NJ 5K Handicap 2023/2024

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 = racewalker.

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

Best male and female time each month.

First Name	Last Name	F/M	Last 3 races Average time	Latest H'cap Time	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	Tuesday Dec 5th 2023 Time	Pos	Tuesday Jan 9th 2024 Time	Pos	Tuesday Feb 6th 2024 Time	Pos
Stephen	Edwards	M	0:21:09	22																							0:21:09	1
Noah	Poujardieu	M	0:26:35	28																					0:27:20	31	0:25:50	2
James	Hilton	M	0:24:24	25																			0:24:38	15	0:24:10	6	0:23:01	3
Jason	Singh	M	0:32:08	33																							0:32:08	4
Rachele	Cooper	F	0:24:56	25																					0:25:32	2	0:24:20	5
Lewis	Stinger	M	0:24:25	25	0:25:55	7					0:22:56	2	0:24:33	17	0:24:34	18					0:24:50	36			0:25:07	21	0:23:19	6
Barley	Woodcock	M	0:20:55	21																			0:21:48	17	0:20:26	10	0:20:30	7
Oliver	Cleary	M	0:21:51	22																							0:21:51	8
Bridget	Wallwin	F	0:29:03	30			0:30:17	25															0:27:59	1			0:28:52	9
Matthew	Lagden	M	0:27:04	28			0:27:04	6	0:27:02	17																	0:27:05	10
Shane	Mcandrew	M	0:20:31	21											0:19:53	3			0:19:39	10	0:19:50	8	0:21:36	29			0:20:07	11
Lilian	Corbett	F	0:20:16	21	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	0:20:07	21	0:20:32	26	0:20:10	12
Lily-Ann	Cooper	F	0:42:37	43					0:42:49	32	0:45:21	32	0:43:03	11			0:41:38	4	0:41:03	2	0:41:15	17	0:42:12	23	0:43:17	34	0:42:21	13
Francine	Dasseville	F	0:28:44	29													0:29:01	1	0:27:59	5	0:28:26	18	0:28:58	20	0:28:47	14	0:28:27	14
Alexander	Balmer	M	0:22:18	23	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	0:22:27	12			0:22:29	15
Hannah	Parsons	F	0:22:43	23																							0:22:43	16
Jonathan	Ollington	M	0:20:35	21	0:21:32	22	0:21:07	35			0:20:00	23									0:20:39	23	0:20:19	10			0:20:46	17
Harvey	Thomas	M	0:20:56	21	0:23:32	12	0:21:47	9	0:20:49	5			0:20:08	2			0:23:57	28			0:20:46	7	0:20:44	5	0:21:18	9	0:20:47	18
Cerys	Bithell	F	0:23:23	24	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	0:19:59	2	0:26:58	37	0:23:11	19
Alan	Shand	M	0:30:53	31													0:33:14	15	0:30:27	1	0:31:04	28	0:30:21	24			0:31:14	20
Belinda	Schofield	F	0:26:57	27															0:26:19	6					0:27:17	23	0:27:15	21
Greg	Davis	M	0:20:52	21																	0:20:29	4					0:21:16	22
Adam	Maltpress	M	0:20:55	21	0:21:17	10													0:20:38	9			0:20:52	19	0:20:37	13	0:21:17	23
Ruth	Eberhardt	F	0:31:33	32																							0:31:33	24
Jim	Withers	M	0:29:07	30			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	0:29:44	28	0:30:01	19	0:27:35	25
Jan	Holmes	F	0:30:56	31			0:29:15	24	0:30:26	31													0:30:40	27	0:30:30	25	0:31:39	26
Chris	Aylmer	M	0:33:11	34					0:32:14	30									0:32:22	22	0:33:21	34					0:33:50	27
Simon	Everitt	M	0:21:15	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	0:20:48	6	0:21:03	20	0:21:54	28
Marc	Feary	M	0:20:25	21					0:20:37	22	0:19:44	20			0:19:59	13					0:20:01	13					0:21:16	29
Steven	Cleary	M	0:35:20	36																							0:35:20	30
Malcolm	Osbourn	M	0:31:09	32			0:31:01	33	0:30:20	19	0:30:18	27			0:32:05	24	0:28:30	3					0:31:30	25			0:33:26	31
Martin	Smith	M	0:24:25	25	0:26:19	21	0:25:17	36	0:24:54	15	0:24:04	11							0:24:17	16							0:28:55	HC
Suzanne	Bailey	F		29											0:32:54	HC											0:42:26	W
Sophie	Adams	F	0:28:59	29											0:28:48	19	0:29:23	23										
Jeff	Almeida-King	M		23																								
Colin	Almond	M	0:26:34	27																					0:26:34	12		
Wendy	Ancill	F	0:23:47	24																								
Zara	Bailey	F	0:31:58	32																								
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																								
Troi	Baxter	F		20																								
Jason	Beeton	M	0:20:20	21									0:20:20	22														
Ruth	Bell	F	0:24:40	25																								
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																								
Ellie	Bithell	F	0:22:47	23	0:23:52	6			0:23:00	7					0:21:56	4	0:22:14	16			0:22:15	16			0:23:53	29		
Ben	Blowes	M		18																								
Phil	Blundell	M	0:22:34	23													0:22:28	24					0:22:19	11	0:22:54	16		
Sophie	Blundell	F	0:25:15	26	0:29:50	5	0:26:46	1	0:25:55	1			0:24:24	1			0:40:41	W	0:41:03	W			0:24:39	4	0:26:42	33		
Hayley	Blunt	F																										
Valentina	Botti	F																										
Jo	Bouttell	F	0:34:31	35	0:34:44	1	0:32:57	2	0:33:19	9	0:32:36	3	0:33:23	23							0:35:38	35	0:33:43	16	0:34:13	8		
Angela	Brennan	F	0:28:12	29											0:28:18	16	0:28:40	21							0:27:39	3		
Jon	Brooker	M	0:23:31	24	0:23:31	18																						
Nathan	Brown	M		18																								
Chris	Burns	M	0:19:54	20																	0:19:54	9						
Emma	Burns	F	0:26:35	27																	0:26:35	21						
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																
Samuel	Chapman		0:20:24	21																								
Neville	Clarke	M		23																								
Jasmine	Cook	F	0:30:08	31																			0:30:08	22				
Louise	Cooper	F	0:31:49	32	0:31:49	4																						
Milo	Corbett (parent)	M	0:25:51	26																								
Joe	Cormack	M	0:20:08	21																								
Stephen	Cousins	M	0:24:39	25			0:23:26	4			0:23:26	17	0:23:02	9					0:24:24	23	0:24:26	30	0:24:38	26	0:24:53	15		
Rosalyn	Crawford	F		25																								
Robert	Dobson	M	0:16:18	17																	0:16:18	3						
Dominic	Doe	M		27																								
Angela	Drury	F	0:26:27	27			0:25:54	17													0:26:33	32			0:26:55	17		
Marc	Drury	M		22																								
Esther	Eaton	F	0:28:06	29											0:26:28	1	0:27:41	26							0:30:08	36		
Richard	Eddershaw	M	0:21:12	22									0:21:12	12														
Tom	Elton	M	0:26:22	27			0:28:30	38									0:24:26	5										
Liam	Elvidge	M	0:24:14	25			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			0:25:33	32		
Pearl	Fay	F	0:34:14	35	0:36:32	11			0:34:18	2	0:33:39	4									0:34:51	25	0:33:50	7	0:34:02	5		
Oscar	Fenton	M	0:22:06	23	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	0:21:02	22			0:20:24	26			0:19:49	31					0:21:26	2	0:20:46	4			0:21:09	8	0:21:12	7		
Lisa Ann	Garrand	F	0:29:16	30									0:29:16	3														
Mark	Geddie	M		22																								
Karyn	Gillen/Smith	F		35																								
Tijs	Gilles	M	0:25:00	26																					0:25:00	1		
Gillian	Green	F		39																								
Richard	Groom	M	0:23:34	24																								
Jackie	Hall	F		29																								
Kai	Hall	M	0:22:53	23	0:24:07	8	0:23:55	18	0:22:58	6			0:21:48	8			0:22:15	17			0:22:36	22	0:22:50	18	0:23:12	22		
Rebecca	Hannah	F	0:38:40	39									0:38:17	27			0:39:01	29			0:38:41	24						
Wayne	Hargreaves	M	0:29:53	30											0:29:53	25												
Lucy	Hartley	F	0:28:49	29																								
Elke	Hausler	F		25																								
Robert	Hawkins	M	0:25:56	26					0:25:43	13	0:24:49	7																
Andy	Hayward	M		29																								
Mark	Hayward	M	0:16:57	17			0:17:03	22					0:17:08	21			0:16:39	8										
Dina	Heggum	F		26																								
Jackie	Henley	F	0:32:23	33			0:32:55	32			0:32:32	28							0:31:43	12								
Oliver	Hilton	M	0:29:35	30																			0:29:35	14				
Paul	Holley	M	0:17:11	18			0:17:14	23			0:16:55	9	0:17:25	16														
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																									
Richard	Jones	M	0:21;57	22																	0:21:57	20							
Sarah	Kinston	F	0:29:42	30			0:29:43	29							0:29:31	17	0:30:38	25	0:29:19	17	0:29:09	14							
Mio	Kontic	M	0:31:17	32																									
Craig	Ladley	M	0:24:17	25			0:23:26	8					0:25:08	26															
Sarah	Last	F		32																									
Nicola	Lynch	F																											
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																									
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			0:28:29	37					0:27:03	20	0:24:44	2	0:26:25	19											
Everleigh	Munns	F																											
Alfie	Norman	M	0:38:20	39			0:43:21	41																					
Rebecca	Oettle	F	0:21:03	22			0:21:03	21																					
Sarah	Osborne	F	0:19:20	20	0:21:34	13	0:19:53	10	0:19:38	23	0:19:06	25	0:19:16	14															
Jenny	Osbourn	F		44																									
Sianie	Painter	F	0:28:46	29			0:27:47	31																					
Hannah	Pollard	F	0:21:53	22			0:22:56	20			0:21:15	14											0:21:28	3					
Neil	Pollard	M	0:17:13	18							0:16:40	5													0:17:45	27			
Rob	Pollard	M	0:21:42	22															0:20:22	18					0:23:02	35			
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																									
Laurence	Rice	M																											
Charles	Richmond	M	0:22:53	23					0:21:19	18											0:23:13	15	0:22:30	13	0:22:57	18			
Paul	Roberts	M	0:23:05	24			0:22:38	28	0:22:34	21															0:24:04	30			
Sean	Rollinson	M	0:21:02	22	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			0:21:52	28			
Marie	Rollinson (parent)	F																											
Marie	Rollinson (parent)	F																											
Sam	Sadler	M	0:18:02	19	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							
Mike	Sales	M		25																									
Sarah	Sales	F		26																									
Helina	Salo	F		23																									
Joseph	Sawalmeh	M	0:23:12	24																									
Aaron	Self	M	0:23:43	24	0:24:21	17																							
Francesca	Self	F	0:28:14	29					0:28:46	26					0:27:24	8	0:28:23	18	0:28:06	14	0:28:20	29	0:28:15	9					
Christine	Shand	F																											
Amber	Smith	F	0:29:20	30	0:31:55	19	0:28:21	7	0:29:18	8															0:30:21	24			
James	Smith	M	0:17:00	18			0:16:55	19			0:16:51	8			0:17:06	15					0:17:04	27							
Louisa	Smith	F	0:39:32	40																									
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							
Rose-Dawn	Smith	F	0:39:33	40																									
Alexia	Smithson	F		33																									
Emma	Southgate	F		34																									
Stuart	Sowerby	M	0:20:02	21					0:19:42	24	0:19:43	30			0:20:42	23													
Jack	Stearn	M	0:20:06	21					0:19:45	25											0:20:27	19							
Imogen	Stephens	F	0:31:29	32	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																											
Daniel	Tee	M	0:19:18	20			0:20:49	15					0:19:45	10			0:19:29	6	0:19:29	8	0:18:59	11			0:19:27	11			
Alan	Thornhill	M	0:28:11	29					0:28:30	3	0:27:11	13							0:28:51	24									
Harry	Tonge	M																											
Jessica	Turner	F	0:30:38	31	0:33:26	23	0:29:35	39																					
Chris	Underwood	M	0:20:02	21																	0:20:00	12			0:20:02	4			
Isabel	Vicente	F		42																									
Alexander	Walker	M		26																									
Marc	Walker	M		24																									
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					0:36:00	33																			
George	Wilkinson	M																			0:41:24	W							
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							0:23:21	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
6th Feb 2024	Suzanne Bailey	F	0:42:26