Handicap Championship 2026

Date updated	11/10/2026

			1	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	DorneyHalf2	Dorney10_2	Bucks10	# Events	Total eligible events to count (7 to qualify)	Overall average ratio (incl PR adjustment)
Derek,Boughton	1	M	00:29:37	00:49:03	01:01:45	01:42:15	02:16:14									1	1	0.9650
Charles,Gray	2	M	00:18:43	00:31:00	00:39:01	01:04:37	01:26:06					1.1247				13	7	0.9888
Daniel,Fox	3	M	00:25:21	00:41:59	00:52:51	01:27:31	01:56:36	00:32:53		1.0133						4	4	0.9992
Michael,Bishop	4	M	00:21:23	00:35:25	00:44:35	01:13:50	01:38:22	00:23:36				1.0055				7	7	1.0028
Tristan,Clarke	5	M	00:19:48	00:32:47	00:41:16	01:08:21	01:31:03		1.0574							8	7	1.0091
Andrew,Gardner	6	M	00:22:37	00:37:27	00:47:09	01:18:05	01:44:02		1.0475			1.0236			1.0526	10	7	1.0244
David,GriffithsAllen	7	M	00:20:44	00:34:20	00:43:13	01:11:35	01:35:22	00:22:11				1.0490				8	7	1.0258
Max,Follner	8	M	00:19:30	00:32:18	00:40:39	01:07:19	01:29:42	00:20:48	1.0250							8	5	1.0265
Keith,Fox	9	M	00:17:45	00:29:24	00:37:00	01:01:17	01:21:39			1.0727					1.0679	4	4	1.0376
Mark,Poulton	10	M	00:25:14	00:41:47	00:52:36	01:27:07	01:56:04	00:27:25								7	7	1.0388
Julian,Chronicle	11	M	00:29:16	00:48:28	01:01:01	01:41:03	02:14:37									8	7	1.0433
Adrian,Crookes	12	M	00:21:16	00:35:13	00:44:20	01:13:25	01:37:49		1.0572							2	2	1.0470
James Wyborn	13	M	00:21:14	00:35:10	00:44:16	01:13:18	01:37:40			1.1359						7	7	1.0477
Stuart,Coomber	14	M	00:24:52	00:41:11	00:51:51	01:25:51	01:54:23									1	1	1.0563
Eoin,Tweeddale	15	M	00:26:21	00:43:38	00:54:56	01:30:58	02:01:12									1	1	1.0713
Martin,Percival	16	M	00:19:25	00:32:09	00:40:29	01:07:02	01:29:19								1.1570	9	7	1.0721
Dave,Boynton	17	M	00:23:43	00:39:17	00:49:27	01:21:53	01:49:06		1.1283							4	4	1.0900
Toby,Cartwright	18	M	00:21:01	00:34:48	00:43:49	01:12:34	01:36:40								1.1172	5	5	1.1086