

Handicap Championship 2026

Date updated	11/10/2026
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11/10/2026

		1.65610143 2.08478605 3.45245642 4.599841521							5mi	10mi	13.1mi	5k	13.1mi	10k	10k			
		Date							06/09/2026	06/09/2026	13/09/2026	26/09/2026	03/10/2026	03/10/2026	11/10/2026			
Name	Place	Gender	5k Reference	5 Miles Reference	10 Km Reference	10 Miles Reference	Half Marathon Reference	Initial 5k Reference	Thorn5	Thorn10	North13	parkrun6	DorneyHalf 2	Dorney10_2	Bucks10	# Events	Total eligible events to count (7 to qualify)	Overall average ratio (incl PR adjustment)
Jodie,Rodgers-Kent	1	F	00:27:55	00:46:14	00:58:12	01:36:23	02:08:25	00:31:25							1.0003	3	3	0.9490
Lucy,Crookes	2	F	00:29:37	00:49:03	01:01:45	01:42:15	02:16:14	00:31:26	0.9422			0.9656			0.9714	3	3	0.9598
Sarah,Fox	3	F	00:30:01	00:49:43	01:02:35	01:43:38	02:18:04	00:33:41		1.0573						3	3	0.9664
Jane,Rymell	4	F	00:29:36	00:49:01	01:01:43	01:42:12	02:16:09			1.0335	0.9806	1.0158			1.0258	20	7	0.9772
Louise,Follner	5	F	00:23:00	00:38:05	00:47:57	01:19:24	01:45:48	00:24:51								5	2	0.9784
Nichola Harman	6	F	00:25:12	00:41:44	00:52:32	01:27:00	01:55:55									1	1	0.9802
Caroline,Bennett	7	F	00:27:29	00:45:31	00:57:18	01:34:53	02:06:25			1.0574	1.0249	0.9715	0.9698		1.0216	16	7	0.9804
Christie,Lines	8	F	00:28:34	00:47:19	00:59:33	01:38:38	02:11:24	00:32:36				1.0968				6	4	0.9971
Katherine,Bower	9	F	00:25:33	00:42:19	00:53:16	01:28:13	01:57:32	00:36:50								4	4	1.0092
Sarah,Righetti	10	F	00:19:57	00:33:02	00:41:35	01:08:53	01:31:46	00:21:03								9	7	1.0098
Sue,Torrance	11	F	00:27:47	00:46:01	00:57:55	01:35:55	02:07:48									1	1	1.0198
Kirstan ,Boynton	12	F	00:23:53	00:39:33	00:49:47	01:22:27	01:49:52			1.1505						7	7	1.0208
Mary,de Frates	13	F	00:26:14	00:43:27	00:54:41	01:30:34	02:00:40									3	3	1.0234
Rachel,Prior	14	F	00:24:05	00:39:53	00:50:13	01:23:09	01:50:47									3	2	1.0349
Kim,Fox	15	F	00:22:59	00:38:04	00:47:55	01:19:21	01:45:43			0.9880		1.1864			1.0199	5	5	1.0352
Tarsha ,Coleman	16	F	00:27:16	00:45:09	00:56:51	01:34:08	02:05:25	00:30:51								4	3	1.0366
Zoe,Barnett	17	F	00:29:48	00:49:21	01:02:08	01:42:53	02:17:05				1.1539					7	6	1.0501
Carmel,Capewell	18	F	00:29:11	00:48:20	01:00:50	01:40:45	02:14:14									5	3	1.0507
Christine,Bridger	19	F	00:31:41	00:52:28	01:06:03	01:49:23	02:25:44									3	2	1.0518
Suzanne,BassTwitchell	20	F	00:30:34	00:50:37	01:03:43	01:45:32	02:20:36									2	2	1.0537
Louise,Honeyball	21	F	00:23:58	00:39:41	00:49:58	01:22:45	01:50:15									5	3	1.0842
Nicola,Gardiner	22	F	00:30:18	00:50:11	01:03:10	01:44:37	02:19:23		1.1598							4	4	1.0872
Maxine,Sutton	23	F	00:30:16	00:50:07	01:03:06	01:44:30	02:19:13		1.0949						1.1146	4	4	1.0978
Nicola,Crookes	24	F	00:22:10	00:36:43	00:46:13	01:16:32	01:41:58					1.2293				3	3	1.1242
Alison,Young	25	F	00:32:31	00:53:51	01:07:47	01:52:16	02:29:34		1.1467							2	2	1.1607