

**Handicap Championship
2019**

13/09/2019



Season start Handicap times

Place	First name	Surname	Section	Bucks parkrun PB 2018: 5k handicap for 2018 (mm:ss)	5 mi handicap for 2018 (mm:ss)	10K handicap for 2018 (mm:ss)	10 mile handicap for 2018 (mm:ss)	Half M handicap for 2018 (mm:ss)
1	Louise	Stephens	F	31:15	51:45	65:09	107:53	143:45
2	Diane	Geatch	F	24:40	40:51	51:25	85:10	113:28
3	Alexandra	Raschke	F	28:27	47:07	59:19	98:13	130:52
4	Charlotte	Brown	F	31:49	52:41	66:20	109:51	146:21
5	Siobon	Herring	F	28:50	47:45	60:07	99:33	132:38
6	Hannah	Tasker	F	27:50	46:06	58:02	96:06	128:02
7	Nicola	Crookes	F	23:16	38:32	48:30	80:20	107:01
8	Chloe	Plester	F	28:19	46:54	59:02	97:46	130:15
9	Sue	Torrance	F	23:42	39:15	49:25	81:49	109:01
10	Sarah	Scott	F	27:00	44:43	56:17	93:13	124:12
11	Karina	Peter	F	23:00	38:05	47:57	79:24	105:48
12	Nicola	Olliffe	F	26:10	43:20	54:33	90:20	120:22
13	Louise	Follner	F	24:23	40:23	50:50	84:11	112:10
14	Christine	Bridger	F	31:10	51:37	64:59	107:36	143:22
15	Natasha	Berry	F	24:24	40:25	50:52	84:14	112:14
16	Emily	Cowing	F	25:47	42:42	53:45	89:01	118:36
17	Allyson	Anstee	F	23:51	39:30	49:43	82:20	109:42
18	Maxine	Sutton	F	25:16	41:51	52:41	87:14	116:13
19	Claire	Frogley	F	23:06	38:15	48:10	79:45	106:15
20	Rachel	Prior	F	25:08	41:37	52:24	86:46	115:37
21	Julie	Waller	F	27:46	45:59	57:53	95:52	127:43
22	Heidi	Lewis	F	22:07	36:38	46:07	76:21	101:44
23	Kelly	Llewelyn	F	28:21	46:57	59:06	97:53	130:24
24	Dawn	Breward	F	23:11	38:24	48:20	80:02	106:38
25	Chloe	Plummer	F	34:25	57:00	71:45	118:49	158:19

Ratios

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
12/01/19 - Parkrun	19/01/19 - Parkrun	27/1/19 - Gayton 5K	27/1/19 - Gayton 10K	16/02/19 - Parkrun	24/2/19 Winslow 10k	MK 5K	MK 10K	MK Half	23/03/19 Parkrun	Leighton 10K	White Horse Half marathon	Bucks Parkrun 13/04	Thornborough 5	Blisworth 5mi	Weedon 10k	Banbury 5mi	MK 10km	Waddesdon 5km	Alchester 5km	Silverstone 10k	Cotswold 10mi	Stratford 10k
				0.9426			0.9488													0.9063		
0.9010			0.9894																			
0.9350	0.9854																				0.9423	0.9529
0.9960							0.9726									0.9550	0.9515					
		0.9821		0.9842	1.0436		0.9704				0.9749	0.9721	0.9632	0.9853		0.9836	0.9935	0.9964				
0.9812			0.9732					0.9840	0.9717		0.9928	0.9659		0.9737	1.0584	1.0121	1.1457		1.0129	0.9870	1.0540	
	0.9887		0.9885																			
				0.9475	1.0078										0.9981	1.0539				0.9613		
		1.0223	1.0293		1.0066		1.0017				0.9893											1.0149
			1.0226									0.9745							1.0102	1.0119	1.0375	
1.0075					1.0059																	
	1.0157			0.9952					0.9911					0.9794				1.0000			1.1019	
								1.0177														
									1.0245													
						1.0488			1.0323		1.0086								1.0198			
			0.9851		1.0100	0.9906					1.0309		1.0340								1.1641	
				1.0756				1.0636	1.0345							1.0212	1.0118					
					1.0642	1.0132			1.0132		1.0822	1.0198			1.0667						1.0868	
		1.0246			1.0322									1.0763	1.0555				1.0505	1.0184	1.1129	
							1.0499					1.0847										
				1.0776																		
								1.1525														

Overall average ratio	# of events (7 to qualify)
0.90611	1
0.94257	1
0.94641	3
0.96024	2
0.96170	6
0.97485	1
0.97728	11
0.97833	12
0.98864	2
0.99372	5
1.00314	4
1.00463	4
1.00492	6
1.00588	1
1.01352	5
1.01771	1
1.02446	1
1.02738	4
1.03579	6
1.04133	5
1.04944	7
1.05290	7
1.06733	2
1.07764	1
1.15254	1

 Denotes 7 events completed (7 events to qualify)
 Denotes event that handicap was adjusted