

Handicap Championship 2024

11/06/2024

Place	Name	Date	Gender	5k Reference	5 Miles Reference	10 Km Reference	10 Miles Reference	Half Marathon Reference	Initial 5k Reference	2nd 5k Ref.	17/3	7/4	13/4	1/5	12/5	17/5	21/5	26/5	9/7	20/7	TBC	TBC	Overall average ratio	# Events (5 to qualify)	
											MK Festival 5k	White Horse Half	Buckingham Parkrun	Silverstone 10k	Buckingham Half	Bilsworth 5m	Banbury 5m	Northampton 10k	Mk 10k EMGP	Draycote Water half	Alchester 5K	Headington 5m			
1	Toby Cartwright		M	00:19:38	00:32:31	00:40:56	01:07:47	01:30:19	00:21:51	00:20:41		0.9732	0.949135	1.041176	1.224298		1.057467							0.99353661	6
2	Adrian Crookes		M	00:21:11	00:35:05	00:44:10	01:13:08	01:37:26				1.029898	0.984616				0.984843							0.99355919	5
3	Mark Poulton		M	00:26:59	00:44:41	00:56:15	01:33:10	02:04:07					1.028066		1.043179	1.029379	0.995773							1.01486488	6
4	Martin Percival		M	00:20:10	00:33:24	00:42:03	01:09:37	01:32:46				0.976033	0.994612	1.104422		1.006047								1.01622280	5
5	Andrew Gardner		M	00:22:17	00:36:54	00:46:27	01:16:56	01:42:30			1.023934		1.000748		1.027004									1.02038848	5
6	David Griffiths-Allen		M	00:21:06	00:34:57	00:43:59	01:12:51	01:37:03								1.080308								1.08185862	5
	David McMahon		M	00:20:33	00:34:02	00:42:51	01:10:57	01:34:32						0.969835										0.96983468	1
	Matthew Wright		M	00:20:43	00:34:18	00:43:11	01:11:30	01:35:16	00:22:23			0.977404			1.046039		0.9253							0.98291448	3
	Keith Fox		M	00:19:02	00:31:31	00:39:41	01:05:43	01:27:33					1.009632				0.95703							0.98333110	2
	Adam Spalding		M	00:22:32	00:37:19	00:46:59	01:17:48	01:43:39						0.984875										0.98487537	1
	Max Follner		M	00:23:19	00:38:37	00:48:37	01:20:30	01:47:15					0.996017											0.99800870	2
	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
	Julian Chronicle		M	00:29:03	00:48:07	01:00:34	01:40:18	02:13:38						0.983548		1.039983	1.017812							1.01378111	3
	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						1.038884										1.03888370	1
	Eoin Tweeddale		M	00:24:49	00:41:06	00:51:44	01:25:41	01:54:09			1.114171			1.064671										1.05961374	3
	Christopher Noble		M	00:21:01	00:34:48	00:43:49	01:12:34	01:36:40				1.106131		1.044157			1.079913							1.05984052	4
	Derek Boughton		M	00:24:50	00:41:08	00:51:46	01:25:44	01:54:14						1.141218										1.14121765	1