# NJ 5K Handicap 2023

Green = volunteer

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. W = walker.

The finishing position will not count. This includes runner support, such as supporting a slower participant and/or not starting in one's own allocated handicap time slot. We welcome support roles.

Gold Silver Bronze for 1-2-3 finish Gold Silver Bronze

Best male and female time each month.

| First Name | Last Name | F/M | Last 3 races Average time | Latest H'cap Time | Tuesday Oct 4th 2022 Time | Pos | Tuesday Nov 1st 2022 Time | Pos | Tuesday Dec 6th 2022 Time | Pos | Tuesday Jan 3rd 2023 Time | Pos | Tuesday Feb 7th 2023 Time | Pos | Tuesday Mar 7th 2023 Time | Pos | Tuesday Apr 4th 2023 Time | Pos | Tuesday June 20th 2023 Time | Pos | Tuesday July 18th 2023 Time | Pos | Tuesday Sept 5th 2023 Time | Pos | Tuesday Oct 3rd 2023 Time | Pos | Tuesday Nov 7th 2023 Time | Pos |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Cerys | Bithell | F | 0:22:56 | 23 | 0:22:55 | 15 | 0:22:39 | 21 | | | 0:22:48 | 14 | 0:21:37 | 14 | 0:20:41 | 4 | 0:21:36 | 18 | | | 0:20:02 | 5 | 0:24:30 | 32 | 0:24:04 | 25 | 0:20:14 | 1 |
| Nicole | Smith | F | 0:25:18 | 26 | | | | | | | | | 0:26:59 | 5 | 0:27:00 | 28 | 0:26:01 | 24 | | | 0:25:37 | 9 | | | | | 0:24:16 | 2 |
| Robert | Dobson | M | 0:16:18 | 17 | | | | | | | | | | | | | | | | | | | | | | | 0:16:18 | 3 |
| Greg | Davis | M | 0:20:29 | 21 | | | | | | | | | | | | | | | | | | | | | | | 0:20:29 | 4 |
| Lilian | Corbett | F | 0:19:49 | 20 | 0:19:58 | 17 | 0:20:14 | 28 | 0:19:57 | 22 | 0:21:13 | 15 | 0:19:52 | 16 | 0:19:53 | 14 | | | 0:20:40 | 18 | 0:21:41 | 22 | 0:20:02 | 11 | 0:19:41 | 11 | 0:19:43 | 5 |
| Simon | Everitt | M | 0:21:04 | 22 | | | | | | | | | | | 0:20:39 | 12 | 0:20:42 | 29 | 0:21:55 | 25 | | | 0:21:32 | 20 | 0:20:56 | 13 | 0:20:44 | 6 |
| Harvey | Thomas | M | 0:21:37 | 22 | | | | | | | 0:23:32 | 12 | 0:21:47 | 9 | 0:20:49 | 5 | | | 0:20:08 | 2 | | | 0:23:57 | 28 | | | 0:20:46 | 7 |
| Shane | Mcandrew | M | 0:19:47 | 20 | | | 0:21:15 | 8 | | | | | | | | | | | | | 0:19:53 | 3 | | | 0:19:39 | 10 | 0:19:50 | 8 |
| Chris | Burns | M | 0:19:54 | 20 | | | | | | | | | | | | | | | | | | | | | | | 0:19:54 | 9 |
| Alexander | Balmer | M | 0:22:19 | 23 | 0:27:43 | 37 | 0:24:50 | 1 | 0:21:26 | 3 | 0:31:01 | 24 | 0:24:53 | 11 | 0:24:26 | 11 | 0:23:47 | 6 | 0:22:39 | 5 | 0:22:22 | 6 | | | | | 0:21:57 | 10 |
| Daniel | Tee | M | 0:19:19 | 20 | | | | | | | | | 0:20:49 | 15 | | | | | 0:19:45 | 10 | | | 0:19:29 | 6 | 0:19:29 | 8 | 0:18:59 | 11 |
| Chris | Underwood | M | 0:20:02 | 21 | | | 0:20:05 | 26 | | | | | | | | | | | | | | | | | | | 0:20:00 | 12 |
| Marc | Feary | M | 0:19:55 | 20 | | | | | | | | | | | 0:20:37 | 22 | 0:19:44 | 20 | | | 0:19:59 | 13 | | | | | 0:20:01 | 13 |
| Sarah | Kinston | F | 0:29:42 | 30 | 0:29:42 | 12 | 0:29:40 | 22 | 0:28:53 | 20 | | | 0:29:43 | 29 | | | | | | | 0:29:31 | 17 | 0:30:38 | 25 | 0:29:19 | 17 | 0:29:09 | 14 |
| Charles | Richmond | M | 0:22:08 | 23 | | | | | 0:21:53 | 29 | | | | | 0:21:19 | 18 | | | | | | | | | | | 0:23:13 | 15 |
| Ellie | Bithell | F | 0:22:08 | 23 | 0:24:57 | 16 | 0:24:41 | 23 | 0:23:17 | 10 | 0:23:52 | 6 | | | 0:23:00 | 7 | | | | | 0:21:56 | 4 | 0:22:14 | 16 | | | 0:22:15 | 16 |
| Lily-Ann | Cooper | F | 0:41:19 | 42 | 0:41:18 | 39 | 0:40:55 | 14 | | | | | | | 0:42:49 | 32 | 0:45:21 | 32 | 0:43:03 | 11 | | | 0:41:38 | 4 | 0:41:03 | 2 | 0:41:15 | 17 |
| Francine | Dasseville | F | 0:28:29 | 29 | | | | | | | | | | | | | | | | | | | 0:29:01 | 1 | 0:27:59 | 5 | 0:28:26 | 18 |
| Jack | Stearn | M | 0:20:06 | 21 | | | | | | | | | | | 0:19:45 | 25 | | | | | | | | | | | 0:20:27 | 19 |
| Sean | Rollinson | M | 0:20:24 | 21 | 0:20:00 | 26 | 0:20:02 | 18 | | | 0:20:14 | 9 | 0:19:27 | 12 | 0:19:30 | 20 | 0:19:17 | 26 | 0:19:51 | 19 | 0:19:58 | 21 | 0:20:46 | 27 | | | 0:20:27 | 20 |
| Emma | Burns | F | 0:26:35 | 27 | | | | | | | | | | | | | | | | | | | | | | | 0:26:35 | 21 |
| Kai | Hall | M | 0:22:13 | 23 | 0:24:59 | 25 | 0:24:59 | 25 | | | 0:24:07 | 8 | 0:23:55 | 18 | 0:22:58 | 6 | | | 0:21:48 | 8 | | | 0:22:15 | 17 | | | 0:22:36 | 22 |
| Jonathan | Ollington | M | 0:20:35 | 21 | 0:20:09 | 9 | | | 0:19:47 | 17 | 0:21:32 | 22 | 0:21:07 | 35 | | | 0:20:00 | 23 | | | | | | | | | 0:20:39 | 23 |
| Rebecca | Hannah | F | 0:38:40 | 39 | | | 0:36:48 | 31 | | | | | | | | | | | 0:38:17 | 27 | | | 0:39:01 | 29 | | | 0:38:41 | 24 |
| Pearl | Fay | F | 0:34:16 | 35 | | | | | | | 0:36:32 | 11 | | | 0:34:18 | 2 | 0:33:39 | 4 | | | | | | | | | 0:34:51 | 25 |
| Sam | Sadler | M | 0:18:02 | 19 | 0:17:49 | 14 | 0:18:45 | 30 | 0:17:56 | 21 | 0:19:14 | 16 | | | | | 0:18:42 | 19 | 0:18:13 | 13 | 0:17:24 | 7 | 0:18:06 | 12 | 0:18:03 | 21 | 0:17:58 | 26 |
| James | Smith | M | 0:17:00 | 18 | | | | | 0:17:21 | 25 | | | 0:16:55 | 19 | | | 0:16:51 | 8 | | | 0:17:06 | 15 | | | | | 0:17:04 | 27 |
| Alan | Shand | M | 0:31:35 | 32 | | | | | | | | | | | | | | | | | | | 0:33:14 | 15 | 0:30:27 | 1 | 0:31:04 | 28 |
| Francesca | Self | F | 0:28:16 | 29 | | | | | 0:28:40 | 27 | | | | | 0:28:46 | 26 | | | | | 0:27:24 | 8 | 0:28:23 | 18 | 0:28:06 | 14 | 0:28:20 | 29 |
| Stephen | Cousins | M | 0:23:57 | 24 | | | | | 0:26:00 | 31 | | | 0:23:26 | 4 | | | 0:23:26 | 17 | 0:23:02 | 9 | | | | | 0:24:24 | 23 | 0:24:26 | 30 |
| Jim | Withers | M | 0:28:45 | 29 | 0:27:42 | 23 | 0:29:23 | 33 | | | | | 0:28:45 | 30 | 0:28:51 | 27 | 0:27:02 | 10 | 0:29:36 | 24 | 0:27:57 | 12 | 0:28:06 | 13 | 0:28:39 | 19 | 0:29:31 | 31 |
| Angela | Drury | F | 0:26:13 | 27 | | | | | | | | | 0:25:54 | 17 | | | | | | | | | | | | | 0:26:33 | 32 |
| Liam | Elvidge | M | 0:23:18 | 24 | | | | | | | | | 0:25:32 | 13 | 0:24:20 | 10 | 0:23:18 | 15 | 0:22:43 | 6 | 0:22:46 | 10 | 0:22:51 | 22 | | | 0:24:17 | 33 |
| Chris | Aylmer | M | 0:32:39 | 33 | | | 0:31:25 | 10 | 0:30:52 | 19 | | | | | 0:32:14 | 30 | | | | | | | | | 0:32:22 | 22 | 0:33:21 | 34 |
| Jo | Bouttell | F | 0:33:52 | 34 | | | 0:36:38 | 34 | | | 0:34:44 | 1 | 0:32:57 | 2 | 0:33:19 | 9 | 0:32:36 | 3 | 0:33:23 | 23 | | | | | | | 0:35:38 | 35 |
| Lewis | Stinger | M | 0:24:39 | 25 | 0:26:34 | 3 | 0:25:47 | 12 | | | 0:25:55 | 7 | | | | | 0:22:56 | 2 | 0:24:33 | 17 | 0:24:34 | 18 | | | | | 0:24:50 | 36 |
| George | Wilkinson | M | | | | | | | | | | | | | | | | | | | | | | | | | 0:41:24 | W |
| Sophie | Adams | F | 0:28:59 | 29 | 0:28:47 | 5 | | | | | | | | | | | | | | | 0:28:48 | 19 | 0:29:23 | 23 | | | | |
| Jeff | Almeida-King | M | | 23 | | | | | | | | | | | | | | | | | | | | | | | | |
| Colin | Almond | M | | 26 | | | | | | | | | | | | | | | | | | | | | | | | |
| Wendy | Ancill | F | 0:23:47 | 24 | 0:23:30 | 11 | | | 0:24:04 | 30 | | | | | | | | | | | | | | | | | | |
| Suzanne | Bailey | F | | 29 | | | | | | | | | | | | | | | | | 0:32:54 | HC | | | | | | |
| Zara | Bailey | F | 0:31:58 | 32 | 0:32:00 | 19 | 0:31:56 | 15 | | | | | | | | | | | | | | | | | | | | |
| Chris | Balmer | M | 0:17:15 | 18 | | | | | | | | | | | | | 0:17:10 | 12 | 0:17:19 | 15 | | | | | | | | |
| Isobel | Basing | F | | 27 | | | | | | | | | | | | | | | | | | | | | | | | |
| Lilly | Basing | F | 0:28:16 | 29 | 0:28:16 | 29 | | | | | | | | | | | | | | | | | | | | | | |
| Troi | Baxter | F | | 20 | | | | | | | | | | | | | | | | | | | | | | | | |
| Jason | Beeton | M | 0:20:20 | 21 | | | | | | | | | | | | | | | 0:20:20 | 22 | | | | | | | | |
| Joseph | Bendall | M | 0:19:36 | 20 | | | | | | | | | | | | | | | | | | | 0:19:36 | 30 | | | | |
| Kirsty | Bennett | F | 0:23:19 | 24 | | | | | | | | | | | | | 0:23:19 | 16 | | | | | | | | | | |
| Jessica | Bird | F | | 24 | | | | | | | | | | | | | | | | | | | | | | | | |
| Ben | Blowes | M | | 18 | | | | | | | | | | | | | | | | | | | | | | | | |
| Phil | Blundell | M | 0:22:28 | 23 | | | | | | | | | | | | | | | | | | | 0:22:28 | 24 | | | | |
| Sophie | Blundell | F | 0:25:42 | 26 | 0:30:33 | 31 | 0:29:53 | 13 | 0:29:44 | 15 | 0:29:50 | 5 | 0:26:46 | 1 | 0:25:55 | 1 | | | 0:24:24 | 1 | | | 0:40:41 | W | 0:41:03 | W | | |
| Hayley | Blunt | F | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Valentina | Botti | F | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Angela | Brennan | F | 0:28:36 | 29 | | | 0:28:49 | 5 | | | | | | | | | | | | | 0:28:18 | 16 | 0:28:40 | 21 | | | | |
| Jon | Brooker | M | 0:23:31 | 24 | | | | | | | 0:23:31 | 18 | | | | | | | | | | | | | | | | |
| Nathan | Brown | M | | 18 | | | | | | | | | | | | | | | | | | | | | | | | |
| Ian | Butcher | M | 0:22:23 | 23 | | | | | | | | | | | | | | | 0:22:45 | 7 | 0:22:02 | 14 | | | | | | |
| Olivia | Carter | F | 0:21:54 | 22 | | | | | | | | | | | | | 0:21:54 | 22 | | | | | | | | | | |
| Neville | Clarke | M | | 23 | | | | | | | | | | | | | | | | | | | | | | | | |
| Oliver | Cleary | M | 0:22:53 | 23 | 0:24:29 | 2 | 0:22:31 | 2 | 0:21:40 | 4 | | | | | | | | | | | | | | | | | | |
| Steven | Cleary | M | 0:32:40 | 33 | | | | | 0:32:40 | 5 | | | | | | | | | | | | | | | | | | |
| Louise | Cooper | F | 0:31:49 | 32 | | | | | | | 0:31:49 | 4 | | | | | | | | | | | | | | | | |
| Joe | Cormack | M | 0:20:08 | 21 | 0:20:08 | 1 | | | | | | | | | | | | | | | | | | | | | | |
| Rosalyn | Crawford | F | | 25 | | | | | | | | | | | | | | | | | | | | | | | | |
| Dominic | Doe | M | | 27 | | | | | | | | | | | | | | | | | | | | | | | | |
| Marc | Drury | M | | 22 | | | | | | | | | | | | | | | | | | | | | | | | |
| Esther | Eaton | F | 0:27:04 | 28 | | | | | | | | | | | | | | | | | 0:26:28 | 1 | 0:27:41 | 26 | | | | |
| Ruth | Eberhardt | F | 0:25:44 | 26 | 0:26:05 | 27 | 0:26:13 | 19 | 0:24:53 | 9 | | | | | | | | | | | | | | | | | | |
| Richard | Eddershaw | M | 0:21:12 | 22 | | | | | | | | | | | | | | | 0:21:12 | 12 | | | | | | | | |
| Stephen | Edwards | M | | 24 | | | | | | | | | | | | | | | | | | | | | | | | |
| Tom | Elton | M | 0:26:22 | 27 | 0:24:46 | 13 | | | 0:26:10 | 32 | | | 0:28:30 | 38 | | | | | | | | | 0:24:26 | 5 | | | | |
| Oscar | Fenton | M | 0:22:06 | 23 | | | | | 0:25:44 | 1 | 0:24:02 | 3 | 0:21:13 | 3 | 0:21:02 | 29 | | | | | | | | | | | | |
| Laura | Fletcher | F | | 28 | | | | | | | | | | | | | | | | | | | | | | | | |
| Rebecca | Fordham | F | | 26 | | | | | | | | | | | | | | | | | | | | | | | | |
| Caroline | Freeborough | F | 0:32:30 | 33 | | | | | | | | | | | | | | | | | 0:33:20 | 26 | 0:32:51 | 9 | 0:31:18 | 3 | | |
| Jacob | Freeborough | M | 0:21:23 | 22 | | | | | | | | | | | | | | | | | 0:21:55 | 20 | 0:20:57 | 10 | 0:21:16 | 15 | | |
| Andy | Fryatt | M | 0:20:40 | 21 | 0:20:01 | 7 | | | | | | | 0:20:24 | 26 | | | 0:19:49 | 31 | | | | | 0:21:26 | 2 | 0:20:46 | 4 | | |
| Lisa Ann | Garrand | F | 0:29:16 | 30 | | | | | | | | | | | | | | | 0:29:16 | 3 | | | | | | | | |
| Mark | Geddie | M | | 22 | | | | | | | | | | | | | | | | | | | | | | | | |
| Karyn | Gillen/Smith | F | | 35 | | | | | | | | | | | | | | | | | | | | | | | | |
| Gillian | Green | F | | 39 | | | | | | | | | | | | | | | | | | | | | | | | |
| Jackie | Hall | F | | 29 | | | | | | | | | | | | | | | | | | | | | | | | |
| Wayne | Hargreaves | M | 0:29:53 | 30 | | | | | | | | | | | | | | | | | 0:29:53 | 25 | | | | | | |
| Lucy | Hartley | F | 0:28:49 | 29 | 0:28:49 | 6 | | | | | | | | | | | | | | | | | | | | | | |
| Elke | Hausler | F | | 24 | | | | | | | | | | | | | | | | | | | | | | | | |
| Robert | Hawkins | M | 0:25:56 | 26 | 0:25:39 | 22 | 0:27:16 | 32 | | | | | | | 0:25:43 | 13 | 0:24:49 | 7 | | | | | | | | | | |
| Andy | Hayward | M | | 29 | | | | | | | | | | | | | | | | | | | | | | | | |
| Mark | Hayward | M | 0:16:57 | 17 | | | 0:17:50 | 24 | | | | | 0:17:03 | 22 | | | | | 0:17:08 | 21 | | | 0:16:39 | 8 | | | | |
| Dina | Heggum | F | | 26 | | | | | | | | | | | | | | | | | | | | | | | | |
| Jackie | Henley | F | 0:32:23 | 33 | 0:32:35 | 21 | | | 0:32:51 | 28 | | | 0:32:55 | 32 | | | 0:32:32 | 28 | | | | | | | 0:31:43 | 12 | | |
| Paul | Holley | M | 0:17:11 | 18 | | | | | 0:17:34 | 13 | | | 0:17:14 | 23 | | | 0:16:55 | 9 | 0:17:25 | 16 | | | | | | | | |
| Jan | Holmes | F | 0:29:43 | 30 | 0:30:10 | 34 | | | 0:29:29 | 12 | | | 0:29:15 | 24 | 0:30:26 | 31 | | | | | | | | | | | | |
| Jill | Howard | F | | 33 | | | | | | | | | | | | | | | | | | | | | | | | |
| Chris | Howell | M | | 22 | | | | | | | | | | | | | | | | | | | | | | | | |
| Dan | Hutchison | M | 0:16:55 | 17 | | | | | | | | | | | 0:16:55 | 16 | | | | | | | | | | | | |
| Stuart | Janes | M | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lisa | Jennings | F | | 29 | | | | | | | | | | | | | | | | | | | | | | | | |
| Danielle | Jones | F | | 25 | | | | | | | | | | | | | | | | | | | | | | | | |
| Lottie | Jones | F | 0:30:11 | 31 | | | 0:30:11 | 35 | | | | | | | | | | | | | | | | | | | | |
| Richard | Jones | M | 0:21;57 | 22 | | | | | | | | | | | | | | | | | | | | | 0:21:57 | 20 | | |
| Mio | Kontic | M | 0:31:17 | 32 | 0:30:24 | 20 | | | 0:32:10 | 33 | | | | | | | | | | | | | | | | | | |
| Craig | Ladley | M | 0:24:17 | 25 | | | | | | | | | 0:23:26 | 8 | | | | | 0:25:08 | 26 | | | | | | | | |
| Matthew | Lagden | M | 0:27:03 | 28 | | | | | | | | | 0:27:04 | 6 | 0:27:02 | 17 | | | | | | | | | | | | |
| Sarah | Last | F | | 32 | | | | | | | | | | | | | | | | | | | | | | | | |

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| Nicola | Lynch | F | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Adam | Maltpress | M | 0:20:47 | 21 | | | 0:21:59 | 17 | 0:20:25 | 11 | 0:21:17 | 10 | | | | | | | | | | | | | 0:20:38 | 9 | | |
| Rachael | Maltpress | F | | 28 | | | | | | | | | | | | | | | | | | | | | | | | |
| Ellie | Margetts | F | | 25 | | | | | | | | | | | | | | | | | | | | | | | | |
| Pip | Marsh | M | | 25 | | | | | | | | | | | | | | | | | | | | | | | | |
| Poppy | Marsh | F | | 26 | | | | | | | | | | | | | | | | | | | | | | | | |
| Sarah | Martin | F | | 32 | | | | | | | | | | | | | | | | | | | | | | | | |
| Anna | Mayhew | F | | 27 | | | | | | | | | | | | | | | | | | | | | | | | |
| Rio | McAndrew | M | 0:28:22 | 29 | 0:28:22 | 35 | | | | | | | | | | | | | | | | | | | | | | |
| Lynda | McCormack | F | | 30 | | | | | | | | | | | | | | | | | | | | | | | | |
| Caroline | Mcintosh | F | 0:33:12 | 34 | | | | | | | | | | | | | | | | | | | 0:33:12 | 14 | | | | |
| Andy | McKeague | M | | 24 | | | | | | | | | | | | | | | | | | | | | | | | |
| Ludmila | Michalkova | F | | 34 | | | | | | | | | | | | | | | | | | | | | | | | |
| Brian | Munns | M | 0:26:04 | 27 | 0:23:58 | 24 | | | | | | | 0:28:29 | 37 | | | | | 0:27:03 | 20 | 0:24:44 | 2 | 0:26:25 | 19 | | | | |
| Everleigh | Munns | F | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alfie | Norman | M | 0:38:20 | 39 | | | 0:37:28 | 36 | 0:34:10 | 2 | | | 0:43:21 | 41 | | | | | | | | | | | | | | |
| Rebecca | Oettle | F | 0:21:03 | 22 | | | | | | | | | 0:21:03 | 21 | | | | | | | | | | | | | | |
| Sarah | Osborne | F | 0:19:20 | 20 | | | 0:22:06 | 27 | 0:21:39 | 14 | 0:21:34 | 13 | 0:19:53 | 10 | 0:19:38 | 23 | 0:19:06 | 25 | 0:19:16 | 14 | | | | | | | | |
| Jenny | Osbourn | F | | 44 | | | | | | | | | | | | | | | | | | | | | | | | |
| Malcolm | Osbourn | M | 0:30:18 | 31 | | | 0:30:40 | 29 | 0:29:48 | 18 | | | 0:31:01 | 33 | 0:30:20 | 19 | 0:30:18 | 27 | | | 0:32:05 | 24 | 0:28:30 | 3 | | | | |
| Sianie | Painter | F | 0:28:46 | 29 | 0:29:29 | 4 | | | 0:29:03 | 23 | | | 0:27:47 | 31 | | | | | | | | | | | | | | |
| Hannah | Parsons | F | | 23 | | | | | | | | | | | | | | | | | | | | | | | | |
| Hannah | Pollard | F | 0:22:06 | 23 | | | | | | | | | 0:22:56 | 20 | | | 0:21:15 | 14 | | | | | | | | | | |
| Neil | Pollard | M | 0:16:40 | 17 | | | | | | | | | | | | | 0:16:40 | 5 | | | | | | | | | | |
| Rob | Pollard | M | 0:20:22 | 21 | | | | | | | | | | | | | | | | | | | | | 0:20:22 | 18 | | |
| Jonathan | Pye | M | | 19 | | | | | | | | | | | | | | | | | | | | | | | | |
| Oliver | Pynn | M | | 21 | | | | | | | | | | | | | | | | | | | | | | | | |
| Emma | Reader | F | | 32 | | | | | | | | | | | | | | | | | | | | | | | | |
| Jeremy | Reader | M | | 26 | | | | | | | | | | | | | | | | | | | | | | | | |
| Alice | Reis-Clarke | F | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Arthur | Rice | M | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brian | Rice | M | 0:30:59 | 31 | 0:31:14 | 28 | 0:30:44 | 11 | | | | | | | | | | | | | | | | | | | | |
| Laurence | Rice | M | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Paul | Roberts | M | 0:22:36 | 23 | | | | | | | | | 0:22:38 | 28 | 0:22:34 | 21 | | | | | | | | | | | | |
| Marie | Rollinson (parent) | F | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mike | Sales | M | | 25 | | | | | | | | | | | | | | | | | | | | | | | | |
| Sarah | Sales | F | | 26 | | | | | | | | | | | | | | | | | | | | | | | | |
| Helina | Salo | F | | 23 | | | | | | | | | | | | | | | | | | | | | | | | |
| Belinda | Schofield | F | 0:26:19 | 27 | | | | | | | | | | | | | | | | | | | | | 0:26:19 | 6 | | |
| Aaron | Self | M | 0:23:43 | 24 | | | 0:23:04 | 6 | | | 0:24:21 | 17 | | | | | | | | | | | | | | | | |
| Christine | Shand | F | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Amber | Smith | F | 0:29:51 | 30 | | | 0:30:22 | 20 | 0:29:44 | 16 | 0:31:55 | 19 | 0:28:21 | 7 | 0:29:18 | 8 | | | | | | | | | | | | |
| Martin | Smith | M | 0:24:25 | 25 | 0:24:47 | 33 | | | | | 0:26:19 | 21 | 0:25:17 | 36 | 0:24:54 | 15 | 0:24:04 | 11 | | | | | | | 0:24:17 | 16 | | |
| Alexia | Smithson | F | | 33 | | | | | | | | | | | | | | | | | | | | | | | | |
| Emma | Southgate | F | | 34 | | | | | | | | | | | | | | | | | | | | | | | | |
| Stuart | Sowerby | M | 0:20:02 | 21 | 0:19:59 | 18 | | | | | | | | | 0:19:42 | 24 | 0:19:43 | 30 | | | 0:20:42 | 23 | | | | | | |
| Imogen | Stephens | F | 0:31:29 | 32 | 0:31:30 | 36 | 0:30:09 | 7 | 0:28:53 | 7 | 0:32:09 | 20 | 0:31:03 | 34 | | | 0:29:52 | 21 | 0:29:33 | 4 | | | 0:34:29 | 31 | 0:30:26 | 7 | | |
| Andrew | Taylor | M | | 22 | | | | | | | | | | | | | | | | | | | | | | | | |
| William | Taylor | M | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alan | Thornhill | M | 0:28:11 | 29 | | | | | | | | | | | 0:28:30 | 3 | 0:27:11 | 13 | | | | | | | 0:28:51 | 24 | | |
| Harry | Tonge | M | | | | | DNF | 37 | | | | | | | | | | | | | | | | | | | | |
| Jessica | Turner | F | 0:30:38 | 31 | | | | | 0:28:54 | 8 | 0:33:26 | 23 | 0:29:35 | 39 | | | | | | | | | | | | | | |
| Isabel | Vicente | F | | 42 | | | | | | | | | | | | | | | | | | | | | | | | |
| Alexander | Walker | M | | 26 | | | | | | | | | | | | | | | | | | | | | | | | |
| Marc | Walker | M | | 24 | | | | | | | | | | | | | | | | | | | | | | | | |
| Bridget | Wallwin | F | 0:30:17 | 31 | | | | | | | | | 0:30:17 | 25 | | | | | | | | | | | | | | |
| Kate | Warboys | F | | 31 | | | | | | | | | | | | | | | | | | | | | | | | |
| Helen | Wass | F | 0:26:56 | 27 | | | | | | | | | 0:27:26 | 27 | | | | | | | 0:26:52 | 11 | 0:26:31 | 7 | | | | |
| Hazel | Weaver | F | 0:34:37 | 35 | | | | | 0:33:14 | 34 | | | | | 0:36:00 | 33 | | | | | | | | | | | | |
| Keith | Williams | M | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Neil | Williamson | M | | 23 | | | | | | | | | | | | | | | | | | | | | | | | |
| Christine | Windsor | F | | 35 | | | | | | | | | | | | | | | | | | | | | | | | |
| Harry | Winstone | M | 0:30:40 | 31 | | | | | | | | | 0:30:40 | 40 | | | | | | | | | | | | | | |
| Grace | Wordsworth-Clarke | F | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Oliver | Wordsworth-Clarke | M | | 22 | | | | | | | | | | | | | | | | | | | | | | | | |
| Rupert | Wordsworth-Clarke | M | 0:25:12 | 26 | 0:27:03 | 8 | | | | | | | | | | | 0:23:21 | 1 | | | | | | | | | | |
| Svetlana | Zinchenko | F | 0:32:51 | 33 | | | | | | | 0:32:51 | 2 | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

**BEST 5K WALKING TIMES:**

| | | | |
|---|---|---|---|
| 5th Sep 2023 | Sophie Blundell | F | 0:40:41 |
| 1st Nov 2022 | Lily-Ann Cooper | F | 0:40:55 |
| 7th Nov 2023 | George Wilkinson | M | 0:41:24 |