

Summer Handicap Series 2023

		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Best 5k	Best 5M	Best 10k	Total of Best 3	Target time	Plus	Minus
		24-May	07-Jun	21-Jun	05-Jul	19-Jul	02-Aug							
		Gt Tey	Colne Eng	Pebmarsh	Panfield	Lamarsh	Sible Hed							
		5k	5m	10k	5k	5m	10k							
Neil	Addington	28:41	47:00	58:21	27:40	47:50		27:40	47:00	58:21	02:13:01			
Chris	Arter (Guest)			01:04:22	30:09	51:02	01:03:57	30:09	51:02	01:03:57	02:25:08			
Luis	Betancourt	26:21	41:38	51:52	23:47	41:33	53:36	23:47	41:33	51:52	01:57:12			
Anna	Bambridge	30:07						30:07						
Charlii	Bower		49:00						49:00			2:17:12		
Scott	Bowes (Guest)						01:04:08							
Ben	Brown	19:53	33:29	42:07	19:27		42:51	19:27	33:29	42:07	01:35:03			
Caroliena	Cameron		40:24	51:59	23:59			23:59	40:24	51:59	01:56:22			
Treena	Carder	26:10		54:58	26:53	44:59	56:42	26:10	44:59	54:58	02:06:07	1:59:16	06:51	
Andy	Carter		42:00	55:48	25:11	41:36	52:25	25:11	41:36	52:25	01:59:12	1:54:28	04:44	
Wendy	Carter		43:18	56:51	25:57	43:43	54:38	25:57	43:18	54:38	02:03:53	2:03:45	00:08	
Jenny	Clark				31:59			31:59						
Penny	Clarke		53:21		31:24		01:10:58	31:24	53:21	01:10:58	02:35:43	2:32:16	03:27	
Gareth	Dyball	21:36			21:35		47:18	21:35		47:18				
Tracey	English	35:55				38:06		35:55	38:06					
Ed	Fairhurst				23:41			23:41						
Alan	Fancy		39:34						39:34					
Millie	Felstead	25:21	42:48	55:36	23:49			23:49	42:48	55:36	02:02:13			
Lorraine	Garnham	27:16	46:24	01:00:55				27:16	46:24	01:00:55	02:14:35			
Sam	Gates (Guest)	32:08						32:08						
Tracey	Gibbons	34:53						34:53						
Bec	Gilroy	24:26	42:19	55:05	24:25	44:09	56:49	24:25	42:19	55:05	02:01:49	2:12:18		10:29
Dan	Gilroy (Guest)				24:25			24:25						
Emma	Healy	27:19	41:42	52:49	26:49	59:10		26:49	41:42	52:49	02:01:20	2:06:42		05:22
Simon	Hillyard		38:12	49:53					38:12	49:53				
Sam	Hillyard		40:17	52:27					40:17	52:27				
Paul	Hinsley		39:25	49:07			47:58		39:25	47:58		1:47:33		
Dan	Hollinshead	21:08						21:08						
Megan	Hollinshead	27:38						27:38						
Joby	Humm		40:09	52:14	23:30	42:03		23:30	40:09	52:14	01:55:53	1:57:16		01:23
Mandy	Humm	25:17	40:16	50:41	23:47	40:59		23:47	40:16	50:41	01:54:44	1:51:12	03:32	
Matt	Hutley	18:30				31:57	39:41	18:30	31:57	39:41	01:30:08			
Liz	Isaac	29:02						29:02						

Perry	James	20:26				36:40		20:26	36:40			1:42:57		
Phil	Jeffries	24:14	39:04	51:25	22:54	38:40	52:16	22:54	38:40	51:25	01:52:59			
Aiden	Kelly				22:15			22:15						
Ross	Kemble	23:43	38:04		22:21			22:21	38:04			1:49:16		
Cameron	Kerr (Guest)						47:26			47:26				
Val	Kerrison	35:55	56:31	01:12:07	35:12	59:10	01:11:38	35:12	56:31	01:11:38	02:43:21	2:37:24	05:57	
Charlotte	King	24:58	40:19					24:58	40:19					
Simon	King				23:09			23:09						
Bob	Langley				22:57			22:57				1:45:58		
Helen	Leban	32:22	55:11					32:22	55:11					
Angie	Lesslie (Guest)						46:40			46:40				
Chris	Lloyd		29:56	38:26					29:56	38:26				
Sandy	Maloy	29:17	48:44					29:17	48:44					
Ben	Martin (Junior)	21:37						21:37						
Katie	Martin	32:47	55:21					32:47	55:21			2:40:37		
Martha	May (Junior)	25:02			25:01			25:01						
Sam	May (Junior)	24:59						24:59						
Steve	May	25:02	33:53		25:01	34:29		25:01	33:53			1:33:07		
Orla	McAndrew	27:28		58:21	24:50	46:43	55:16	24:50	46:43	55:16	02:06:49			
Stephen	Metson	21:45			20:55	32:45		20:55	32:45			1:32:56		
Toby	Metson (Junior)	21:44			20:55			20:55						
Ryan	Miller			54:15	24:40		58:02	24:40		54:15				
Will	Nicholl (Guest)			57:21						57:21				
Jo	Norris	31:05	50:54	01:04:48	29:37	50:32		29:37	50:32	01:04:48	02:24:57			
James	North	21:22	35:28	45:26	20:27	34:21	46:27	20:27	34:21	45:26	01:40:14			
Jacob	Page		33:24						33:24					
Jane	Page	32:14	54:54	01:10:06				32:14	54:54	01:10:06	02:37:14			
Debbie	Partridge		56:38	01:12:09	34:29		01:11:58	34:29	56:38	01:11:58	02:43:05	2:36:41	06:24	
Louise	Pascoe (Guest)	28:05						28:05						
Tom	Pease	21:55	37:40	49:27		38:26	48:05	21:55	37:40	48:05	01:47:40			
Karen	Pickering				19:21			19:21						
Neil	Poulter		39:38		23:33	40:50		23:33	39:38			1:50:46		
Darren	Powell		39:29		23:36		51:37	23:36	39:29	51:37	01:54:42	1:45:04	09:38	
Lee	Prowse (Guest)						56:33			56:33				
James	Richardson (Guest)					42:16			42:16					
Gav	Ripton				24:07			24:07						
Jane	Roach					47:18			47:18					

Hannah	Root (Junior)	27:18			26:48			26:48						
Jacob	Root (Junior)				26:49			26:49						
Callum	Roughan (Junior)	22:33			22:50			22:33						
Dan	Roughan	25:08	40:43	56:14	24:06	42:08		24:06	40:43	56:14	02:01:03	2:02:25		01:22
Josh	Roughan (Junior)	25:07						25:07						
Rachael	Roughan	22:31	36:48	52:50	22:50			22:31	36:48	52:50	01:52:09	1:42:44	09:25	
Evelyn	Roulson (Junior)	29:18						29:18						
Nathan	Roulson	29:18		40:36	18:38	32:11	38:40	18:38	32:11	38:40	01:29:29			
Anne	Rout	31:26			33:22	58:57		31:26	58:57					
Cathy	Scott				34:31	59:09		34:31	59:09					
Joe	Slee		44:05	54:05	18:37	31:26	38:48	18:37	31:26	38:48	01:28:51	1:47:36		18:45
Barry	Smith (Guest)				35:01			35:01						
Jenny	Smith	27:28	44:56	01:02:50		46:46	56:47	27:28	44:56	00:56:47	02:09:11	2:15:36		06:25
Jody	Smith	27:17	45:00	01:02:50		50:22		27:17	45:00	01:02:50	02:15:07			
Mike	Smith				18:08		47:17	18:08		47:17		1:28:11		
Robyn	Smith (Junior)				35:00			35:00						
Noush	Springett	25:27	40:21	54:05	24:49			24:49	40:21	54:05	01:59:15			
Ian	Stokoe	22:29			26:08			22:29						
Maryann	Sycamore	28:41				50:23	01:02:22	28:41	50:23	01:02:22	02:21:26			
Jess	Thompson (Guest)			57:35						57:35				
Keith	Thorogood	31:49	54:29	01:09:05				31:49	54:29	01:09:05	02:35:23			
Mary	Veater						59:03			59:03				
Sarah	Waddington	24:21	40:37		24:01	42:49	51:38	24:01	40:37	51:38	01:56:16	2:01:25		05:09
John	Warne			01:02:57						01:02:57		1:59:00		
Hannah	Whale				23:01	40:29	49:34	23:01	40:29	00:49:34	01:53:04			
Andy	Wilmot	31:59	51:39	01:09:04				31:59	51:39	01:09:04	02:32:42			
Alastair	Wilson (Guest)		33:20	44:19		33:44	42:36		33:20	42:36				
Don	Wilson	23:04	38:11	48:57	22:41	38:51	48:00	22:41	38:11	48:00	01:48:52			
George	Wilson (Guest)			49:40						49:40				
Mike	Yeatts (Guest)			01:00:36	26:25			26:25		01:00:36				
Number of Runners		55	46	43	55	36	33							