

## 2023 Club 5k Handicap

May

25/5/23

Finish Posn	Name	Start Time	Finish Time	Run Time	Run Time Rank	Gender Rank	Age Grade	Age Grade Rank	H 'cap Points	SGP Points	
1	Ashleigh Lezard	12:30	37:19	24:49	41	8	63.7%	45	1	28	1st O
2	Mike Tivnen	12:00	37:43	25:43	45	36	66.3%	40	2	10	2nd O
3	<i>Anthony Rowe</i>	00:00	37:51	37:51	63	44			--		3rd O
4	Alison Parsons	10:00	37:53	27:53	55	14	62.5%	49	3	22	
5	Joshua Ingold	19:00	38:01	19:01	7	7	68.3%	29	4	30	
6	Thomas Eastwood	12:15	38:06	25:51	46	37	49.7%	63	5	10	
7	Matt Parker	14:30	38:20	23:50	36	30	57.6%	57	6	10	
8	Chris Berry	14:00	38:27	24:27	39	32	54.9%	58	7	10	
9	Sally Boulton	13:30	38:28	24:58	42	9	84.4%	2	8	27	
10	Peter Wedderburn	13:15	38:40	25:25	44	35	70.4%	18	9	10	
11	Ramona Thevenet	15:00	38:42	23:42	35	6	81.0%	6	10	30	
12	Chance Rowan	17:15	38:52	21:37	21	18	66.5%	38	11	20	
13	Stuart Thompson	14:15	38:54	24:39	40	33	69.2%	26	12	10	
14	Julie Monnery	11:00	38:56	27:56	57	16	52.7%	61	13	20	
15	Kevin Jones	11:15	38:56	27:41	54	41	60.5%	51	14	10	
16	Sue Hobbs	09:30	38:59	29:29	58	17	69.5%	22	15	19	
17	Janet Robinson	13:00	39:00	26:00	47	10	69.4%	25	16	26	
18	Chrissie Glew	08:30	39:02	30:32	61	19	68.0%	32	17	17	
19	David Scotten	16:00	39:05	23:05	31	26	60.4%	53	18	12	
20	Martin Vivian	18:45	39:07	20:22	14	13	73.5%	13	19	24	
21	Simon Webster	17:30	39:08	21:38	22	19	64.5%	43	20	19	
22	<i>Adam Davies</i>	18:45	39:09	20:24	15	14			--		
23	Paul Keeler	12:00	39:12	27:12	52	40	63.4%	46	21	10	
24	Maxine Kelly	00:00	39:13	39:13	64	20	57.7%	56	22	16	
25	Pavel Przepiorski	18:30	39:19	20:49	18	16	62.7%	47	23	22	
26	Varuna Rajapakse	16:00	39:21	23:21	33	28	62.6%	48	24	10	
27	Ian Hawkes	18:30	39:26	20:56	19	17	75.2%	10	25	21	
28	<i>Peter Trotter</i>	10:00	39:30	29:30	59	42			--		
29	Helen Brett	10:00	39:30	29:30	60	18	67.6%	33	26	18	

30	Rebecca Gravell	19:00	39:30	20:30	16	2	71.9%	15	27	34	2nd F
31	Duncan McConnell	20:00	39:32	19:32	9	9	68.3%	30	28	28	
32	David Sheldon	19:15	39:32	20:17	13	12	69.8%	20	29	25	
33	Roy Reeder	20:45	39:34	18:49	6	6	82.2%	4	30	31	3rd M
34	Jacob Law-Sales	22:00	39:35	17:35	3	3	73.9%	12	31	33	
35	Emily Wattret	17:45	39:36	21:51	23	4	67.4%	35	32	32	2nd M
36	Pete Gregorowski	22:30	39:37	17:07	2	2	82.7%	3	33	34	
37	Mark Sutherland	13:00	39:38	26:38	49	38	68.2%	31	34	10	
38	Dave Griffiths	13:00	39:38	26:38	50	39	65.5%	41	35	10	
39	Nick Brown	17:00	39:41	22:41	28	23	68.8%	28	36	15	
40	Crispin Allen	21:15	39:41	18:26	5	5	81.9%	5	37	32	
41	Donald Bell	00:00	39:44	39:44	65	45	53.5%	60	38	10	
42	Steve Giddings	16:15	39:45	23:30	34	29	67.5%	34	39	10	
43	Aaron Israel	19:15	39:52	20:37	17	15	70.9%	16	40	23	
44	Mark Manners	17:15	39:54	22:39	27	22	69.5%	24	41	16	
45	Patricia Ronksley	17:45	39:55	22:10	24	5	86.6%	1	42	31	
46	Liz Fraser	20:00	39:57	19:57	11	1	75.1%	11	43	35	
47	Dean Tyler	15:45	39:57	24:12	37	31	61.8%	50	44	10	1st F
48	Mike Boulton	22:00	39:59	17:59	4	4			--		1st M
49	Jim Lurkins	23:00	40:00	17:00	1	1	76.4%	8	45	35	
50	Amelia Tearle	19:00	40:02	21:02	20	3	70.0%	19	46	33	
51	Glynda Mortimer	00:00	40:03	40:03	66	21	58.3%	55	47	15	3rd F
52	Simon Brazil	16:45	40:03	23:18	32	27	67.0%	37	48	11	
53	Izabel Grindal	15:45	40:04	24:19	38	7	76.1%	9	49	29	
54	Alexandra Mason	13:30	40:05	26:35	48	11	66.3%	39	50	25	
55	Tom Haworth	20:30	40:09	19:39	10	10	65.5%	42	51	27	
56	Gail Caruana	12:15	40:09	27:54	56	15	69.7%	21	52	21	
57	Tim Wood	06:30	40:10	33:40	62	43	51.8%	62	53	10	
58	Bert Smith	21:00	40:13	19:13	8	8	73.1%	14	54	29	
59	Laurence Duffy	20:15	40:23	20:08	12	11	80.2%	7	55	26	
60	Lea Rochester	17:45	40:29	22:44	29	24	70.4%	17	56	14	
61	Sarah Randall	13:30	40:32	27:02	51	12	63.8%	44	57	24	
62	Nick Goodchild	15:30	40:41	25:11	43	34	60.4%	52	58	10	

<b>63</b>	Richard Bowes	18:00	40:54	22:54	30	25	60.0%	54	59	13
<b>64</b>	Nick Little	18:30	40:57	22:27	26	21	69.5%	23	60	17
<b>65</b>	Denis Mustafa	19:00	41:13	22:13	25	20	69.1%	27	61	18
<b>66</b>	Sue Waters	14:00	41:14	27:14	53	13	67.1%	36	62	23
<b>67</b>	Bert Kidwell	00:00	41:21	41:21	67	46	44.6%	64	63	10
<b>68</b>	Joy Bell	00:00	46:18	46:18	68	22	54.0%	59	64	14
<b>69</b>	Rachel Simpson	18:00	--	DNF	--	--			--	10

<b>M</b>	Ian Callander	10
<b>M</b>	Phil Davies	10
<b>M</b>	Sue Howarth	10
<b>M</b>	Andy Howarth	10
<b>M</b>	Carol Dickinson	10
<b>M</b>	Sabrina Cant	10
<b>M</b>	Ed Randall	10
<b>M</b>	John Greaves	10
<b>M</b>	Abu-Turab Bharwana	10
<b>M</b>	Liz Killip	10
<b>M</b>	Mary Allen	10
<b>M</b>	Emma Gray	10