

Spring Handicap (Goole)

Females

Name	Target Time	Finish Time	Difference	Target Pace	Race pace	Difference
Ros Kitchen	58:00	55:53	02:07	11:22	10:57	00:25
Olivia Gardner	46:20	46:01	00:19	09:05	09:01	00:04
Wendy Bourner	46:30	46:46	-00:16	09:07	09:10	-00:03
Nicola Thomson	36:20	36:55	-00:35	07:07	07:14	-00:07
Sally Hayward	56:50	57:47	-00:57	11:09	11:20	-00:11
Emma Smith	41:25	42:24	-00:59	08:07	08:19	-00:12
Megan Firth	43:55	44:54	-00:59	08:37	08:48	-00:12
Rose James	41:35	42:41	-01:06	08:09	08:22	-00:13
Charlotte Smith	40:10	41:20	-01:10	07:53	08:06	-00:14
Michelle Marshall	01:06:35	01:07:53	-01:18	13:03	13:19	-00:15
Joanne Burke	39:30	41:10	-01:40	07:45	08:04	-00:20
Jessica Holt	47:30	49:12	-01:42	09:19	09:39	-00:20
Donna Allan	51:40	53:23	-01:43	10:08	10:28	-00:20
Debbie Worthington	54:00	55:47	-01:47	10:35	10:56	-00:21
Maya McCormack	42:30	44:22	-01:52	08:20	08:42	-00:22
Rachel Cooke	43:45	45:47	-02:02	08:35	08:59	-00:24
Alice Copeland	41:30	44:29	-02:59	08:08	08:43	-00:35
Caroline Lawrence	45:50	48:52	-03:02	08:59	09:35	-00:36
Amie Gardner	40:55	44:03	-03:08	08:01	08:38	-00:37
Bev Brown	47:30	50:41	-03:11	09:19	09:56	-00:37
Catherine Warren	40:40	44:14	-03:34	07:58	08:40	-00:42
Gail Wrangles	42:40	46:26	-03:46	08:22	09:06	-00:44
Julie Roberts	43:00	46:49	-03:49	08:26	09:11	-00:45
Victoria Cordingley	56:30	01:00:20	-03:50	11:05	11:50	-00:45
Sarah Turner	46:15	50:12	-03:57	09:04	09:51	-00:46
Emily Hanson	49:30	53:30	-04:00	09:42	10:29	-00:47
Carol Middleton	51:15	55:18	-04:03	10:03	10:51	-00:48
Georgi Newton	54:00	58:29	-04:29	10:35	11:28	-00:53
Christine Hall	57:45	02:36	-04:51	11:19	12:16	-00:57
Alice Naylor	44:45	50:17	-05:32	08:46	09:52	-01:05
Nicola Henshaw	52:00	57:34	-05:34	10:12	11:17	-01:05
Sue Francis	35:55	41:33	-05:38	07:03	08:09	-01:06
Emily Chatwin	45:10	51:18	-06:08	08:51	10:04	-01:12

Males

Name	Target Time	Finish Time	Difference	Target Pace	Race pace	Difference
Martin Wincer	47:00	45:23	01:37	09:13	08:54	00:19
Liam Saddler	39:15	38:34	00:41	07:42	07:34	00:08
Will Horobin	35:45	35:24	00:21	07:01	06:56	00:04
Michael Robinson	34:50	34:32	00:18	06:50	06:46	00:04
Stewart Haigh	50:15	50:47	-00:32	09:51	09:57	-00:06
Roy Young	01:02:30	01:03:13	-00:43	12:15	12:24	-00:08
Chris Askin	34:50	35:35	-00:45	06:50	06:59	-00:09
Andrew Smith	40:50	41:40	-00:50	08:00	08:10	-00:10
Ryan Aubrey	31:35	32:31	-00:56	06:12	06:23	-00:11
Chris Crowther	54:15	55:13	-00:58	10:38	10:50	-00:11
Ian Treanor	45:30	46:30	-01:00	08:55	09:07	-00:12

Roy Simpson	47:25	48:29	-01:04	09:18	09:30	-00:13
Neville Marshall	37:55	39:10	-01:15	07:26	07:41	-00:15
Adam Callow	33:05	34:35	-01:30	06:29	06:47	-00:18
Mark Hull	40:55	42:35	-01:40	08:01	08:21	-00:20
Mark Torr	35:55	37:39	-01:44	07:03	07:23	-00:20
Jeff Denton	55:30	57:16	-01:46	10:53	11:14	-00:21
Andrew Nuut	45:40	47:31	-01:51	08:57	09:19	-00:22
Richard Burke	34:50	36:42	-01:52	06:50	07:12	-00:22
Robert Milner	35:00	36:56	-01:56	06:52	07:15	-00:23
Darren Horobin	37:45	40:06	-02:21	07:24	07:52	-00:28
Dave Allison	42:25	44:53	-02:28	08:19	08:48	-00:29
Richard Ward	30:45	33:17	-02:32	06:02	06:32	-00:30
Alister Nicholl	42:30	45:10	-02:40	08:20	08:51	-00:31
Sam Lockett	32:30	35:23	-02:53	06:22	06:56	-00:34
David Ellicott	41:55	44:51	-02:56	08:13	08:48	-00:35
Martyn Stearn	45:10	48:08	-02:58	08:51	09:26	-00:35
Bill Winder	33:40	37:35	-03:55	06:36	07:22	-00:46
Joe Worthington	30:55	35:04	-04:09	06:04	06:53	-00:49
Daniel Torr	36:00	40:36	-04:36	07:04	07:58	-00:54
Alan Tattersall	54:10	59:42	-05:32	10:37	11:42	-01:05
Guest Runner						
Steve Wigglesworth		36:33				