



## Washington Running Club 5k Handicap Race

### Scoring System

1 second = 1 point (10 seconds quicker = +10 points, 10 seconds slower = -10 points)  
 Base time is your original quoted time, thereafter you use your last 5k time for scoring

### Running Club

Bib	Forename	Surname	Div	Sex	Points	Current Time	Gap	Races	Base Time	Time	
										04/04/2019	02/05/2019
326	Simon	Fairbrother	1	M	64	19:39	01:04	1	20:43		19:39
323	Martin	Bell	1	M	-5	20:38	-00:05	1	20:33		20:38
307	Stephen	Waistell	1	M	18	20:49	00:18	1	21:07		20:49
220	Kathryn	Common	4	F	36	21:20	00:36	1	21:56		21:20
302	John	Anderson	2	M	169	21:49	02:49	1	24:38		21:49
322	Justin	Eger	2	M	46	21:49	00:46	1	22:35		21:49
327	Sean	Eden	1	M		22:02	00:00	1	00:22:02		22:02
321	Mark	Smith	2	M	68	23:02	01:08	1	24:10		23:02
303	Stesh	Middlemiss	2	M	127	23:04	02:07	2	25:11	23:17	23:04
315	Mark	Harris	2	M	92	23:08	01:32	1	24:40		23:08
332	Tim	Coid	2	M		23:16	00:00	1	00:23:16		23:16
300	Steve	Milburn	2	M	31	23:26	00:31	2	23:57	23:48	23:26
330	Peter	Borrowdale	2	M		24:02	00:00	1	00:24:02		24:02
227	Felicity	Conlon	4	F	62	24:07	01:02	1	25:09		24:07
331	Lee	Thornaby	2	M		00:24:11	00:00	1	00:24:11		24:11
202	Kelly	Middlemiss	5	F	186	24:16	03:06	2	27:22	24:54	24:16
312	Simon	Turnbull	3	M	47	24:20	00:47	1	25:07		24:20
333	Keith	Penman	2	M		24:29	00:00	1	00:24:29		24:29
200	Rebecca	Swindalls	4	F	9	24:47	00:09	2	24:56	24:16	24:47
319	Ian	Foster	2	M	9	24:48	00:09	1	24:57		24:48
201	Gayle	Thompson	5	F	165	25:23	02:45	2	28:08	25:51	25:23
324	Ian	Wilson	3	M	90	25:33	01:30	1	27:03		25:33
328	Stephen	Fullard	3	M	80	25:49	01:20	1	27:09		25:49
208	Victoria	Ferguson	5	F	192	25:58	03:12	2	29:10	00:28:02	25:58
335	Jennifer	Carruthers	5	F		26:15	00:00	1	00:26:15		26:15
329	Ian	Gregory	2	M		26:23	00:00	1	00:26:23		26:23
339	Russell	Day	3	M		00:27:28	00:00	1	00:27:28		27:28
342	Claire	Stevenson	5	F		27:36	00:00	1	00:27:36		27:36
343	Nicola	Challoner	5	F		27:47	00:00	1	00:27:47		27:47
306	Fred	Guy	3	M	29	28:09	00:29	1	28:38		28:09
305	Simon	Hurley	3	M	22	28:36	00:22	1	28:58		28:36
209	Donna	Wright	5	F	96	28:43	01:36	1	30:19		28:43
225	Somayeh	Fenn	5	F	84	28:44	01:24	2	30:08	29:55	28:44
344	Laura	Parkin	5	F		29:16	00:00	1	00:29:16		29:16
223	Christine	Sparke	5	F	62	29:36	01:02	2	30:38	29:59	29:36
221	Sandra	Dodds	5	F	19	31:22	00:19	1	31:41		31:22
341	Jordan	Jackson	3	M		32:55	00:00	1	00:32:55		32:55
207	Sharon	Simpson	5	F	-31	33:10	-00:31	1	32:39		33:10
	Hazel	Robson	5	F		34:12	00:00	1	00:34:12		34:12
340	Mandy	Pearson	5	F		34:48	00:00	1	00:34:48		34:48
235	Kay	Duthie	5	F	-40	38:27	-00:40	1	00:37:47		38:27