

**WINTER HANDICAP 8 JANUARY 2023: 10m Results**

Name	Times		Variance		Mile Pace		Age Grading			League
	Actual	Target	Under	Over	Actual	Target	Target	Actual	Var	
Carol Middleton	01:50:24	01:55:54	05:30		11:02	11:35	57.12%	59.1%	1.97%	4
Rachael Speight	01:38:37	01:41:54	03:17		09:52	10:11	53.70%	54.8%	1.14%	5
Katie Clarke	01:18:18	01:18:56	00:38		07:50	07:54	63.62%	63.9%	0.25%	3
William Walker	01:25:22	01:24:49		00:33	08:32	08:29	55.00%	54.0%	-1.02%	4
Laith Flanagan	01:07:29	01:06:39		00:50	06:45	06:40	66.01%	65.2%	-0.82%	2
Anna Pujol	01:22:45	01:21:53		00:52	08:17	08:11	65.81%	64.4%	-1.38%	2
Charlie Lines	01:12:32	01:11:32		01:00	07:15	07:09	77.00%	75.2%	-1.82%	1
Simon Speight	01:28:40	01:27:29		01:11	08:52	08:45	58.49%	57.2%	-1.29%	4
David Hughes	01:10:55	01:09:02		01:53	07:06	06:54	67.89%	65.6%	-2.33%	2
Fiona Marcantonio	01:28:21	01:26:26		01:55	08:50	08:39	58.83%	57.3%	-1.56%	4
Helen Morgan	01:17:49	01:15:41		02:08	07:47	07:34	77.93%	74.8%	-3.13%	1
Sue Knowles	01:36:32	01:34:12		02:20	09:39	09:25	71.65%	68.9%	-2.73%	1
Richard Ward	01:05:13	01:02:52		02:21	06:31	06:17	70.67%	67.9%	-2.77%	1
Gemma Lund	01:32:29	01:29:35		02:54	09:15	08:58	57.95%	55.7%	-2.26%	4
Mark Hull	01:25:15	01:22:06		03:09	08:32	08:13	60.76%	58.0%	-2.75%	3
Rachel Cooke	01:32:22	01:29:11		03:11	09:14	08:55	69.00%	65.1%	-3.88%	2
Chris Askin	01:12:46	01:09:32		03:14	07:17	06:57	63.41%	60.5%	-2.91%	3
Tracy Anastasiou	01:22:30	01:19:11		03:19	08:15	07:55	66.97%	63.7%	-3.29%	2
Sam Lockett	01:08:52	01:05:10		03:42	06:53	06:31	67.54%	63.9%	-3.63%	2
Rose James	01:27:34	01:23:27		04:07	08:45	08:21	63.11%	59.6%	-3.47%	3
Mark Torr	01:18:34	01:14:24		04:10	07:51	07:26	63.44%	59.6%	-3.88%	3
Andrew Nuut	01:32:26	01:28:12		04:14	09:15	08:49	53.02%	50.2%	-2.85%	5
Paul Lawrence	01:18:47	01:14:26		04:21	07:53	07:27	62.83%	58.9%	-3.96%	3
Paul Bernardo	01:18:05	01:13:40		04:25	07:49	07:22	66.07%	61.8%	-4.28%	2
Joanne Burke	01:24:26	01:19:59		04:27	08:27	08:00	70.93%	66.4%	-4.54%	1
Catherine Warren	01:28:39	01:24:07		04:32	08:52	08:25	73.82%	69.1%	-4.73%	1
Adam Callow	01:10:59	01:06:19		04:40	07:06	06:38	70.00%	64.9%	-5.13%	1
Paul Farrell	01:17:42	01:12:47		04:55	07:46	07:17	62.91%	58.5%	-4.41%	3
Amanda McKinnel	01:50:11	01:45:13		04:58	11:01	10:31	65.50%	62.1%	-3.36%	2
Bill Winder	01:14:58	01:09:56		05:02	07:30	07:00	70.35%	65.1%	-5.28%	1
Robert Milner	01:16:03	01:10:53		05:10	07:36	07:05	63.34%	58.7%	-4.61%	3
Nicola Thomson	01:17:14	01:11:51		05:23	07:43	07:11	76.41%	70.3%	-6.15%	1
Stephanie Field	01:40:18	01:34:33		05:45	10:02	09:27	55.10%	51.5%	-3.57%	4
Janet Davis	01:35:32	01:29:32		06:00	09:33	08:57	81.63%	75.3%	-6.34%	1
Roy Simpson	01:40:49	01:34:44		06:05	10:05	09:28	60.64%	56.4%	-4.25%	3
Caroline Copeland	01:39:53	01:33:32		06:21	09:59	09:21	57.50%	53.3%	-4.23%	4
Bev Brown	01:43:09	01:36:47		06:22	10:19	09:41	57.00%	52.8%	-4.16%	4
Jeff Denton	02:02:04	01:55:38		06:26	12:12	11:34	53.75%	50.2%	-3.54%	5
Amie Gardner	01:29:44	01:22:34		07:10	08:58	08:15	61.75%	56.5%	-5.27%	3
Hayley Goldthorpe	01:32:21	01:25:07		07:14	09:14	08:31	59.35%	54.4%	-4.92%	4
Michael Robinson	01:15:22	01:07:46		07:36	07:32	06:47	65.55%	58.7%	-6.83%	2
Karen Youel	02:08:30	02:00:42		07:48	12:51	12:04	52.07%	48.2%	-3.84%	5
Helen Batey	01:32:46	01:24:17		08:29	09:17	08:26	58.63%	53.2%	-5.42%	4
Olivia Gardner	01:37:02	01:28:07		08:55	09:42	08:49	56.00%	50.9%	-5.14%	4
Ian Treanor	01:41:46	01:32:49		08:57	10:11	09:17	52.43%	47.4%	-5.02%	5
Mark Leadbeater	01:21:51	01:12:46		09:05	08:11	07:17	72.51%	63.9%	-8.62%	1
Terry Sinar	01:28:18	01:19:08		09:10	08:50	07:55	67.79%	60.2%	-7.63%	2
Adam Brown	01:30:06	01:20:47		09:19	09:01	08:05	54.46%	48.8%	-5.63%	5
Katie Latham	01:36:18	01:26:53		09:25	09:38	08:41	63.95%	57.0%	-6.96%	3
Jennifer Knowles	01:19:22	01:09:49		09:33	07:56	06:59	70.74%	62.2%	-8.56%	1
Ryan Smith	01:17:57	01:07:50		10:07	07:48	06:47	67.55%	58.3%	-9.20%	2
David Ellicott	01:29:06	01:18:45		10:21	08:55	07:52	61.19%	53.6%	-7.58%	3
Alan Tattersall	01:59:13	01:48:18		10:55	11:55	10:50	53.00%	47.6%	-5.36%	5

Wendy Berry	01:47:19	01:36:08		11:11	10:44	09:37	68.60%	60.5%	-8.06%	2
Georgi Newton	02:00:23	01:48:59		11:24	12:02	10:54	49.00%	43.9%	-5.09%	6
Beth Lunn	01:36:31	01:23:39		12:52	09:39	08:22	59.00%	51.1%	-7.86%	4
Victoria Cordingle	02:06:55	01:52:39		14:16	12:41	11:16	45.64%	40.5%	-5.15%	6
Millie Watson	01:53:12	01:38:39		14:33	11:19	09:52	50.02%	43.6%	-6.43%	5
Lorraine Hawley	02:47:54	02:32:44		15:10	16:47	15:16	34.00%	31.4%	-2.63%	6
Carrie Simmonds	01:52:38	01:36:23		16:15	11:16	09:38	54.50%	46.3%	-8.25%	5
Louise Bellas	02:06:13	01:49:13		17:00	12:37	10:55	51.09%	43.7%	-7.41%	5
Victoria Peckover	02:02:19	01:42:33		19:46	12:14	10:15	51.03%	42.4%	-8.61%	5
Sally Hayward	02:15:04	01:54:42		20:22	13:30	11:28	48.05%	40.3%	-7.74%	6
Gail Wrangles	01:47:55	01:23:59		23:56	10:48	08:24	68.50%	52.6%	-15.87%	2
Chris Crowther	02:10:18	01:46:16		24:02	13:02	10:38	43.30%	35.0%	-8.27%	6
Jonathan Hookhar	01:49:15	01:23:57		25:18	10:56	08:24	52.97%	40.4%	-12.52%	5
Alison John-Baptis	02:37:43	02:11:45		25:58	15:46	13:10	42.25%	34.9%	-7.37%	6
								Average	-4.84%	