

5 mile handicaps

last updated after 9th Jan

Net 5 mile time = 60 minutes, Zero handicap start at 7.00pm

		Handicap	Start time
Jeff	Adams	24	7:24 pm
Paul	Alexander	19	7:19 pm
Iain	Arnison	22	7:22 pm
Emily	Astley	10	7:10 pm
Mo	Ayers	8	7:08 pm
Lynda	Bayley	21	7:21 pm
Paul	Bibby	18	7:18 pm
Neil	Blakemore	24	7:24 pm
Connie	Bowkett-Pritchard	8	7:08 pm
Jenna	Brassington	21	7:21 pm
Kate	Brown	24	7:24 pm
Paul	Browne	16	7:16 pm
Gemma	Carolan	10	7:10 pm
Paul	Challender	24	7:24 pm
Ian	Chalmers	1	7:01 pm
Rob	Chalmers	22	7:22 pm
Kevin	Charleston	26	7:26 pm
Peter	Chee	17	7:17 pm
Sam	Christian	12	7:12 pm
Henry	Cloete	12	7:12 pm
Joanne	Cook	14	7:14 pm
Alice	Cox-Cooper	25	7:25 pm
Nigel	Crompton	25	7:25 pm
Steph	Cunliffe	16	7:16 pm
Julie	Dala	22	7:22 pm
Ben	Darby	22	7:22 pm
Sue	Davies	10	7:10 pm
Chris	Davies	19	7:19 pm
Xavier	Desse	31	7:31 pm
Becky	Doran	20	7:20 pm
Keith	Dunham	22	7:22 pm
Raph	Dunne	22	7:22 pm
Dave	Easthope	6	7:06 pm
Lushanti	Edirisooriya	12	7:12 pm
Stella	Elliott	12	7:12 pm
Peter	Elliott	25	7:25 pm
Steve	Ellis	16	7:16 pm
Michael	Evennett	30	7:30 pm
Mark	Ezard	16	7:16 pm
Jim	Fedigan	13	7:13 pm
Trev	Fisher	21	7:21 pm
Victoria	Ford	10	7:10 pm
David	Forrester	16	7:16 pm
Elizabeth	Gartshore	5	7:05 pm
Nikolaos	Giotakis	18	7:18 pm
Neil	Gooding	17	7:17 pm
Lisa	Grantham	23	7:23 pm
Rob	Grantham	32	7:32 pm
David	Green	28	7:28 pm
Michael	Green	27	7:27 pm
Peter	Hampshire	25	7:25 pm
James	Holmes	22	7:22 pm
Ruth	Isaacs	22	7:22 pm
Terri	Johnson	0	7:00 pm
Gary	Johnstone	15	7:15 pm
Ian	Jones	4	7:04 pm
Karen	Lamberton	0	7:00 pm
Colin	Lamprey	4	7:04 pm

Catherine	Lancaster	12	7:12 pm
Amy	Lee	17	7:17 pm
Wendy	Lee	24	7:24 pm
Ali	Lewis	25	7:25 pm
Stephanie	Loach	27	7:27 pm
David	Longford	18	7:18 pm
Bryony	Lucas-Swale	24	7:24 pm
Arvind	Mahendran	19	7:19 pm
Stephen	Mcconville	13	7:13 pm
Bill	Mcdonnell	20	7:20 pm
Des	Mclvor	25	7:25 pm
Warren	Mcnally	16	7:16 pm
Helen	Measures	16	7:16 pm
Rupert	Millard	22	7:22 pm
Rita	Mistry	13	7:13 pm
Carole	Morrison	16	7:16 pm
Jill	Murphy	5	7:05 pm
Dave	Oxborough	29	7:29 pm
Claudia	Pagoulatou	21	7:21 pm
David	Parish	17	7:17 pm
Gary	Parker	25	7:25 pm
Janine	Parry	2	7:02 pm
Paul	Parry	27	7:27 pm
Ralph	Pawling	29	7:29 pm
Tracy	Pennington	18	7:18 pm
Brian	Pennington	22	7:22 pm
Tom	Peters	18	7:18 pm
Stef	Phillipps	10	7:10 pm
Richard	Pickering	28	7:28 pm
Will	Platts	26	7:26 pm
Richard	Potts	17	7:17 pm
Nigel	Pratten	17	7:17 pm
Bob	Pritchard	18	7:18 pm
David	Quirk	19	7:19 pm
Paul	Reilly	21	7:21 pm
Kate	Richardson	24	7:24 pm
Claire	Rick	18	7:18 pm
Mark	Roberts	11	7:11 pm
Paul	Robertson	25	7:25 pm
Paul	Robinson	20	7:20 pm
Eddie	Roche	28	7:28 pm
Ruth	Roxburgh	0	7:00 pm
Alex	Royden	19	7:19 pm
Tom	Rygielski	18	7:18 pm
Mark	Samuels	26	7:26 pm
Gordon	Scholefield	19	7:19 pm
Richard	Shayle	22	7:22 pm
Ian	Shorrock	26	7:26 pm
Charlie	Simpson	20	7:20 pm
Emma	Simpson	10	7:10 pm
Mark	Smith	29	7:29 pm
Richard	Snelson	27	7:27 pm
Mary	Stevenson	11	7:11 pm
John	Suckley	24	7:24 pm
Tony	Tarpey	15	7:15 pm
Ben	Taylor	32	7:32 pm
Gwyn	Thomas	6	7:06 pm
Stephen	Tilby	14	7:14 pm
Al	Waddell	16	7:16 pm
Neil	Wong	19	7:19 pm
Ellie	Wood	18	7:18 pm
Sasha	Yap	26	7:26 pm