

Winter Handicap Run Times - 10m

Name	Run Times		Variance			Equivalent Times	
	Target	Actual	Under	Over	Pace	5k	10k
Simon Newton	01:00:45	01:01:35		00:00:50	06:09	19:08	00:38:16
Scott Daly (Guest)	01:05:15	01:03:57	00:01:18		06:24	19:52	00:39:44
Rebecca Winter	01:05:15	01:04:46	00:00:29		06:29	20:07	00:40:15
Gavin Walker	01:06:45	01:05:22	00:01:23		06:32	20:19	00:40:37
Bradley Walker	01:05:45	01:05:56		00:00:11	06:36	20:29	00:40:58
Gary Turner	01:14:00	01:07:36	00:06:24		06:46	21:00	00:42:00
Joe Worthington	01:10:00	01:08:46	00:01:14		06:53	21:22	00:42:44
Simon Bennett	01:11:45	01:09:10	00:02:35		06:55	21:29	00:42:59
Darren Sennett	01:10:00	01:11:47		00:01:47	07:11	22:18	00:44:36
David Hughes	01:16:30	01:11:53	00:04:37		07:11	22:20	00:44:40
Darren Horobin	01:11:45	01:11:59		00:00:14	07:12	22:22	00:44:44
Richard Smith (Guest)	01:11:45	01:13:05		00:01:20	07:19	22:42	00:45:25
Jane Illingworth	01:19:00	01:13:08	00:05:52		07:19	22:43	00:45:27
Craig Tipton	01:13:00	01:14:53		00:01:53	07:29	23:16	00:46:32
Martin Wincer	01:16:30	01:15:28	00:01:02		07:33	23:27	00:46:54
Kevin Guttridge	01:17:00	01:16:36	00:00:24		07:40	23:48	00:47:36
Liane Warren	01:19:00	01:17:01	00:01:59		07:42	23:56	00:47:51
Paul Danby	01:20:00	01:17:32	00:02:28		07:45	24:05	00:48:11
Peter Grimoldby	01:17:00	01:18:27		00:01:27	07:51	24:22	00:48:45
Michael Knowles	01:16:30	01:18:43		00:02:13	07:52	24:27	00:48:55
Tyler Starks	01:17:00	01:19:33		00:02:33	07:57	24:43	00:49:26
Christopher Sharp	01:23:30	01:19:50	00:03:40		07:59	24:48	00:49:37
William Walker	01:18:00	01:20:49		00:02:49	08:05	25:07	00:50:13
Kevin Chippendale	01:19:00	01:21:04		00:02:04	08:06	25:11	00:50:22
Ian Stancliffe	01:18:00	01:21:18		00:03:18	08:08	25:16	00:50:31
Martyn Stearn	01:19:00	01:22:14		00:03:14	08:13	25:33	00:51:06
Donna Richardson	01:23:30	01:23:53		00:00:23	08:23	26:04	00:52:08
Sandy George	01:22:00	01:24:03		00:02:03	08:24	26:07	00:52:14
Amanda Wilson	01:27:30	01:24:13	00:03:17		08:25	26:10	00:52:20
Charlotte Smith	01:26:00	01:25:08	00:00:52		08:31	26:27	00:52:54
Andrew Nuut	01:24:00	01:25:11		00:01:11	08:31	26:28	00:52:56
Terry Mottram	01:23:30	01:25:35		00:02:05	08:33	26:35	00:53:11
Darren Gill	01:25:00	01:26:20		00:01:20	08:38	26:49	00:53:39
Sue Eaton	01:26:00	01:27:18		00:01:18	08:44	27:07	00:54:15
Paul Zywicki	01:21:30	01:27:19		00:05:49	08:44	27:08	00:54:16
Catherine Warren	01:29:00	01:28:25	00:00:35		08:50	27:28	00:54:57
Gail Tombs	01:27:30	01:28:33		00:01:03	08:51	27:31	00:55:01
Ian Vogan	01:26:00	01:28:59		00:02:59	08:54	27:39	00:55:18
Emma Smith	01:30:00	01:29:35	00:00:25		08:57	27:50	00:55:40
Pamela Ritucci	01:27:30	01:29:53		00:02:23	08:59	27:56	00:55:51
Gail Wrangles	01:24:00	01:30:30		00:06:30	09:03	28:07	00:56:14
Janet Davis	01:29:00	01:31:00		00:02:00	09:06	28:16	00:56:33
Wendy Bourner	01:27:30	01:31:00		00:03:30	09:06	28:16	00:56:33
Roy Young	01:31:00	01:31:10		00:00:10	09:07	28:20	00:56:39
Jeff Denton	01:30:00	01:32:02		00:02:02	09:12	28:36	00:57:11
Georgie Sharpe	01:35:00	01:32:35	00:02:25		09:15	28:46	00:57:32
Ruth Walker	01:31:30	01:32:39		00:01:09	09:16	28:47	00:57:34
Amie Gowing	01:25:30	01:33:25		00:07:55	09:20	29:01	00:58:03
Gemma Lund	01:26:00	01:33:53		00:07:53	09:23	29:10	00:58:20
Victoria Wathey	01:32:00	01:34:58		00:02:58	09:30	29:30	00:59:01
Roy Simpson	01:30:00	01:35:20		00:05:20	09:32	29:37	00:59:14
Sarah Rose	01:35:00	01:35:57		00:00:57	09:36	29:49	00:59:37
Sue Knowles	01:35:30	01:36:42		00:01:12	09:40	30:03	01:00:05

Janet Barr	01:32:00	01:38:05		00:06:05	09:48	30:28	01:00:57
Caroline Copeland	01:35:30	01:38:41		00:03:11	09:52	30:40	01:01:19
Melanie Owen	01:37:30	01:39:48		00:02:18	09:59	31:00	01:02:01
Ian Wilson	01:32:00	01:40:38		00:08:38	10:04	31:16	01:02:32
Paul Gallagher	01:37:00	01:40:41		00:03:41	10:04	31:17	01:02:34
Sarah Turner	01:36:00	01:44:23		00:08:23	10:26	32:26	01:04:52
Tim Owen	01:40:00	01:46:27		00:06:27	10:39	33:04	01:06:09
Alan Tattersall	01:40:00	01:47:17		00:07:17	10:44	33:20	01:06:40
Bradley Bannister	01:22:00	01:48:07		00:26:07	10:49	33:36	01:07:11
Dawn Guttridge	01:52:00	01:48:56	00:03:04		10:54	33:51	01:07:41
Ron Dyson	01:44:00	01:51:24		00:07:24	11:08	34:37	01:09:13
Jemima O'Connor	01:42:00	01:51:31		00:09:31	11:09	34:39	01:09:18
Georgi Newton	01:44:00	01:52:08		00:08:08	11:13	34:50	01:09:41
Colette Lowe	01:37:00	01:52:37		00:15:37	11:16	34:59	01:09:59
Clare Hill	01:50:00	01:56:20		00:06:20	11:38	36:09	01:12:17
Karen Youel	01:50:00	01:56:20		00:06:20	11:38	36:09	01:12:17
Julie Baker	01:55:00	01:56:53		00:01:53	11:41	36:19	01:12:38
Tom Camponi	02:07:00	02:04:29	00:02:31		12:27	38:41	01:17:21
Gary Wilson	02:08:00	02:13:09		00:05:09	13:19	41:22	01:22:44
Saima Sherburn	02:10:00	02:22:35		00:12:35	14:15	44:18	01:28:36

Winter Handicap Run Times - 5.3m

Name	Run Times		Variance		Equivalent Times		
	Target	Actual	Under	Over	Pace	5k	10k
Sarah Hunter (Guest)	00:39:15	00:38:38	00:00:37		07:17	22:39	00:45:18
Chris Taylor	00:43:45	00:43:01	00:00:44		08:07	25:13	00:50:26
Rose Wigglesworth	00:43:15	00:44:30		00:01:15	08:24	26:05	00:52:10
Adam Fernley (Guest)	00:44:45	00:44:53		00:00:08	08:28	26:19	00:52:37
John Grove	00:44:45	00:45:10		00:00:25	08:31	26:29	00:52:57
Diane Widdowson	00:46:15	00:45:13	00:01:02		08:32	26:30	00:53:01
Ian Hill	00:50:30	00:46:37	00:03:53		08:48	27:20	00:54:39
Graham Beardsley	00:46:15	00:46:56		00:00:41	08:51	27:31	00:55:02
Jill Daly	00:47:00	00:48:40		00:01:40	09:11	28:32	00:57:04
Sarah Bailey	00:50:30	00:50:44		00:00:14	09:34	29:44	00:59:29
Martin Exelby	00:51:30	00:51:01	00:00:29		09:38	29:54	00:59:49
Wendy Berry	00:52:30	00:52:19	00:00:11		09:52	30:40	01:01:20
Gill Harding	00:52:30	00:53:55		00:01:25	10:10	31:36	01:03:13
Kelly Hirst	00:55:30	00:55:23	00:00:07		10:27	32:28	01:04:56
Stephen Berry	00:59:00	00:57:17	00:01:43		10:48	33:35	01:07:10
Debbie Worthington	00:56:30	00:58:50		00:02:20	11:06	34:29	01:08:59
Barry Sinar	01:04:00	01:02:24	00:01:36		11:46	36:35	01:13:10
Christine Hall	01:02:00	01:03:07		00:01:07	11:55	37:00	01:14:00
Karen Reilly	01:05:00	01:04:30	00:00:30		12:10	37:49	01:15:37
Pam Kirk	01:07:00	01:06:41	00:00:19		12:35	39:05	01:18:11
Elizabeth Hull	01:07:00	01:11:03		00:04:03	13:24	41:39	01:23:18