

			2020 Lockdown Summer Handicap Series										
O	M	W		5k	5m	10k	5k	5m	10k	Best 5k	Best 5m	Best 10k	Total Best 3
1	1		Jim Clark		30:09	37:35	18:06			18:06	30:09	37:35	01:25:50
2	2		Nathan Roulson	18:19		38:42		30:27		18:19	30:27	38:42	01:27:28
3	3		Mat Hutley	18:08	31:31	39:05				18:08	31:31	39:05	01:28:44
4	4		Mike Smith	19:44	33:03	40:37	19:11	33:26		19:11	33:03	40:37	01:32:51
5	5		Matthew Bower (Guest)	19:19		43:00		33:35	40:55	19:19	33:35	40:55	01:33:49
6	6		Paul Judge	20:07	33:44	41:35	19:54	33:18	42:10	19:54	33:18	41:35	01:34:47
7	7		Steve Metson	20:49	34:53	43:10	19:50	33:33	41:47	19:50	33:33	41:47	01:35:10
8	8		Steve May	19:52	32:27	44:47	24:51	44:15	44:14	19:52	32:27	44:14	01:36:33
9	9		Ben Brown	20:53	33:51	43:56	20:52		42:21	20:52	33:51	42:21	01:37:04
10		1	Rachael Roughan	20:22	34:29	44:17	20:13	33:54		20:13	33:54	44:17	01:38:24
11	10		Chris Langley (Guest)		36:39	46:09	21:07			21:07	36:39	46:09	01:43:55
12	11		Neil Poulter	23:05	35:18	46:22				23:05	35:18	46:22	01:44:45
13	12		Chris Knight	21:50	36:24	47:36	22:31	38:08	48:00	21:50	36:24	47:36	01:45:50
14	13		Ross Kemble	21:49	37:50	46:50	23:28			21:49	37:50	46:50	01:46:29
15	14		Don English	23:48	39:57	47:55	23:05	38:05		23:05	38:05	47:55	01:49:05
16	15		Simon King				23:26	38:14	47:40	23:26	38:14	47:40	01:49:20
17		2	Kelly Judge	22:54	38:09			38:07	48:21	22:54	38:07	48:21	01:49:22
18	16		Andy Carter	23:18	38:46	48:09	23:50	38:57	55:51	23:18	38:46	48:09	01:50:13
19	17		Phil Jeffries	25:37	41:40	50:15	22:29	39:39	48:17	22:29	39:39	48:17	01:50:25
20	18		Mike Grealy	23:46	38:28	48:46				23:46	38:28	48:46	01:51:00
21	19		Darren Powell	24:52	41:25	49:16	23:30	40:25	48:44	23:30	40:25	48:44	01:52:39
22		3	Victoria Metson	24:19	40:43	50:10	24:00	39:40	49:35	24:00	39:40	49:35	01:53:15
23		4	Mandy Humm	25:32	40:26	50:42	23:42	39:41	49:52	23:42	39:41	49:52	01:53:15
24	20		Paul Hinsley	23:25	40:03	50:04	23:34	41:04		23:25	40:03	50:04	01:53:32
25		5	Carla Rudd	24:03	40:30	51:14				24:03	40:30	51:14	01:55:47
26		6	Wendy Carter	25:13	42:24	52:18	25:13	42:12	55:51	25:13	42:12	52:18	01:59:43
27		7	Sarah Frost	26:21	43:58	57:58	29:49	42:12	52:35	26:21	42:12	52:35	02:01:08
28	21		Antony Denton		42:51	53:05	26:22			26:22	42:51	53:05	02:02:18
29		8	Treena Carder	27:11	44:42	54:19	25:23	43:10	57:13	25:23	43:10	54:19	02:02:52
30		9	Sarah Waddington	25:05	44:18	54:20	26:04	43:36	58:06	25:05	43:36	54:20	02:03:01
31	22		Nik McKean	24:05			25:33	44:41	54:40	24:05	44:41	54:40	02:03:26
32		10	Sandi Robinson-Miller	25:42		53:41		44:08		25:42	44:08	53:41	02:03:31
33		11	Jade Norridge	26:49	42:55	54:27				26:49	42:55	54:27	02:04:11
34	23		Hugh Powell (Guest)	26:27	45:40	53:42	25:20			25:20	45:40	53:42	02:04:42
35	24		John Warne	25:40	47:16	01:00:50	28:35	41:54	57:48	25:40	41:54	00:57:48	02:05:22
36	25		Sam Wolton	24:24	45:06	56:29				24:24	45:06	56:29	02:05:59
37	26		Toby Metson (Junior)	26:34	45:07		25:38		55:21	25:38	45:07	55:21	02:06:06
38		12	Jenn Langley	26:39	44:43	56:19	26:39	43:55		26:39	43:55	56:19	02:06:53
39		13	Charlii Bower	27:27	47:41	56:10		43:20		27:27	43:20	56:10	02:06:57
40		14	Jo Roulson	28:35	45:33	57:09	27:42	44:35	55:42	27:42	44:35	55:42	02:07:59
41	27		James Culling	31:50	47:06	56:53	26:37	46:36		26:37	46:36	56:53	02:10:06
42		15	Jane Roach	28:14	46:25	57:00	26:53			26:53	46:25	57:00	02:10:18
43		16	Lorraine Garnham	28:54	45:45	57:15	28:40	50:10	59:10	28:40	45:45	57:15	02:11:40
44		17	Lisa Clark		49:38		29:10	47:49	56:42	29:10	47:49	56:42	02:13:41
45		18	Catherine Owen	29:20	49:05	01:01:25	28:43	49:07		28:43	49:05	01:01:25	02:19:13
46	28		Mick Purkiss				30:56	48:07	01:01:57	30:56	48:07	01:01:57	02:21:00
47	29		Axel Voigt	29:46	51:30		29:31	47:22	01:05:30	29:31	47:22	05:30	02:22:23
48		19	Penny Clarke	31:43	53:03	01:04:58	31:20	52:03	01:07:32	31:20	52:03	01:04:58	02:28:21
49		20	Carol Atkins		49:32	01:07:40	32:15	49:57	01:08:58	32:15	49:32	01:07:40	02:29:27
50		21	Jenny Smith (Guest)	33:21	53:45	01:06:48	32:07			32:07	53:45	01:06:48	02:32:40
51		22	Katie Martin	35:14	57:25	01:09:25	32:23	54:31	01:07:54	32:23	54:31	01:07:54	02:34:48
52		23	Debbie Partridge	32:55	57:24	01:11:44	32:54	55:50	01:12:36	32:54	55:50	01:11:44	02:40:28
53		24	Nina Powell	36:51	58:57	01:13:40	33:48			33:48	58:57	01:13:40	02:46:25
			Bob Langley	24:33			24:49	41:08		24:33	41:08	00:00	
			Callum Roughan (Junior)				27:59			27:59	00:00	00:00	
			Dan Roughan	24:25				45:02		24:25	45:02	00:00	
			Emma Healy	23:58	40:43					23:58	40:43	00:00	
			Gary Freear	18:57						18:57	00:00	00:00	
			Gavin Allen	16:27						16:27	00:00	00:00	
			Hannah Healy (Junior)	27:54			28:23			27:54	00:00	00:00	

		Hazel Buist	24:26		54:47				24:26	00:00	54:47	
		Jane Basham (Guest)	26:29	44:48					26:29	44:48	00:00	
		Jon Buist (Guest)	21:42		45:43				21:42	00:00	45:43	
		Lauren Hutley	26:51	45:23					26:51	45:23	00:00	
		Lisa Rodbourn	26:59	44:31					26:59	44:31	00:00	
		Lizzie Griffiths	32:56			33:34			32:56	00:00	00:00	
		Martha May (Junior)	25:37			24:51			24:51	00:00	00:00	
		Michelle Edney	30:46						30:46	00:00	00:00	
		Oliver Judge (Junior)				28:57			28:57	00:00	00:00	
		Rob Frost	19:56						19:56	00:00	00:00	
		Tom Porter	19:18						19:18	00:00	00:00	
		No of runners	63	51	48	48	39	29				