

Winter Handicap 1**22 November 2017**

Name	Sex	Actual time	Age grade	Miles/min	km/min	MPH
Matty Waterfield	m	17:20	76.44%	05:35	03:28	10.8
Thomas Innes	m	17:23	74.69%	05:36	03:29	10.7
Matthew Briggs	m	17:25	76.08%	05:36	03:29	10.7
Will Clark	m	17:28	75.95%	05:37	03:30	10.7
Dean Lonsdale	m	18:05	71.80%	05:49	03:37	10.3
Phil Walker	m	18:55	78.59%	06:05	03:47	9.9
Paul Banks	m	19:16	74.31%	06:12	03:51	9.7
Neil McAnaney	m	19:42	78.43%	06:20	03:56	9.5
Mike Winter	m	19:51	73.22%	06:23	03:58	9.4
Phil Smith	m	19:51	69.10%	06:23	03:58	9.4
Andrew Richardson	m	20:14	66.80%	06:31	04:03	9.2
Paul Bell	m	20:17	65.74%	06:32	04:03	9.2
Paul McLeod	m	20:47	74.34%	06:41	04:09	9.0
Iain Katz	m	20:47	63.51%	06:41	04:09	9.0
Stephen Johnstone	m	20:53	69.59%	06:43	04:11	8.9
Richie Kirby	m	21:03	68.01%	06:47	04:13	8.9
Gordon Dixon	m	21:08	73.11%	06:48	04:14	8.8
Tom Pattison	m	21:13	63.24%	06:50	04:15	8.8
Mike Steven	m	21:13	75.26%	06:50	04:15	8.8
Peter Scaife	m	22:00	70.83%	07:05	04:24	8.5
Mark Crosby	m	22:17	67.76%	07:10	04:27	8.4
Jane Briggs	f	22:28	72.77%	07:14	04:30	8.3
Paul Adams	m	22:35	66.86%	07:16	04:31	8.3
Neil Shashoua	m	22:47	65.25%	07:20	04:33	8.2
Laura Steven	f	23:10	63.74%	07:27	04:38	8.0
Sue Smith	f	23:34	70.86%	07:35	04:43	7.9
Helen Bruce	f	23:43	64.72%	07:38	04:45	7.9