

Handicap Championship 2024

10/09/2024

Place	Name	Date	5k Reference	5 Miles Reference	10 Km Reference	10 Miles Reference	Half Marathon Reference	Initial 5k Reference	2nd 5k Ref.	26/5	26/6	9/7	20/7	TBC	TBC	8/9	8/9	14/9	Overall average ratio	# Events (5 to qualify)	
		Gender								Northampton 10k	Weedon 10k	Mk 10k EMGP	Draycote Water half	Alchester 5K	Headington 5m	Thornborough 5m	Thornborough 10m	Banbury Parkrun			
1	Martin Percival	M	00:20:10	00:33:24	00:42:03	01:09:37	01:32:46					1.01364		0.971901				0.978582		0.98422566	8
2	Adrian Crookes	M	00:21:11	00:35:05	00:44:10	01:13:08	01:37:26									1.014298				0.99043916	6
3	Toby Cartwright	M	00:19:38	00:32:31	00:40:56	01:07:47	01:30:19	00:21:51	00:20:41											0.99353661	7
4	Matthew Wright	M	00:20:43	00:34:18	00:43:11	01:11:30	01:35:16	00:22:23			1.156816									1.00970969	5
5	Mark Poulton	M	00:26:59	00:44:41	00:56:15	01:33:10	02:04:07			0.995773					1.032736					1.01486488	7
6	Andrew Gardner	M	00:22:17	00:36:54	00:46:27	01:16:56	01:42:30									1.060876				1.02038848	6
7	Julian Chronicle	M	00:29:03	00:48:07	01:00:34	01:40:18	02:13:38				1.222143	1.032808								1.05925884	5
8	David Griffiths-Allen	M	00:21:06	00:34:57	00:43:59	01:12:51	01:37:03				1.089288	1.035486	1.103479				1.061588			1.06239797	9
9	Christopher Noble	M	00:21:01	00:34:48	00:43:49	01:12:34	01:36:40			1.079913			1.136301							1.07513260	5
10	Eoin Tweeddale	M	00:24:49	00:41:06	00:51:44	01:25:41	01:54:09					1.133286				1.066533				1.07573202	5
	Keith Fox	M	00:19:02	00:31:31	00:39:41	01:05:43	01:27:33				0.997973							0.952392		0.97925677	4
	David McMahon	M	00:20:33	00:34:02	00:42:51	01:10:57	01:34:32					0.967112	1.051378				0.976507			0.99120766	4
	Max Follner	M	00:23:19	00:38:37	00:48:37	01:20:30	01:47:15													0.99800870	2
	Adam Spalding	M	00:22:32	00:37:19	00:46:59	01:17:48	01:43:39													0.98487537	1
	Dave Boynton	M	00:24:17	00:40:13	00:50:38	01:23:50	01:51:42													1.00000000	1
	David Dillow	M	00:23:52	00:39:32	00:49:45	01:22:24	01:49:47													1.00488827	1
	Tristan Clarke	M	00:20:08	00:33:21	00:41:58	01:09:31	01:32:37			1.024054										1.02405413	1
	Stuart Coomber	M	00:23:49	00:39:27	00:49:39	01:22:14	01:49:33													1.03888370	1
	Derek Boughton	M	00:24:50	00:41:08	00:51:46	01:25:44	01:54:14													1.14121765	1