

Spectrum Striders RC 5k Handicap Thursday 16-Jul-2015



Pos	Name	Predicted time	Finish time	Actual run time	Difference: actual time v predicted	
1	Jane Pownall	36:00	35:22	33:22	02:38	Female winner
2	Katie Hampton	27:10	35:31	24:41	02:29	
3	Lisa Grey	34:45	36:02	32:47	01:58	
4	Emma Grey	28:20	36:50	27:10	01:10	
5	Mel Pownall	29:30	36:56	28:26	01:04	
6	Claire Grey	33:55	36:57	32:52	01:03	
7	Paula Coleman	27:50	37:03	26:53	00:57	
8	Catherine Lyon	29:00	37:16	28:16	00:44	
9	Brad Ehlen	22:45	37:18	22:03	00:42	Male winner
10	Linda Owen	28:50	37:25	28:15	00:35	
11	Neville Griffiths	25:40	37:31	25:11	00:29	
12	Alison Russell	21:30	37:35	21:05	00:25	Fastest female
13	Jane Lowe	21:30	37:36	21:06	00:24	
14	Paul Kelly	21:30	37:42	21:12	00:18	
15	Neil Adair	19:40	37:43	19:23	00:17	
16	Diane Atherton	26:30	37:44	26:14	00:16	
17	Darren Roberts	21:15	37:45	21:00	00:15	
18	Liz Whitfield	21:40	37:48	21:28	00:12	
19	Colin Grime	26:00	37:50	25:50	00:10	
20	Ran MacKay	23:00	37:52	22:52	00:08	
21	Jo Curley	27:50	37:55	27:45	00:05	
22	Steve Pickford	22:50	37:59	22:49	00:01	
23	Chris Millington	19:15	38:00	19:15	00:00	Fastest male
24	Lee McConkey	21:15	38:05	21:20	00:05	
25	Ian Dunbar	29:00	38:05	29:05	00:05	
26	Graham Driver	21:05	38:09	21:14	00:09	
27	Anne Fortune	27:00	38:18	27:18	00:18	
28	Michael Jaras	27:50	38:19	28:09	00:19	
29	Anne Hewitt	34:15	38:20	34:35	00:20	
30	Terry Coles	28:55	38:21	29:16	00:21	
31	John Dooley	25:50	38:22	26:12	00:22	
32	Paul Harrop	24:10	38:22	24:32	00:22	
33	Alan Brady	21:30	38:25	21:55	00:25	
34	Mike Hall	21:40	38:36	22:16	00:36	
35	Janice Leigh	26:00	38:41	26:41	00:41	
36	Kimberley Tinsley	22:30	38:47	23:17	00:47	
37	Chris Falls	21:40	38:47	22:27	00:47	
38	Lisa MacKay	24:50	39:03	25:53	01:03	
39	Roger Seddon	21:50	39:07	22:57	01:07	
40	Graham Lee	25:30	39:17	26:47	01:17	
41	Kenny Forster	19:50	39:25	21:15	01:25	
42	Andy Gaskell	20:05	39:59	22:04	01:59	
43	Iain Fortune	28:00	40:09	30:09	02:09	
44	Alan Peers	26:00	41:31	29:31	03:31	