																
Clare	Gaskell	F		26																
Mark	Geddie	M		22																
Gillian	Green	F		39																
Richard	Groom	M	0:22:43	23	0:22:43		11													
Jackie	Hall	F		29																
Rebecca	Hannah	F	0:34:03	35	0:34:03		22													
Simon	Harris	M		19																
Elke	Hausler	F		23																
Robert	Hawkins	M	0:26:13	27	0:26:13		23													
Jan	Holmes	F	0:28:41	29	0:28:41		29													
Jill	Howard	F		32																
Chris	Howell	M		21																
Daphne	Hurley	F		34																
Dan	Hutchison	M	0:17:18	18	0:17:18		25													
Stuart	Janes	M																		
Lisa	Jennings	F		29																
Lisa	Johnson	F		24																
Miles	Johnson	M		26																
Charles	Jones	M		22																
Danielle	Jones	F		24																
Richard	Jones	M		21																
Elizabeth	King	F																		
Craig	Ladley	M		25																
Sarah	Last	F		32																
Francesca	Laughton	F		28																
Adam	Maltpress	M	0:20:49	21	0:20:49		7													
Rachael	Maltpress	F	0:27:09	28	0:27:09		15													
Kate	Manning	F																		
Mary	Marsh	F	0:34:30	35	0:34:30		4													
Anna	Mayhew	F		27																
Lynda	McCormack	F	0:28:38	29	0:28:38		19													
Caroline	Mcintosh	F	0:37:16	38	0:37:16		3													
Andy	McKeague	M		24																
Alison	McKenzie	F		28																
Rhiannon	Morgan	F		28																
Jill	O'Grady	F		28																
Rebecca	Oettle	F		25																
Jenny	Osbourn	F		38																
Malcolm	Osbourn	M		27																
Kevin	Pearson	M		25																
Robin	Peerthy	M																		
Neil	Pollard	M		17																
Clive	Purbrook	M		24																
Jonathan	Pye	M		18																
John	Reeve	M		24																
Clare	Riches	F	0:37:14	38	0:37:14		2													
Paul	Roberts	M		24																
Clodie	Rolph	F		30																
Jamie	Rule	M		19																
Cathy	Russell	F		27																
Sarah	Sales	F		25																
Helina	Salo	F	0:22:37	23	0:22:37		9													
Belinda	Schofield	F		29																
Aaron	Self	M		25																
Alan	Shand	M		26																
Christine	Shand	F		34																
Nicole	Smith	F		25																
Karyn	Smith/Gillen	F		32																

Stuart	Sowerby	M		**20**																
Andrew	Taylor	M		**21**																
Melanie	Tindale	F		**25**																
Isabel	Vicente	F		**42**																
Marc	Walker	M		**24**																
James	Walker	M		**20**																
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**																

HC = "Hors Concours", meaning the runner has been honest to declare that the time should not to be counted in handicap calculation, being slower than representative.