

Winter Handicap 10m Results

Name	Run Time	Target	Under	Over	Run Pace	Target
Michael Knowles	01:37:47	01:41:28	03:41		09:47	10:09
Denise Clark	01:22:53	01:25:44	02:51		08:17	08:34
Debbie Sidwell	01:28:40	01:31:09	02:29		08:52	09:07
Ian Treanor	01:34:52	01:37:19	02:27		09:29	09:44
Mark Leadbeater	01:18:45	01:21:11	02:26		07:52	08:07
Charlie Lines	01:16:13	01:18:39	02:26		07:37	07:52
David Sidwell	01:13:55	01:15:48	01:53		07:24	07:35
Karen Youel	02:00:47	02:02:20	01:33		12:05	12:14
Robert Milner	01:18:50	01:20:10	01:20		07:53	08:01
Simon Bennett	01:12:13	01:13:05	00:52		07:13	07:19
Hayley Goldthorpe	01:32:37	01:32:41	00:04		09:16	09:16
Gail Tombs	01:35:31	01:35:34	00:03		09:33	09:33
Sam Lockett	01:07:42	01:07:43	00:01		06:46	06:46
Paul Bernardo	01:15:48	01:14:51		00:57	07:35	07:29
Paul Lawrence	01:20:43	01:19:35		01:08	08:04	07:57
Alistair Nicholl	01:28:09	01:26:55		01:14	08:49	08:42
Laith Flanagan	01:11:18	01:09:50		01:28	07:08	06:59
David Hughes	01:11:30	01:09:57		01:33	07:09	07:00
Chris Askin	01:15:21	01:13:41		01:40	07:32	07:22
Donna Bailey	01:26:10	01:24:22		01:48	08:37	08:26
Joe Worthington	01:05:39	01:03:39		02:00	06:34	06:22
Jonathan Hookham	01:32:54	01:30:54		02:00	09:17	09:05
Su Smith	01:44:08	01:42:04		02:04	10:25	10:12
Caroline Copeland	01:43:31	01:41:23		02:08	10:21	10:08
Dawn Collins	01:31:00	01:28:40		02:20	09:06	08:52
Richard Burke	01:11:34	01:09:13		02:21	07:09	06:55
Dawn Sketchley	01:38:36	01:36:08		02:28	09:52	09:37
Leon Oczos	01:24:44	01:22:15		02:29	08:28	08:13
Louise O'Marr	01:31:28	01:28:55		02:33	09:09	08:53
Mark Hull	01:31:00	01:28:17		02:43	09:06	08:50
Chris Taylor	01:37:50	01:34:54		02:56	09:47	09:29
Jurie Swanepoel	01:20:54	01:17:54		03:00	08:05	07:47
Janet Barr	01:47:27	01:44:26		03:01	10:45	10:27
Nicola Thomson	01:17:38	01:14:34		03:04	07:46	07:27
Julie Roberts	01:37:34	01:34:20		03:14	09:45	09:26
Alan Tattersall	02:00:44	01:57:05		03:39	12:04	11:42
Dave Allison	01:23:46	01:20:05		03:41	08:23	08:01
Simon Smith	01:40:30	01:36:47		03:43	10:03	09:41
Joanne Burke	01:28:20	01:23:56		04:24	08:50	08:24
Amanda Mckinnel	01:53:18	01:48:51		04:27	11:20	10:53
James Selby	01:23:51	01:19:17		04:34	08:23	07:56
Sue Francis	01:20:48	01:16:12		04:36	08:05	07:37
Catherine Warren	01:33:02	01:28:15		04:47	09:18	08:50
Stephanie Field	01:38:53	01:33:45		05:08	09:53	09:22
Liane Warren	01:31:31	01:26:12		05:19	09:09	08:37
Sue Knowles	01:48:20	01:42:30		05:50	10:50	10:15
Roger Waterhouse	01:50:21	01:44:18		06:03	11:02	10:26
Debbie Worthington	01:42:38	01:36:08		06:30	10:16	09:37
Sarah Hunter	01:07:45	01:01:09		06:36	06:46	06:07
Adam Brown	01:36:58	01:30:15		06:43	09:42	09:02
Justin Hargraves	01:52:04	01:45:03		07:01	11:12	10:30
Sally Hayward	02:04:27	01:57:05		07:22	12:27	11:43
Theresa De Beer	01:46:02	01:38:38		07:24	10:36	09:52
Martyn Stearn	01:35:13	01:27:41		07:32	09:31	08:46
Emma Bird	01:55:34	01:47:28		08:06	11:33	10:45
Dave Berry	01:35:05	01:26:10		08:55	09:30	08:37
Amie Gardner	01:34:28	01:25:26		09:02	09:27	08:33

Emma Woodall	02:04:32	01:55:30		09:02	12:27	11:33
Sarah Turner	01:42:34	01:32:40		09:54	10:15	09:16
Wendy Berry	01:47:27	01:35:17		12:10	10:45	09:32
Carol Middleton	02:04:49	01:52:24		12:25	12:29	11:14
Beth Lunn	01:37:43	01:25:05		12:38	09:46	08:31
Yvonne Stearn	02:25:47	02:12:46		13:01	14:35	13:17
Chris Crowther	02:09:42	01:56:28		13:14	12:58	11:39
Linda Selby	02:25:47	02:12:12		13:35	14:35	13:13
Sally Morris	02:04:28	01:50:05		14:23	12:27	11:00
Julie Swanepoel	02:04:27	01:49:58		14:29	12:27	11:00
Sarah Boylan	02:05:22	01:48:49		16:33	12:32	10:53

Winter Handicap 5 Mile Results

Name	Run Time	Target	Under	Over	Run Pace	Target
Helen Wainwright	00:53:29	00:58:48	05:19		10:42	11:46
Victoria Wathey	00:52:28	00:57:11	04:43		10:30	11:26
Alice Copeland	00:45:17	00:48:24	03:07		09:03	09:41
Michael Robinson	00:37:55	00:39:33	01:38		07:35	07:55
Jeff Denton	00:58:21	00:59:14	00:53		11:40	11:51
Ella Moxon	00:45:13	00:46:05	00:52		09:03	09:13
Jane Busfield	00:55:06	00:55:40	00:34		11:01	11:08
Carrie Simmonds	00:54:32	00:55:01	00:29		10:54	11:00
Ian Hill	00:46:12	00:46:40	00:28		09:14	09:20
Jo Pye	00:46:12	00:46:22	00:10		09:14	09:16
Wayne Fearnley	00:34:39	00:34:30		00:09	06:56	06:54
Emma Flanagan	00:55:19	00:54:50		00:29	11:04	10:58
Emily Chatwin	00:48:01	00:47:27		00:34	09:36	09:29
Terry Mottram	00:43:20	00:42:29		00:51	08:40	08:30
Pam Kirk	01:21:22	01:20:29		00:53	16:16	16:06
Rachel Cooke	00:46:21	00:45:25		00:56	09:16	09:05
Stephen Berry	00:59:13	00:58:15		00:58	11:51	11:39
Geri Gorton	00:42:34	00:41:16		01:18	08:31	08:15
Olivia Gardner	00:47:15	00:45:40		01:35	09:27	09:08
Paul Zywicki	00:54:35	00:52:58		01:37	10:55	10:36
Christopher Field	00:49:51	00:48:12		01:39	09:58	09:38
Peter Grimoldby	00:43:13	00:41:26		01:47	08:39	08:17
Yvette McKinney	00:48:14	00:46:03		02:11	09:39	09:13
Barbara Radecki	00:59:50	00:57:15		02:35	11:58	11:27
Christine Hall	01:05:03	01:02:06		02:57	13:01	12:25
Clare Hill	01:05:04	01:01:55		03:09	13:01	12:23
Poppy Cooke	00:39:01	00:35:35		03:26	07:48	07:07
Lindsay Pinder	01:05:04	01:00:55		04:09	13:01	12:11
Kerri Altinbas	00:52:01	00:47:50		04:11	10:24	09:34
Elena Clark	00:59:19	00:54:56		04:23	11:52	10:59
Kathryn Evans	01:10:26	01:05:01		05:25	14:05	13:00
Tracy Bridgett	01:10:26	01:03:02		07:24	14:05	12:36
Tim Owen	01:06:10	00:55:23		10:47	13:14	11:05
Nicola Henshaw	01:05:02	00:51:29		13:33	13:00	10:18