

Summer Handicap 2013 - Times

Handicap Course - 6 Miles	Start	Race Dates				01:01:00	6.0
NAME	min/mile	16/05/2013	13/06/2013	11/07/2013	01/08/2013	AVERAGE	min/mile
Penny Abbott	00:00:00	00:47:42	00:47:10			00:47:26	00:07:54
Gillian Barrett	00:09:45		00:58:38	00:55:44		00:57:11	00:09:32
Tom Barton	00:00:00			00:40:31		00:40:31	00:06:45
Jon Capel	00:07:06				00:46:06	00:46:06	00:07:41
Sue Capel	00:09:46				01:02:37	01:02:37	00:10:26
Rob Coates	00:09:10			00:53:55		00:53:55	00:08:59
Bob Cornwell	00:07:52	00:47:56	00:48:40	00:47:32	00:48:34	00:48:11	00:08:02
Yvonne Davies	00:00:00	00:52:39	00:52:07	00:52:30	00:54:33	00:52:57	00:08:50
Ian Duncan	00:07:32	00:41:47	00:48:11		00:43:13	00:44:24	00:07:24
Shane Farrell	00:07:32			00:44:15	00:45:21	00:44:48	00:07:28
Yvonne Farrell	00:07:17	00:50:18		00:46:36	00:45:21	00:47:25	00:07:54
Mickael Hegeippe	00:06:31				00:47:08	00:47:08	00:07:51
Guy Hornsby	00:00:00		00:49:33	00:48:46		00:49:10	00:08:12
Gwyn Jones	00:07:18			00:43:07		00:43:07	00:07:11
Gita Kelsey	00:08:10	00:57:07	00:54:22	00:55:44	00:54:47	00:55:30	00:09:15
Dave Long	00:08:13	00:48:03				00:48:03	00:08:00
Geoff Newman	00:00:00		00:46:25			00:46:25	00:07:44
Rich North	00:00:00		00:46:10	00:45:05	00:44:08	00:45:08	00:07:31
Toju Ogbe	00:00:00			00:55:13		00:55:13	00:09:12
Ian Philip	00:00:00	00:52:38	00:51:19	00:49:33	00:53:42	00:51:48	00:08:38
Bethan Port	00:00:00		00:54:23			00:54:23	00:09:04
Christine Port	00:09:27		00:55:05			00:55:05	00:09:11
Simon Reed	00:06:35				00:41:23	00:41:23	00:06:54
Jolene Sadler	00:07:24	00:50:18				00:50:18	00:08:23
Andy Smerdon	00:08:19			00:50:20		00:50:20	00:08:23
Gill Smith	00:00:00		00:58:37			00:58:37	00:09:46
Jonathan Taylor	00:08:43		00:55:04	00:54:57	01:00:10	00:56:44	00:09:27
David Wainhouse	00:08:15	00:51:50		00:50:20	00:51:11	00:51:07	00:08:31
No of Runners:	28	10	14	16	14	Average 14	

		GOLD	SILVER	BRONZE
MEN		Tom Barton	Simon Reed	Ian Duncan
WOMEN		Yvonne Farrell	Penny Abbott	Jolene Sadler