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	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
Lisa Ann	Garrand	F	0:31:48	32	0:31:17	34	0:34:02	39			0:30:05	1						
Sarah	Kinston	F	0:29:53	30	0:30:32	33	0:30:24	15			0:28:42	2						
Olivia	Carter	F	0:22:43	23	0:23:14	24	0:22:53	9			0:22:01	3						
Vanessa	Allen	F	0:25:01	26							0:25:01	4						
Emma	Reader	F	0:31:48	32			0:32:57	11	0:31:08	1	0:31:20	5						
Robert	Hawkins	M	0:25:49	26	0:26:13	23					0:25:25	6						
Sianie	Painter	F	0:32:37	33	0:33:26	35	0:32:44	6	0:32:43	5	0:31:36	7						
Rebecca	Fordham	F	0:25:58	26					0:26:06	7	0:25:50	8						
Jonathan	Ollington	M	0:21:04	22	0:21:02	8	0:21:20	14			0:20:51	9						
Paul	Roberts	M	0:26:11	27					0:26:31	8	0:25:52	10						
Baz	Colley	M	0:26:14	27		HC	0:26:16	32			0:26:12	11						
Suzanne	Bailey	F	0:28:12	29	0:28:21	26	0:28:01	13			0:28:15	12						
Jackie	Henley	F	0:32:45	33	0:33:08	14	0:32:51	7			0:32:17	13						
Sarah	Martin	F	0:31:08	32	0:32:30	36	0:30:30	1			0:30:23	14						
Jim	Withers	M	0:27:23	28	0:26:32	27	0:27:16	31	0:28:18	12	0:27:28	15						
James	Smith	M	0:17:25	18	0:17:52	30	0:16:54	10			0:17:28	16						
Jan	Holmes	F	0:28:36	29	0:28:41	29					0:28:32	17						
Martin	Smith	M	0:23:19	24	0:22:42	20	0:23:14	30	0:23:43	9	0:23:36	18						
John	Duke	M	0:27:34	28			0:27:28	17			0:27:41	19						
Richard	Groom	M	0:22:43	23	0:22:43	11					0:22:43	20						
Chris	Aylmer	M	0:32:32	33			0:32:43	41	0:32:06	2	0:32:46	21						
Stuart	Sowerby	M	0:19:59	20							0:19:59	22						
Stephen	Cousins	M	0:23:22	24			0:23:37	21			0:23:07	23						
Sam	Sadler	M	0:19:38	20					0:19:38	4	0:18:08	24						
Craig	Ladley	M	0:25:11	26							0:25:11	25						
Karyn	Smith/Gillen	F	0:35:39	36							0:35:39	26						
Marc	Feary	M	0:21:08	22	0:20:42	6	0:21:01	27			0:21:41	27						
Rob	Kingsley	M	0:28:07	29			0:27:26	2			0:28:49	28						
Adam	Orriss	M	0:28:01	29	0:27:05	13	0:27:35	20			0:29:23	29						
Colin	Almond		0:26:40	27							0:26:40	30						
Rebecca	Hannah	F	0:35:19	36	0:34:03	22					0:36:35	31						
Pearl	Fay	F	0:36:49	35							0:36:49	32						
Angela	Brennan	F	0:30:29	31							0:30:29	33						
Nicole	Smith	F	0:28:33	29							0:28:33	34						
Adam	Maltpress	M	0:20:49	21	0:20:49	7						HC						
Marc	Drury	M		22														
Claire	Acklam	F		26														
Sophie	Adams	F	0:30:08	31			0:30:08	28										
Andrew	Aldridge	M		27														
Rachel	Allen	F		40														
Wendy	Ancill	F		25														
Matt	Askham	M	0:24:47	25	0:24:47	1												
John	Bailey	M		31														
Angela	Barnes	F	0:26:59	27			0:26:59	12										
Shane	Basing	M		23														
Troi	Baxter	F		20														
Jason	Beeton	M	0:19:21	20	0:19:21	18												
Ruth	Bell	F		25														
Joseph	Bendall	M	0:18:48	19			0:18:48	26										
Eliot	Bentley	M		25														
Ellie	Bithell	F		26														
Jo	Blackstock	F		26														
Phil	Blundell	M		22														
Hayley	Blunt	F																
Sarah	Boneham	F		25														
Jo	Bouttell	F	0:32:45	33	0:33:00	12	0:32:30	3										
Jon	Brooker	M		23														
Samuel	Chapman	M	0:21:21	22	0:21:36	5	0:20:52	8	0:21:36	3								
Neville	Clarke	M		23														
Louise	Cooper	F	0:33:11	34	0:33:11	16												
Joe	Cormack	M		26														
Rosalyn	Crawford	F		25														
David	Crowley	M	0:28:06	29	0:27:29	32	0:28:43	35										
Dylan	Cunha	M		26														
Greg	Davis	M		22														
Mandy	Davis	F		31														
Oliver	Daykin	M		20														
Orla	Dockery	F		34														
Dominic	Doe	M		27														
Ruth	Eberhardt	F		26														
Stephen	Edwards	M		22														
Tom	Elton	M		23														
Andy	Fryatt	M	0:20:41	21	0:20:41	10	0:20:39	22	0:20:43	6								
Clare	Gaskell	F		26														
Mark	Geddie	M		22														
Gillian	Green	F		39														
Jackie	Hall	F		29														
Wayne	Hargreaves	M	0:27:03	28	0:27:35	28	0:26:31	4										
Simon	Harris	M		20														
Elke	Hausler	F		24														
Andy	Hayward	M	0:28:45	29			0:28:45	37										
Mark	Hayward	M	0:17:49	18	0:17:56	31	0:17:43	23										
Paul	Holley	M	0:17:47	18			0:17:47	25										

Jill	Howard	F		33														
Chris	Howell	M		22														
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		25														
Miles	Johnson	M		26														
Charles	Jones	M		23														
Danielle	Jones	F		25														
Richard	Jones	M		22														
Elizabeth	King	F																
Clare	Kingsley	F	0:31:25	32			0:31:25	16										
Sarah	Last	F		32														
Francesca	Laughton	F		28														
Rachael	Maltpress	F	0:27:09	28	0:27:09	15												
Kate	Manning	F																
Ellie	Margetts	F	0:24:03	25	0:23:44	21	0:24:23	34										
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														
Brian	Munns	M	0:24:31	25			0:23:58	38	0:25:03	11								
Jill	O'Grady	F		28														
Rebecca	Oettle	F		25														
Jenny	Osbourn	F		39														
Malcolm	Osbourn	M		28														
Hannah	Parsons	F	0:21:31	22			0:21:31	19										
Kevin	Pearson	M		25														
Robin	Peerthy	M																
Neil	Pollard	M		18														
Clive	Purbrook	M		24														
Jonathan	Pye	M		19														
Jeremy	Reader	M	0:23:30	24			0:23:30	18										
John	Reeve	M		24														
Brian	Rice	M	0:29:21	30			0:29:21	33										
Clare	Riches	F	0:37:14	38	0:37:14	2												
Clodie	Rolph	F		30														
Jamie	Rule	M		19														
Cathy	Russell	F		27														
Sarah	Sales	F		26														
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														
Alexia	Smithson	F	0:30:44	31			0:30:44	24										
Andrew	Taylor	M		22														
James	Thomson	M	0:20:09	21			0:20:09	29										
Alan	Thornhill	M	0:30:31	31			0:30:31	36										
Melanie	Tindale	F		25														
Isabel	Vicente	F		42														
Marc	Walker	M		24														
James	Walker	M		21														
Bridget	Wallwin	F	0:27:16	28	0:27:17	17	0:26:32	5	0:28:00	10								
Kate	Warboys	F	0:30:33	31			0:30:33	40										
Helen	Wass	F		27														
Rhonda	Waters	F																
Keith	Williams	M																
Neil	Williamson	M		23														
Christine	Windsor	F		35														
Lisa	Winnington	F		29														
Sharon	Woodroofe	F		35														
Svetlana	Zinchenko	F		30														

VOLUNTEER SLOT : Timers, marshals etc. Please let us know if anyone has been left out. This includes runner support, such as supporting a slower runner.

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

Best male or female time so far