

Number	Christian Name	Surname	Pred/Hand	Est 7.2km	Start Time
7	Rob	Foord	2075	0:34:35	0:07:42
13	Tim	Sluman	2118	0:35:18	0:06:59
15	Jane	Birch	2537	0:42:17	0:00:00
3	Gemma	Hargraves	1710	0:28:30	0:13:47
16	Richard	Birch	1691	0:28:11	0:14:06
8	Matt	Polson	1696	0:28:16	0:14:01
1	Dale	Midwinter	1782	0:29:42	0:12:35
20	Ceri	Griffiths	1907	0:31:47	0:10:30
17	Dom	Lyes	2455	0:40:55	0:01:22
4	Sandra	Stuart	2458	0:40:58	0:01:19
21	Hayley	Woolnough	2108	0:35:08	0:07:09
19	Deborah	Elliot	2309	0:38:29	0:03:48
10	Jeanette	Gullick	2089	0:34:49	0:07:28
11	Cathy	Booth	2317	0:38:37	0:03:40
14	Michael	Grant	1786	0:29:46	0:12:31
18	Steve	Wallbridge	1981	0:33:01	0:09:16
9	Sue	Monaghan	2302	0:38:22	0:03:55
2	Gareth	Wilkes	2445	0:40:45	0:01:32
12	Wayne	Jones	1699	0:28:19	0:13:58
6	Martin	Thomas	1813	0:30:13	0:12:04
5	Darren	Lewington	2502	0:41:42	0:00:35

Handicap Race Time

Min	Sec	Rank	Points	Penalties
47	39	1	50	25
49	32	2	49	20
49	35	3	48	15
49	45	4	47	10
50	3	5	46	5
50	10	6	45	
50	16	7	44	
50	38	8	43	
50	41	9	42	
50	59	10	41	
51	6	11	40	
51	7	12	39	
51	15	13	38	
51	27	14	37	
51	34	15	36	
51	36	16	35	
51	39	17	34	
51	42	18	33	
52	13	19	32	
52	20	20	31	
54	53	21	30	

TOTAL TIME	Est. 7.2km (sec)	Est. 7.2km (real)	Handicap	REAL TIME (sec)	REAL TIME (real)	Difference
2859	2075	0:34:35	462	1911	0:31:51	-164
2972	2118	0:35:18	419	2067	0:34:27	-51
2975	2537	0:42:17	0	2489	0:41:29	-48
2985	1710	0:28:30	827	1672	0:27:52	-38
3003	1691	0:28:11	846	1671	0:27:51	-20
3010	1696	0:28:16	841	1683	0:28:03	-13
3016	1782	0:29:42	755	1775	0:29:35	-7
3038	1907	0:31:47	630	1922	0:32:02	15
3041	2455	0:40:55	82	2473	0:41:13	18
3059	2458	0:40:58	79	2494	0:41:34	36
3066	2108	0:35:08	429	2151	0:35:51	43
3067	2309	0:38:29	228	2353	0:39:13	44
3075	2089	0:34:49	448	2141	0:35:41	52
3087	2318	0:38:38	220	2381	0:39:41	63
3094	1786	0:29:46	751	1857	0:30:57	71
3096	1981	0:33:01	556	2054	0:34:14	73
3099	2302	0:38:22	235	2378	0:39:38	76
3102	2445	0:40:45	92	2524	0:42:04	79
3133	1699	0:28:19	838	1809	0:30:09	110
3140	1813	0:30:13	724	1930	0:32:10	117
3293	2502	0:41:42	35	2772	0:46:12	270

Notes:

Est 7.2km	Your predicted OR fastest time for the race
Start Time	The time you start (in min/sec) the race AFTER the 1st starter
TOTAL TIME	Your total time for the race (including handicap)
Handicap	Number of seconds you start after the 1st starter
REAL TIME (sec) (real)	Your ACTUAL time it took to complete the race
Difference	Difference between estimated/fastest time & your actual time for that race
Handicap Race Times are 8min 6sec Higher than actual	