

Newport and District
Running Club

Winter Handicap 5K
Race 3 January 2012

Number	First name	Surname	Fastest	Time Today	Improvement
364	Ella	Dainty	00:38:10	0:35:09	0:03:01
195	Chris	Wood	00:22:00	0:19:22	0:02:38
357	Helen	Edwards	00:26:38	0:24:06	0:02:32
583	Helen	Holdroyd	00:26:13	0:23:52	0:02:21
194	Oliver	Stokes	00:25:30	0:23:35	0:01:55
586	Graham	Kenyon	00:26:24	0:25:08	0:01:16
356	Alex	Jangmayr	00:21:56	0:20:52	0:01:04
550	Lisa	Watkins	00:26:30	0:25:31	0:00:59
587	Alan	Jenkins	00:22:52	0:21:57	0:00:55
568	Rachel	Storey	00:26:39	0:25:55	0:00:44
593	Sandra	Dainty	00:25:10	0:24:28	0:00:42
196	Rebecca	Hall	00:35:00	0:34:26	0:00:34
567	Rachel	Back	00:35:11	0:34:38	0:00:33
198	Lisa	Millar	00:24:24	0:23:57	0:00:27
597	Ed	Christie	00:25:49	0:25:26	0:00:23
581	Pauline	Newton	00:24:44	0:24:24	0:00:20
359	Tracy	Hartridge	00:27:45	0:27:28	0:00:17
555	Mike	Taylor	00:24:24	0:24:08	0:00:16
578	Sue	Potts	00:29:55	0:29:44	0:00:11
366	Paul	Dainty	00:24:17	0:24:09	0:00:08
599	David	Brown	00:21:00	0:20:53	0:00:07
570	Karen	Woodcock	00:34:08	0:34:08	0:00:00
573	John	Stokes	00:26:34	0:26:35	-0:00:01
549	Stephen	Fowles	00:22:30	0:22:34	-0:00:04
548	Maurice	Reid	00:19:10	0:19:16	-0:00:06
569	Norma	Jones	00:34:09	0:34:16	-0:00:07
546	Iain	Alexander	00:21:42	0:21:51	-0:00:09
563	Anne	Strowger	00:26:55	0:27:16	-0:00:21
584	Sarah	Kenyon	00:32:52	0:33:14	-0:00:22
59	Kevin	Nicklin	00:22:32	0:23:02	-0:00:30
553	Lisa	Baker	00:31:29	0:32:03	-0:00:34
577	Dave	Pugh	00:21:58	0:22:33	-0:00:35
547	Robin	Guy	00:18:17	0:19:01	-0:00:44
558	Toni	Ireland	00:28:38	0:29:26	-0:00:48
596	Tony	Churm	00:24:21	0:25:16	-0:00:55
367	Garry	Bowness	00:28:09	0:29:15	-0:01:06
362	Phil	Hill	00:19:30	0:20:37	-0:01:07
582	Aimee	McPhee	00:26:53	0:28:08	-0:01:15