

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	17/3 MK Festival 10k	17/3 MK Festival 5k	7/4 White Horse Half	13/4 Buckingham Parkrun	1/5 Silverstone 10k	12/5 Buckingham Half	17/5 Bilsworth 5m	21/5 Banbury 5m	26/5 Northamp ton 10k	26/6 Weedon 10k	9/7 Mk 10k EMGP	20/7 Draycote Water half	8/9 Thornborough 5m	Overall average ratio	# Events (5 to qualify)	
1	Nicola Crookes		F	00:22:41	00:37:34	00:47:17	01:18:19	01:44:20					1.011021	0.9998612		1.022647	1.028415							1.01134	6
2	Jane Rymell		F	00:29:34	00:48:58	01:01:38	01:42:05	02:16:00		1.046936		1.089322							1.012868					1.05520	5
	Sara Brooks		F	00:23:40	00:39:11	00:49:20	01:21:42	01:48:51	00:31:09					0.7596629										0.75966	1
	Nicola Gardiner		F	00:34:25	00:57:00	01:11:45	01:58:49	02:38:19					1	0.96885468			0.902964							0.95727	3
	Mary de Frates		F	00:26:10	00:43:20	00:54:33	01:30:20	02:00:22								0.946894								0.95948	4
	Kim Fox		F	00:22:09	00:36:41	00:46:10	01:16:27	01:41:52	00:23:22				0.989658			0.968403								0.96860	3
	Louise Honeyball		F	00:25:49	00:42:45	00:53:49	01:29:08	01:58:45						0.98472329										0.98472	1
	Hazel Munn		F	00:24:38	00:40:48	00:51:21	01:25:03	01:53:19																1.00000	1
	Rachel Prior		F	00:25:25	00:42:06	00:52:59	01:27:45	01:56:55					1.015738			0.986318								1.00549	3
	Caroline Bennett		F	00:28:34	00:47:19	00:59:33	01:38:38	02:11:24					0.976663			1.017066			0.952894					1.01308	4
	Christie Lines		F	00:29:31	00:48:53	01:01:32	01:41:54	02:15:46				1.080611		1.00077025										1.04069	2
	Amanda Hallam		F	00:24:23	00:40:23	00:50:50	01:24:11	01:52:10							1.050587									1.05059	1
	Jay-Louise Ellerby		F	00:25:11	00:41:42	00:52:30	01:26:57	01:55:50											1.059962					1.05996	1
	Alison Young		F	00:32:13	00:53:21	01:07:10	01:51:14	02:28:11					1.061562											1.07243	2
	Christine Bridger		F	00:32:24	00:53:39	01:07:33	01:51:52	02:29:02					1.106481											1.10648	1
	Loren Wright		F	00:29:18	00:48:31	01:01:05	01:41:09	02:14:47						1.14268443										1.14268	1
	Frances Edwards		F	00:23:51	00:39:30	00:49:43	01:22:20	01:49:42																1.14605	1
	Sarah Connolly		F	00:25:53	00:42:52	00:53:58	01:29:22	01:59:04						1.29352172										1.14721	2
	Katherine Bower		F	00:26:49	00:44:25	00:55:54	01:32:35	02:03:21						1.25088661					1.136113					1.14863	3
	Suzanne Bass Twitchell		F	00:30:56	00:51:14	01:04:29	01:46:48	02:22:17					1.158944											1.15894	1
	Maxine Sutton		F	00:30:30	00:50:31	01:03:35	01:45:18	02:20:18																1.17814	1
	Louise Follner		F	00:30:49	00:51:02	01:04:15	01:46:24	02:21:45					1.162791											1.20795	2