

Name	M/F	Club	Handicap Prediction 00:29:00	Start time	Actual Finish time	Difference (if less) (or more)	Handicap +/- +difference	Own recorded time	
Phoebe Dickinson	F	Spectrum Striders	00:28:00	00:01:00	00:28:38	00:00:22	00:27:38	00:27:30	1st lady
Sarah Kealy	F		00:28:00	00:01:00	00:28:40	00:00:20	00:27:40	00:27:31	
Aimee McCulloch	F	Spectrum Striders	00:25:00	00:04:00	00:28:53	00:00:07	00:24:53		1st male
John P Dooley	M60	Spectrum Striders	00:23:20	00:05:40	00:28:54	00:00:06	00:23:14	00:23:12	
Eric Pendleton	M80	Spectrum Striders	00:28:00	00:01:00	00:28:54	00:00:06	00:27:54		
Lisa Light	F		00:24:00	00:05:00	00:28:54	00:00:06	00:23:54	00:23:54	
Iain Fortune	M60	Spectrum Striders	00:24:35	00:04:25	00:28:58	00:00:02	00:24:33	00:24:33	
Brad Ehlen	M	Spectrum Striders	00:19:30	00:09:30	00:28:58	00:00:02	00:19:28		
Dave Crozier	M	Spectrum Striders	00:20:15	00:08:45	00:28:59	00:00:01	00:20:14		
Colin McDonald	M	Spectrum Striders	00:19:50	00:09:10	00:28:59	00:00:01	00:19:49		
Stephen Martin	M45	Spectrum Striders	00:19:15	00:09:45	00:29:01	00:00:01	00:19:16	00:19:15	
Albert De Jong	M40	Spectrum Striders	00:17:45	00:11:15	00:29:03	00:00:03	00:17:48	00:17:45	
Johanna Silva	F	Spectrum Striders	00:27:40	00:01:20	00:29:10	00:00:10	00:27:50		
Chris Owens	MJ	Spectrum +DeeO	00:19:30	00:09:30	00:29:10	00:00:10	00:19:40		
Jenny Bolton	F		00:26:30	00:02:30	00:29:11	00:00:11	00:26:41		
Anne Fortune	F55	Spectrum Striders	00:23:50	00:05:10	00:29:13	00:00:13	00:24:03	00:24:04	
Dave Thompson	M50	Spectrum Striders	00:22:30	00:06:30	00:29:13	00:00:13	00:22:43		
Carol Stynes	F35	Spectrum Striders	00:21:50	00:07:10	00:29:16	00:00:16	00:22:06		
Geoff Read	M55	Spectrum Striders	00:21:35	00:07:25	00:29:16	00:00:16	00:21:51		
Rob McHarry	M40	Spectrum Striders	00:20:25	00:08:35	00:29:16	00:00:16	00:20:41	00:20:40	
Denise Clements	F45		00:26:30	00:02:30	00:29:18	00:00:18	00:26:48	00:26:40	
Terry Coles	M60	Spectrum Striders	00:21:40	00:07:20	00:29:24	00:00:24	00:22:04	00:22:03	
Niall Keating	M45	Spectrum Striders	00:23:20	00:05:40	00:29:25	00:00:25	00:23:45	00:23:43	
Kit Whitfield	M40	Spectrum Striders	00:22:05	00:06:55	00:29:25	00:00:25	00:22:30		
Caroline Jones	F35	Spectrum Striders	00:19:45	00:09:15	00:29:26	00:00:26	00:20:11	00:20:10	Fastest lady
Tim Murphy	M40	Spectrum Striders	00:19:10	00:09:50	00:29:41	00:00:41	00:19:51	00:19:50	
Stephen Ward	M45	Spectrum Striders	00:20:30	00:08:30	00:29:45	00:00:45	00:21:15	00:21:30	
Michelle Hyde	F35	Spectrum Striders	00:28:00	00:01:00	00:29:47	00:00:47	00:28:47		Fastest man
Donna Carroll	F40	Spectrum Striders	00:23:00	00:06:00	00:29:47	00:00:47	00:23:47		
Nick Jones	M	Spectrum Striders	00:16:00	00:13:00	00:30:11	00:01:11	00:17:11	00:17:10	
Steve Wright	M?		00:24:00	00:05:00	00:30:27	00:01:27	00:25:27		
Julian Spencer	M45	Spectrum Striders	00:18:30	00:10:30	00:30:30	00:01:30	00:20:00	00:19:59	

Dear all, thanks for running (or helping) at the Handicap 5k. The results are shown above. I better explain the columns as it often confuses people.

Column 4: The Handicap prediction is my best guess as to how long it will take you to run 5k.

Column 5 : is your individual start time after we start the race clock.

Column 6: is then the recorded time on our race clock when you cross the finish line.

Column 7: is the "Difference" column. The difference is the "recorded time" minus ("handicap" + "the start time delay")

The closer to zero this value is the better the prediction. Note some values are negative (in red) if you beat your handicap

This year all the values were very close as I based the handicaps on the 5k series results.

Column 8: is your running time so it can be compared with what you expect to run for 5k.

Column 9 is your own watch time if you told me. Most agree within +/-1 sec despite all the problems we had with so many of you finishing within 2 minutes. Next year we need a finish funnel and some more helpers.

regards
Julian