

Summer Handicap 2016

		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	
		18-May	01-Jun	15-Jun	29-Jun	13-Jul	27-Jul								
		Great Tey	Earls Colne	Mount Bures	Pebmarsh	Colne Engine	Henny								
		5K	10K	5M	5K	10K	5M								
Gavin	Allen	17:03	36:37				30:16	17:03	30:16	36:37	1:23:56	1:23:53	00:03		
Rosie	Atkins	22:43	48:56	39:15			38:57	22:43	38:57	48:56	1:50:36	1:53:10		02:34	
Tony	Bird	33:14		01:01:16				33:14	01:01:16			2:35:22			
Kathryn	Bronson			37:45	23:39			23:39	37:45			1:44:50			
Adam	Buckle	23:45	49:39		23:39		41:25	23:39	41:25	49:39	1:54:43				
Jon	Buist					41:42	33:13		33:13	41:42		1:36:31			
Hazel	Buist	24:53		47:26	23:39			23:39	47:26			1:45:27			
Carolienna	Cameron	22:28		38:46	23:22	47:26	40:33	22:28	38:46	47:26	1:48:40	1:59:49		11:09	
Mel	Candler	29:48			26:14			26:14							
Richard	Candler	19:36	40:16	32:25		40:30	32:38	19:36	32:25	40:16	1:32:17	1:42:27		10:10	
Andy	Carter	21:59		38:22	22:46	48:06	38:20	21:59	38:20	48:06	1:48:25	1:46:15	02:10		
Wendy	Carter	25:31				52:08	40:45	25:31	40:45	52:08	1:58:24	1:55:36	02:48		
Jim	Clark	18:44	39:54	31:32	27:18	39:15	30:58	18:44	30:58	39:15	1:28:57	1:36:28		07:31	
Brian	Collins				30:51	01:05:21	51:40	30:51	51:40	01:05:21	2:27:52	2:17:00	10:52		
Simon	Cook	21:21		37:23	29:36	45:51		21:21	37:23	45:51	1:44:35	1:46:23		01:48	
Mark	Curteis	24:21	49:50	40:02				24:21	40:02	49:50	1:54:13	1:58:16		04:03	
Dean	Cutting		55:35	44:05	24:53	56:10		24:53	44:05	55:35	2:04:33				
Juan	De Gea				19:38	40:07		19:38		40:07		1:31:57			
Stewart	Ellis	18:07		30:34		42:00		18:07	30:34	42:00	1:30:41	1:33:03		02:22	
Danni	Evans				22:23			22:23							
Roger	Frampton	26:52				58:38	44:02	26:52	44:02	58:38	2:09:32				
Jordan	French	22:07			22:32	50:36		22:07		50:36					
Paul	Frindle	26:03	55:12					26:03		55:12		1:58:00			
Laura	Garnham	24:46		42:07	26:11			24:46	42:07						
Lorraine	Garnham			44:09					44:09			2:00:11			
Mike	Grealy		44:03		21:49	45:31	39:34	21:49	39:34	44:03	1:45:26	1:42:06	03:20		
John	Greenley			37:23	21:01	45:38	36:00	21:01	36:00	45:38	1:42:39				
Treena	Harrington					55:25				55:25					
Brian	Hastings		01:00:59	01:01:16					01:01:16	01:00:59		2:46:45			
Danny	Hewitt	21:32	46:30	37:21	24:53	50:33		21:32	37:21	46:30	1:45:23	1:42:21	03:02		
Carol	Hill	29:42						29:42							
Chris	Hill	25:39	54:03		25:20	54:54	43:50	25:20	43:50	54:03	2:03:13	2:08:00		04:47	
Sara	Hill	26:10	56:02	45:11	26:19	56:23	47:46	26:10	45:11	56:02	2:07:23	2:10:35		03:12	
Karl	Hillman	22:35		38:07		52:03	38:04	22:35	38:04	52:03	1:52:42	1:50:35	02:07		
Paul	Hinsley	20:56		35:35	21:21	44:24	35:40	20:56	35:35	44:24	1:40:55	1:40:52	00:03		
Mark	Hoadley	19:12		32:30	19:17			19:12	32:30						
Dan	Hollinshead	21:00	44:20	35:37	21:02	43:34		21:00	35:37	43:34	1:40:11	1:46:17		06:06	
Megan	Hollinshead				30:30	11:52	52:05	30:30	52:05	11:52	2:34:27	2:03:49	30:38		
Andy	Kemp	21:17	44:00	36:14	21:22	45:01		21:17	36:14	44:00	1:41:31	1:44:47		03:16	
Bob	Langley	27:31	56:33	33:34	20:47	43:04	35:22	20:47	33:34	43:04	1:37:25	1:38:21		00:56	
Jenn	Langley	27:30	56:30	47:26	27:18	01:22	48:45	27:18	47:26	56:30	2:11:14	2:17:12		05:58	
John	Markham	23:39	48:13			55:25		23:39		48:13		1:51:24			
Charlotte	May				30:06	04:22	49:02	30:06	49:02	04:22	2:23:30	2:18:59	04:31		
Steve	May	25:31		43:57	22:11	46:18	37:30	22:11	37:30	46:18	1:45:59				
Les	Morley		01:22:50		27:01			27:01		01:22:50		2:19:12			
Debbie	Partridge	29:24	01:01:30	49:29				29:24	49:29	01:01:30	2:20:23	2:20:51		00:28	
Tom	Porter		42:58		21:03	43:21	34:53	21:03	34:53	42:58	1:38:54				
Neil	Poulter	20:43		34:42	20:53	43:31	35:05	20:43	34:42	43:31	1:38:56	1:39:04		00:08	
Stuart	Prestney	19:17						19:17				1:28:53			
Mick	Purkiss	26:53	57:08		28:17	58:59	46:27	26:53	46:27	57:08	2:10:28	2:21:12		10:44	
Nathan	Roulson			32:22	19:27	42:53	32:31	19:27	32:22	42:53	1:34:42	1:31:56	02:46		
Chris	Shotton	29:38						29:38				2:36:28			
Dan	Smith	23:34						23:34				1:49:27			
Jimmy	Smith	17:07	36:37	29:47		37:28	30:16	17:07	29:47	36:37	1:23:31	1:23:16	00:15		
Nicole	Smith	24:53	51:46	41:59		52:15	41:27	24:53	41:27	51:46	1:58:06	2:14:02		15:56	
Nigel	Smith		47:38	36:13		46:46	37:15		36:13	46:46		1:43:23			
Glynn	Stone	20:03	41:20		20:27			20:03		41:20		1:36:08			
Keith	Thorogood	26:00	54:56	44:47	27:09	57:24	45:53	26:00	44:47	54:56	2:05:43	2:12:37		06:54	
Richard	Tiller						40:40			40:40					
Axel	Voigt	28:57		50:50	29:50	03:55	53:34	28:57	50:50	03:55	2:23:42	2:25:17		01:35	
John	Warne	25:47		40:21	25:50		41:27	25:47	40:21						
Andrew	Warner	19:41		33:14	19:50			19:41	33:14			1:36:54			
Andy	Wilmot	25:47	54:40			56:23	43:16	25:47	43:16	54:40	2:03:43	1:56:37	07:06		
Don	Wilson	20:39		35:45	21:26	44:44		20:39	35:45	44:44	1:41:08	1:44:32		03:24	
Neil	Wilson	19:22	39:55		19:22	40:51		19:22		39:55		1:41:16			
Sam	Wilson	23:50			25:17	52:17		23:50		52:17		2:01:36			
Sam	Wolton	21:34	51:46		21:12	47:20	36:56	21:12	36:56	47:20	1:45:28	1:44:13	01:15		
Julia	Woolnough		06:59		27:12			27:12		06:59		2:11:35			
Maurice	Young						58:36		58:36			2:32:38			
Guests															
Debbie	Cook	29:42			29:33	01:02:57	49:02	29:33	49:02	01:02:57	2:21:32				
Bradley	Doe	20:37						20:37							
Ashley	Hood	21:09				44:48		21:09		44:48					
No of Runners		52	31	37	44	45	37								