

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 multiterain (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
Claire	Acklam	F		26														
Sophie	Adams	F	0:30:08	31			0:30:08	28										
Andrew	Aldridge	M		27														
Rachel	Allen	F		40														
Vanessa	Allen	F	0:25:01	26							0:25:01	4						
Colin	Almond	M	0:26:19	27							0:26:40	30			0:25:58	6		
Wendy	Ancill	F		25														
Matt	Askham	M	0:24:47	25	0:24:47	1												
Chris	Aylmer	M	0:32:16	33			0:32:43	41	0:32:06	2	0:32:46	21	0:31:31	6				
John	Bailey	M		31														
Suzanne	Bailey	F	0:28:12	29	0:28:21	26	0:28:01	13			0:28:15	12						
Angela	Barnes	F	0:26:41	27			0:26:59	12							0:26:22	10		
Shane	Basing	M		23														
Troi	Baxter	F		20														
Jason	Beeton	M	0:19:21	20	0:19:21	18												
Ruth	Bell	F	0:26:46	27													0:26:46	18
Joseph	Bendall	M	0:18:26	19			0:18:48	26							0:18:03	7	0:18:26	14
Eliot	Bentley	M		25														
Ellie	Bithell	F		26														
Jo	Blackstock	F		26														
Henry	Bletsoe	M	0:28:22	29													0:28:22	12
Phil	Blundell	M		22														
Hayley	Blunt	F		25														
Sarah	Boneham	F		25														
Jo	Bouttell	F	0:32:57	33	0:33:00	12	0:32:30	3					0:32:40	22	0:32:53	14	0:33:43	17
Angela	Brennan	F	0:30:22	31							0:30:29	33	0:30:07	12	0:30:29	19		
Jon	Brooker	M		23														
Olivia	Carter	F	0:22:43	23	0:23:14	24	0:22:53	9			0:22:01	3						
Samuel	Chapman	M	0:21:09	22	0:21:36	5	0:20:52	8	0:21:36	3			0:20:32	7			0:21:19	10
Neville	Clarke	M		23														
Baz	Colley	M	0:26:26	27		HC	0:26:16	32			0:26:12	11	0:26:20	17			0:26:57	5
Louise	Cooper	F	0:33:11	34	0:33:11	16												
Joe	Cormack	M		26														
Stephen	Cousins	M	0:24:25	25			0:23:37	21			0:23:07	23					0:26:30	27
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	0:32:53	33									0:32:16	14			0:33:30	15
Dominic	Doe	M		27														
Marc	Drury	M		22														
John	Duke	M	0:27:34	28			0:27:28	17			0:27:41	19						
Ruth	Eberhardt	F		26														
Stephen	Edwards	M	0:23:28	24									0:23:28	31				
Tom	Elton	M	0:25:02	26									0:24:34	32	0:25:16	17	0:25:17	9
Pearl	Fay	F	0:36:49	37							0:36:49	37						
Marc	Feary	M	0:20:59	21	0:20:42	6	0:21:01	27			0:21:41	27	0:20:42	8	0:20:26	4	0:21:21	11
Rebecca	Fordham	F	0:25:58	26					0:26:06	7	0:25:50	8						
Andy	Fryatt	M	0:20:52	21	0:20:41	10	0:20:39	22	0:20:43	6							0:21:25	13
Lisa Ann	Garrand	F	0:31:10	32	0:31:17	34	0:34:02	39			0:30:05	1	0:30:23	4	0:30:05	2		
Clare	Gaskell	F		26														
Mark	Geddie	M		22														
Gillian	Green	F		39														
Richard	Groom	M	0:22:47	23	0:22:43	11					0:22:43	20	0:22:54	26	0:22:47	13		
Jackie	Hall	F		29														
Rebecca	Hannah	F	0:35:43	36	0:34:03	22					0:36:35	31	0:36:32	29				
Wayne	Hargreaves	M	0:27:03	28	0:27:35	28	0:26:31	4									0:29:36	26
Simon	Harris	M		20														
Elke	Hausler	F		24														
Robert	Hawkins	M	0:25:52	26	0:26:13	23					0:25:25	6	0:24:56	9			0:26:56	20
Andy	Hayward	M	0:28:45	29			0:28:45	37										
Mark	Hayward	M	0:17:55	18	0:17:56	31	0:17:43	23									0:18:07	8
Jackie	Henley	F	0:32:38	33	0:33:08	14	0:32:51	7			0:32:17	13	0:32:16	13				
Paul	Holley	M	0:18:11	19			0:17:47	25					0:17:39	16			0:19:28	24
Jan	Holmes	F	0:28:42	29	0:28:41	29					0:28:32	17	0:28:36	20	0:29:00	15		
Jill	Howard	F		33														
Chris	Howell	M		22														
Daphne	Hurley	F		34														
Ban	Hutchison	M	0:17:18	18	0:17:18	25												
Stuart	Janes	M		29														
Lisa	Jennings	F		25														
Lisa	Johnson	F		25														
Miles	Johnson	M		26														
Charles	Jones	M	0:22:26	23									0:22:22	18	0:22:31	11		
Danielle	Jones	F		25														
Richard	Jones	M		22														
Elizabeth	King	F		32			0:31:25	16										
Clare	Kingsley	F	0:31:25	32			0:31:25	16										
Rob	Kingsley	M	0:28:00	29			0:27:26	2			0:28:49	28	0:27:21	5	0:28:24	18		
Sarah	Kinston	F	0:30:17	31	0:30:32	33	0:30:24	15			0:28:42	2					0:31:30	25
Craig	Ladley	M	0:25:00	26							0:25:11	25	0:25:47	24	0:23:59	1	0:25:03	7

