

Summer Handicap 2015

		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
		20-May	03-Jun	17-Jun	01-Jul	15-Jul	29-Jul							
		Pebmarsh 5K	Earls Colne 10K	Mount Bures 5M	Great Tey 5K	Colne Engaine 10K	Lamarsh 5M							
Gavin Allen		00:23:09	00:42:15	00:28:40				00:23:09	00:28:40	00:42:15	1:34:04			
Carol Atkins					00:28:27			00:28:27				2:07:36		
Rosie Atkins		00:22:20	01:00:17		00:23:17		00:39:57	00:22:20	00:39:57	01:00:17	2:02:34	1:53:59	0:08:35	
Tony Bird		00:33:56	01:08:43	00:57:39	00:40:28	01:11:43	00:54:24	00:33:56	00:54:24	01:08:43	2:37:03	2:35:22	0:01:41	
Holly Blackwell		00:26:15	00:55:12	00:45:00				00:26:15	00:45:00	00:55:12	2:06:27			
Kathryn Bronson		00:23:54	01:07:28	00:36:29	00:23:17			00:23:17	00:36:29	01:07:28	2:07:14	1:42:33	0:24:41	
Jon Buist		00:20:05	00:42:30	00:33:56	00:20:21		00:34:08	00:20:05	00:33:56	00:42:30	1:36:31	1:46:39		0:10:08
Hazel Buist		00:21:43	00:46:11	00:37:33			00:39:57	00:21:43	00:37:33	00:46:11	1:45:27	1:51:19		0:05:52
Tom Cammack				00:29:45		00:35:19			00:29:45	00:35:19		1:26:29		
Richard Candler			00:45:05	00:37:07	00:21:50	00:45:02	00:35:35	00:21:50	00:35:35	00:45:02	1:42:27			
Andy Carter			00:46:25	00:37:56	00:23:33	00:45:58	00:36:44	00:23:33	00:36:44	00:45:58	1:46:15	1:43:44	0:02:31	
Wendy Carter		00:24:16	00:50:58	00:41:44	00:25:21	00:51:14	00:40:22	00:24:16	00:40:22	00:50:58	1:55:36	1:57:06		0:01:30
Ian Chandler		00:20:22	00:43:40	00:34:47	00:20:42	00:45:43		00:20:22	00:34:47	00:43:40	1:38:49			
Jim Clark		00:23:31		00:33:52	00:20:05		00:33:05	00:20:05	00:33:05			1:38:06		
Brian Collins		00:29:18	00:59:17	00:49:25	00:30:40	01:02:38	00:48:25	00:29:18	00:48:25	00:59:17	2:17:00	2:22:57		0:05:57
Simon Cook		00:21:39		00:39:35		00:46:59	00:37:45	00:21:39	00:37:45	00:46:59	1:46:23			
Mark Curteis			00:52:19	00:41:52	00:24:55		00:41:02	00:24:55	00:41:02	00:52:19	1:58:16	1:48:13	0:10:03	
Dean Cutting		00:25:58			00:27:04			00:25:58						
Juan De Gea		00:19:29	00:40:08		00:19:27	00:40:24	00:32:22	00:19:27	00:32:22	00:40:08	1:31:57			
Bradley Doe							00:32:00							
Stewart Ellis		00:17:58						00:17:58				1:33:59		
Danni Evans		00:21:54	00:55:12	00:44:59				00:21:54	00:44:59	00:55:12	2:02:05			
Paul Frindle		00:25:45	00:52:13		00:26:12			00:25:45		00:52:13		1:54:20		
Lorraine Garnham					00:26:28		00:43:29	00:26:28	00:43:29			1:57:19		
Alistair Godfrey		00:22:15			00:24:59	00:53:39		00:22:15		00:53:39		1:54:45		
Mike Grealy		00:21:14	00:45:14		00:22:57		00:35:38	00:21:14	00:35:38	00:45:14	1:42:06	1:40:41	0:01:25	
Lizzie Griffiths		00:31:07	01:05:07	00:52:47	00:30:26	01:05:13	00:50:58	00:30:26	00:50:58	01:05:07	2:26:31			
Del Harrington		00:23:54						00:23:54				2:06:45		
Brian Hastings					00:37:40	01:18:25		00:37:40		01:18:25		2:22:22		
Aaron Heard				00:41:40	00:22:52			00:22:52	00:41:40			1:52:01		
Danny Hewitt		00:20:48	00:45:10	00:36:23	00:21:36		00:37:42	00:20:48	00:36:23	00:45:10	1:42:21			
Chris Hill			00:58:06	00:44:54	00:27:12	00:55:54	00:47:12	00:27:12	00:44:54	00:55:54	2:08:00	2:03:40	0:04:20	
Sara Hill		00:27:35	00:56:53		00:28:34			00:27:35		00:56:53		2:11:42		
Karl Hillman		00:23:13	00:48:35	00:38:47	00:23:21	00:49:02		00:23:13	00:38:47	00:48:35	1:50:35			
Paul Hinsley		00:20:46	00:43:59		00:21:12	00:45:15	00:36:07	00:20:46	00:36:07	00:43:59	1:40:52	1:42:26		0:01:34
Mark Hoadley		00:20:16		00:36:53	00:20:43	00:43:15	00:34:19	00:20:16	00:34:19	00:43:15	1:37:50			
Dan Hollinshead		00:19:42	00:49:35		00:20:42		00:37:00	00:19:42	00:37:00	00:49:35	1:46:17	1:51:37		0:05:20
Megan Hollinshead			00:53:17	00:43:40	00:26:52		00:44:30	00:26:52	00:43:40	00:53:17	2:03:49	2:24:06		0:20:17
Andy Kemp		00:21:40		00:38:07				00:21:40	00:38:07					
Val Kerrison			00:55:41	00:46:22					00:46:22	00:55:41		2:37:52		
Bob Langley		00:20:25	00:42:19	00:35:42			00:35:37	00:20:25	00:35:37	00:42:19	1:38:21	1:45:13		0:06:52
Jenn Langley		00:27:15	00:57:08	00:52:49				00:27:15	00:52:49	00:57:08	2:17:12	2:18:31		0:01:19
Amy Lesiak		00:23:42	00:52:40	00:43:30				00:23:42	00:43:30	00:52:40	1:59:52			
John Markham		00:23:40	00:48:10	00:40:23			00:39:34	00:23:40	00:39:34	00:48:10	1:51:24	1:47:19	0:04:05	
Charlotte May			01:00:12	00:49:17					00:49:17	01:00:12				
Glen Mayes-Allen		00:32:13	01:08:06	00:54:39	00:33:13	01:06:17		00:32:13	00:54:39	01:06:17	2:33:09			
Sophie McDermott		00:28:00	00:58:43		00:29:58	01:00:46	00:49:52	00:28:00	00:49:52	00:58:43	2:16:35			
Les Morley			00:59:52				00:51:06		00:51:06	00:59:52		2:19:54		
Andy Owen		00:20:35	00:42:52	00:34:52	00:20:37	00:44:42	00:34:15	00:20:35	00:34:15	00:42:52	1:37:42	1:41:07		0:03:25
Debbie Partridge		00:29:56	01:01:33	00:49:22		01:02:56		00:29:56	00:49:22	01:01:33	2:20:51	2:21:01		0:00:10
Julie Penfold		00:33:56	01:08:43	00:57:39	00:35:45	01:11:43		00:33:56	00:57:39	01:08:43	2:40:18	2:35:22	0:04:56	
Neil Poulter		00:20:41	00:43:10	00:35:13	00:20:43	00:44:03	00:35:21	00:20:41	00:35:13	00:43:10	1:39:04	1:39:17		0:00:13
Stuart Prestney		00:18:58	00:42:18	00:30:51	00:19:02	00:39:04	00:30:56	00:18:58	00:30:51	00:39:04	1:28:53	1:30:12		0:01:19
Mick Purkiss			01:00:55		00:30:03	01:01:48	00:50:14	00:30:03	00:50:14	01:00:55	2:21:12	2:11:49	0:09:23	
Peter Robinson				00:31:14			00:30:41		00:30:41					
Jo Roulson		00:24:57	00:53:48	00:44:57				00:24:57	00:44:57	00:53:48	2:03:42	2:23:37		0:19:55
Nathan Roulson		00:19:15	00:40:10	00:33:23		00:41:48	00:32:31	00:19:15	00:32:31	00:40:10	1:31:56	1:34:41		0:02:45
Chris Shotton		00:32:56	01:11:50	00:53:46	00:34:25	01:09:46	00:54:42	00:32:56	00:53:46	01:09:46	2:36:28			
Jimmy Smith		00:17:11	00:37:03		00:18:31	00:37:21	00:29:02	00:17:11	00:29:02	00:37:03	1:23:16			
Dan Smith		00:21:22		00:37:25			00:37:47	00:21:22	00:37:25			1:50:28		
Nicole Smith					00:28:43	00:58:09	00:47:10	00:28:43	00:47:10	00:58:09	2:14:02			
Nigel Smith			00:45:17		00:21:55	00:46:18	00:36:11	00:21:55	00:36:11	00:45:17	1:43:23	1:41:56	0:01:27	
Glynn Stone		00:20:03	00:41:40	00:34:25	00:20:45	00:43:22		00:20:03	00:34:25	00:41:40	1:36:08	1:38:28		0:02:20
Keith Thorogood		00:26:50	00:55:56	00:50:51	00:28:27	01:01:26	00:49:51	00:26:50	00:49:51	00:55:56	2:12:37	2:05:26	0:07:11	
Ben Troughton		00:19:35		00:33:42	00:19:59	00:41:41	00:34:03	00:19:35	00:33:42	00:41:41	1:34:58			
Andrew Warner							00:35:42		00:35:42					
Andy Wilmot		00:24:52	00:50:05	00:41:40		00:58:07	00:43:28	00:24:52	00:41:40	00:50:05	1:56:37	2:04:27		0:07:50
Don Wilson		00:21:37	00:47:31	00:37:04		00:45:51		00:21:37	00:37:04	00:45:51	1:44:32	1:39:59	0:04:33	
Neil Wilson					00:21:19	00:44:57		00:21:19		00:44:57				
Sam Wilson					00:25:42			00:25:42						
Sam Wolton		00:23:06	00:47:44		00:21:35	00:45:24	00:37:14	00:21:35	00:37:14	00:45:24	1:44:13	1:40:17	0:03:56	
Julia Woolnough			00:56:24	00:47:54	00:27:17	00:57:47		00:27:17	00:47:54	00:56:24	2:11:35	2:14:59		0:03:24
Maurice Young		00:33:56		00:57:46	00:35:45			00:33:56	00:57:46			2:31:46		
Guests														
Luke Allen		00:19:45						00:19:45						
Matthew Allen		00:23:05						00:23:05						
Jon Ashdown							00:37:49							
Alan Barnard						00:45:51								
Phil Cook				00:38:48						00:38:48				
Sarah Dowsett			01:07:28							01:07:28				
Beverley Hamilton		00:30:20						00:30:20						
Rachel Jones					00:40:28			00:40:28						
Ashley Mead				00:38:10						00:38:10				
Mark McDermott		00:24:56						00:24:56						
Mel Nice		00:22:21	00:47:06	00:57:56				00:22:21	00:57:56	00:47:06	2:07:23			
Axel Voigt				00:51:34		01:03:43	00:51:53		00:51:34	01:03:43				
No of Runners		56	53	52	49	39	44							