WINTER HANDICAP 8 JANUARY 2023: 5m Results

Name	Times		Variance		Mile Pace		Age Grading			League
	Actual	Target	Under	Over	Actual	Target	Target	Actual	Var	
Elizabeth Hull	01:12:15	01:13:15	00:01:00		14:27	14:39	37.75%	37.8%	0.07%	6
Emma Smith	00:42:45	00:43:31	00:00:46		08:33	08:42	62.66%	62.9%	0.24%	3
Julie Reeves	00:45:43	00:45:42		00:00:01	09:09	09:08	55.00%	54.6%	-0.40%	4
Ruth Walker	00:47:01	00:46:59		00:00:02	09:24	09:24	53.50%	53.1%	-0.38%	5
Craig Daniels	00:41:29	00:40:11		00:01:18	08:18	08:02	55.20%	53.1%	-2.12%	4
Lynne Owen	00:57:52	00:55:51		00:02:01	11:34	11:10	51.00%	48.6%	-2.38%	5
Julie Roberts	00:46:01	00:43:51		00:02:10	09:12	08:46	63.66%	59.9%	-3.73%	3
Pam Kirk	01:17:36	01:15:16		00:02:20	15:31	15:03	35.92%	34.4%	-1.51%	6
Sally Morris	00:55:12	00:52:48		00:02:24	11:02	10:34	57.98%	54.8%	-3.22%	4
Niamh Fearnley	00:52:40	00:50:00		00:02:40	10:32	10:00	48.48%	45.9%	-2.53%	6
Helen Gordon	00:59:13	00:56:27		00:02:46	11:51	11:17	44.44%	42.1%	-2.36%	6
Victoria Burch	01:15:56	01:13:00		00:02:56	15:11	14:36	38.40%	36.5%	-1.91%	6
Elena Clark	00:52:34	00:49:28		00:03:06	10:31	09:54	49.66%	46.5%	-3.12%	6
Theresa De Beer	00:52:21	00:49:00		00:03:21	10:28	09:48	51.74%	48.1%	-3.66%	5
Roy Young	01:01:09	00:57:41		00:03:28	12:14	11:32	52.67%	48.9%	-3.77%	5
Wendy Bourner	00:49:11	00:45:32		00:03:39	09:50	09:06	64.06%	58.6%	-5.46%	3
Sarah Rose	00:49:00	00:44:53		00:04:07	09:48	08:59	60.60%	54.9%	-5.72%	3
Natalie Stone	00:51:33	00:46:59		00:04:34	10:19	09:24	51.50%	46.9%	-4.56%	5
Jordan Ripley	00:37:49	00:32:48		00:05:01	07:34	06:34	65.00%	56.4%	-8.63%	2
Lindsay Pinder	01:07:02	01:01:54		00:05:08	13:24	12:23	49.00%	43.6%	-5.36%	6
Clare Hill	01:05:08	01:00:00		00:05:08	13:02	12:00	44.00%	40.1%	-3.90%	6
Roger Waterhouse	00:56:53	00:50:47		00:06:06	11:23	10:09	56.75%	50.1%	-6.66%	4
Tim Owen	01:02:51	00:55:36		00:07:15	12:34	11:07	45.00%	39.5%	-5.52%	6
Richard Harris	01:00:49	00:51:59		00:08:50	12:10	10:24	43.60%	37.0%	-6.60%	6
GUESTS								Average	-3.47%	
Steve Wiggesworth	00:33:00	00:32:21								
Caroline Conway	00:52:11	00:52:35								