

Club 5k Handicap

28/11/2019

Finish Posn	Name	Handicap	Elapsed Time	Run Time	Age Grade	Rank	
1	Gail Caruana	9:00	37:37	28:37	64.8%	37	1st O
2	Stephen Wu	12:45	38:56	20:23		9	2nd O
3	James Sell	10:00	39:01	28:26	68.4%	36	3rd O
4	Tom Howarth	17:00	39:29	19:12	67.6%	6	
5	James Howell	9:45	39:31	20:28		10	
6	Mike Tivnen	16:00	39:56	27:23	60.8%	33	
7	Sue Waters	17:15	40:05	26:11	66.7%	32	
8	Sioned Morgan	15:00	40:13	29:01	58.2%	39	
9	Samir Hussain	19:30	40:19	20:18	73.2%	8	
10	David Morley	6:00	40:23	22:22	65.5%	15	
11	Simon Webb	9:30	40:42	21:24	64.1%	12	
12	Malcolm Fletcher	13:30	41:19	21:24	75.2%	12	
13	Matt Parker	14:30	42:09	23:59	56.8%	23	
14	Emma Gray	5:00	42:30	22:29	77.7%	16	2nd F
15	Rani Sinniah	13:45	49:06	29:46	66.3%	40	
16	Alistair Hall	18:00	38:23	19:06		4	
17	Graham Mortimer	10:00	38:26	28:54	62.9%	38	
18	Crispin Allen	19:15	38:27	18:56	77.9%	3	3rd M
19	George Michael	18:00	38:28	29:46		40	
20	Peter Wedderburn	11:30	38:53	26:02	65.7%	29	
21	Jason Nourse	18:45	39:03	24:03	61.3%	25	
22	Richard Kelly	17:00	39:22	19:06	68.5%	4	
23	John Cheal	18:00	39:24	19:54	74.1%	7	
24	Helen Davies	18:00	39:24	23:56	69.0%	21	
25	Oliver Bowers	15:30	39:29	23:57	54.2%	22	
26	Patricia Ronksley	20:30	39:36	22:50	80.2%	17	3rd F
27	Janet Robinson	10:45	39:39	25:13	68.5%	27	
28	Michael Trott	20:45	39:41	23:46	68.9%	18	
29	Stuart Thompson	10:00	39:46	25:48	64.5%	28	
30	Liz Killip	13:45	39:47	20:49	86.9%	11	1st F
31	Andrew Allen	15:45	39:48	23:51	69.2%	20	
32	Evin Frost	20:45	39:51	24:22		26	
33	Christine Glew	20:00	39:54	34:23	58.2%	45	
34	Freysen Maritz	16:00	39:57	18:54	75.2%	2	2nd M
35	Noel Kelly	16:30	40:16	30:27	53.3%	42	
36	Alan Mawdsley	14:30	40:18	24:01	71.9%	24	
37	Simon Shanks	16:30	40:21	23:50	65.4%	19	
38	Merran Sell	16:00	40:22	31:12	72.7%	43	
39	Wade van Eyssen	21:30	40:24	21:43	65.9%	14	
40	Julie Garner	10:00	40:27	27:49	65.1%	35	
41	Mahomed Khatri	16:30	40:31	26:05		30	
42	Phil Davies	16:45	40:35	26:05	62.8%	30	
43	Oliver Garner	19:00	40:43	18:24	70.6%	1	1st M
44	Mary Hyde	15:15	41:20	27:39	54.9%	34	
45	Richard Steeden	15:15	41:20	31:17	48.3%	44	
46	Barbara Hill	23:15	41:39	37:30	58.7%	47	
47	Sarah Adams	11:00	42:17	35:21	43.4%	46	