

Autumn Handicap Results

Name	Run Time	Target Time	Under	Over	Target pace	Act Pace	10k Equiv
Dawn Sketchley	00:50:44	00:55:45	05:01		09:57	09:04	00:56:18
Richard Payne	00:44:27	00:45:45	01:18		08:10	07:56	00:49:19
Debbie Sidwell	00:46:00	00:47:15	01:15		08:26	08:13	00:51:03
Maya McCormack	00:42:52	00:44:05	01:13		07:52	07:39	00:47:34
Nicolas Daudet	00:44:24	00:45:25	01:01		08:07	07:56	00:49:16
Alan Tattersall	00:54:58	00:55:45	00:47		09:57	09:49	01:01:00
Emma Evans	00:43:37	00:44:20	00:43		07:55	07:47	00:48:24
Andrea Scully	00:46:09	00:46:50	00:41		08:22	08:14	00:51:13
Stephen Berry	00:58:51	00:59:30	00:39		10:37	10:31	01:05:18
Emma Smith	00:46:18	00:46:50	00:32		08:22	08:16	00:51:23
Georgi Newton	00:56:50	00:57:10	00:20		10:13	10:09	01:03:04
Lisa Thompson	00:54:06	00:54:25	00:19		09:43	09:40	01:00:02
Richard Smart	00:42:46	00:43:05	00:19		07:42	07:38	00:47:27
Georgie Kidd	00:49:31	00:49:40	00:09		08:52	08:51	00:54:57
Bradley Walker	00:34:05	00:34:05	00:00		06:05	06:05	00:37:49
William Walker	00:41:07	00:41:05		00:02	07:20	07:21	00:45:37
Sandy George	00:43:40	00:43:35		00:05	07:47	07:48	00:48:27
Adam Fearnley	00:38:11	00:38:05		00:06	06:48	06:49	00:42:22
Zoe Cox	00:51:33	00:51:20		00:13	09:10	09:12	00:57:12
Stephen Wong	00:41:54	00:41:40		00:14	07:26	07:29	00:46:30
Darren Horobin	00:38:16	00:38:00		00:16	06:47	06:50	00:42:28
Gail Wrangles	00:43:43	00:43:25		00:18	07:45	07:48	00:48:31
Tracy Bridgett	01:03:09	01:02:50		00:19	11:13	11:17	01:10:04
Adrian Byrom	00:41:52	00:41:30		00:22	07:25	07:29	00:46:27
Simon Newton	00:32:50	00:32:25		00:25	05:47	05:52	00:36:26
Ian Stancliffe	00:43:29	00:43:00		00:29	07:41	07:46	00:48:15
Andrew Nuut	00:45:35	00:45:05		00:30	08:03	08:08	00:50:35
Terry Mottram	00:45:15	00:44:40		00:35	07:59	08:05	00:50:13
Rose Wigglesworth	00:48:22	00:47:45		00:37	08:32	08:38	00:53:40
Amanda McKinnell	00:54:31	00:53:50		00:41	09:37	09:44	01:00:30
Sue Knowles	00:52:45	00:52:00		00:45	09:17	09:25	00:58:32
Georgie Sharp	00:47:57	00:47:10		00:47	08:25	08:34	00:53:12
Christine Hall	00:59:40	00:58:50		00:50	10:30	10:39	01:06:13
Martyn Stearn	00:45:12	00:44:20		00:52	07:55	08:04	00:50:09
Janet Barr	00:51:18	00:50:25		00:53	09:00	09:10	00:56:55
Sarah Hunter	00:38:24	00:37:30		00:54	06:42	06:51	00:42:37
Christopher Sharp	00:40:33	00:39:35		00:58	07:04	07:14	00:45:00
Ian Wilson	00:50:29	00:49:30		00:59	08:50	09:01	00:56:01
Gavin Walker	00:34:12	00:33:10		01:02	05:55	06:06	00:37:57
Roy Simpson	00:48:45	00:47:25		01:20	08:28	08:42	00:54:06
Stuart Whale	00:38:53	00:37:30		01:23	06:42	06:57	00:43:09
Paul Gallagher	00:51:21	00:49:55		01:26	08:55	09:10	00:56:59
Denise Clark	00:46:09	00:44:40		01:29	07:59	08:14	00:51:13
Chris Taylor	00:47:43	00:46:10		01:33	08:15	08:31	00:52:57
Su Smith	00:53:55	00:52:15		01:40	09:20	09:38	00:59:50
Jane Illingworth	00:40:38	00:38:55		01:43	06:57	07:15	00:45:05
Nina Williams	00:51:49	00:50:05		01:44	08:57	09:15	00:57:30
Ken Lawrenson	00:49:04	00:47:20		01:44	08:27	08:46	00:54:27
Debbie Barton	00:51:50	00:50:05		01:45	08:57	09:15	00:57:31
Martin Wincer	00:42:24	00:40:20		02:04	07:12	07:34	00:47:03
Caroline Copeland	00:52:31	00:50:25		02:06	09:00	09:23	00:58:16
Paul Zywicki	00:47:22	00:45:05		02:17	08:03	08:27	00:52:34
Sue Eaton	00:49:08	00:46:50		02:18	08:22	08:46	00:54:31

Kevin Guttridge	00:41:18	00:38:55		02:23	06:57	07:23	00:45:50
Jennifer Swindell	00:43:47	00:41:05		02:42	07:20	07:49	00:48:35
Adrian Leach	00:43:38	00:40:40		02:58	07:16	07:47	00:48:25
Melanie Owen	00:59:11	00:56:10		03:01	10:02	10:34	01:05:40
Jeff Denton	00:52:51	00:49:40		03:11	08:52	09:26	00:58:39
Sarah Bailey	00:54:55	00:51:20		03:35	09:10	09:48	01:00:56
Liane Warren	00:45:09	00:41:30		03:39	07:25	08:04	00:50:06
Michael Knowles	00:45:04	00:41:00		04:04	07:19	08:03	00:50:00
Karen Reilly	01:13:20	01:08:45		04:35	12:17	13:06	01:21:22
Amanda Wilson	00:50:25	00:45:15		05:10	08:05	09:00	00:55:57
Tom Camponi	01:11:43	01:05:30		06:13	11:42	12:48	01:19:35
Barry Sinar	01:06:17	00:59:55		06:22	10:42	11:50	01:13:33
Yvonne Stearn	01:11:17	01:03:40		07:37	11:22	12:44	01:19:06
Linda Selby	01:11:42	01:04:05		07:37	11:27	12:48	01:19:34
Charlotte Grace	00:57:22	00:48:15		09:07	08:37	10:15	01:03:39
Roy Young	00:57:25	00:48:15		09:10	08:37	10:15	01:03:43
Tammy Gaines	00:56:06	00:46:50		09:16	08:22	10:01	01:02:15
Victoria Wathey	00:58:54	00:49:10		09:44	08:47	10:31	01:05:21
Alice Copeland	01:04:36	00:54:30		10:06	09:44	11:32	01:11:41
Tim Owen	01:03:32	00:53:25		10:07	09:32	11:21	01:10:30