

Number	Christian Name	Surname	Pred/Hand	Est 7.2km	Start Time
21	Laura	Tring	2415	0:40:15	0:07:30
11	Alison	Gregg	2501	0:41:41	0:06:04
24	Helen	Barker	2207	0:36:47	0:10:58
19	Peter	Allsopp	2440	0:40:40	0:07:05
20	Lou	Tring	2865	0:47:45	0:00:00
2	Duncan	Mounсор	1897	0:31:37	0:16:08
14	Rita	Crane	2837	0:47:17	0:00:28
8	Rob	Foord	1982	0:33:02	0:14:43
4	Hester	Coggin	2015	0:33:35	0:14:10
16	Catherine	Mason	2408	0:40:08	0:07:37
3	Mike	Kennedy	1915	0:31:55	0:15:50
7	Shaun	Carr	1636	0:27:16	0:20:29
13	Cheryl	Rodham	2440	0:40:40	0:07:05
6	Robert	Dalton-Morris	1856	0:30:56	0:16:49
22	Norm	Lever	2260	0:37:40	0:10:05
1	Ross	Greening	1888	0:31:28	0:16:18
15	Cathy	Booth	2401	0:40:01	0:07:44
5	Megan	Davis	2400	0:40:00	0:07:45
17	Dan	Reeves	2077	0:34:37	0:13:08
12	Jeff	Tibbles	2428	0:40:28	0:07:17
10	Claire	Hawes	2695	0:44:55	0:02:50
18	Nela	Trowbridge	2336	0:38:56	0:08:49
23	Jim	Trowbridge	1998	0:33:18	0:14:27
9	Ali	Shaikh	1904	0:31:44	0:16:01

Handicap Race Time				
Min	Sec	Rank	Points	Penalties
39	46	1	50	25
45	12	2	49	20
47	7	3	48	15
47	25	4	47	10
47	29	5	46	5
47	34	6	45	
47	51	7	44	
48	2	8	43	
48	5	9	42	
48	5	10	41	
48	12	11	40	
48	28	12	39	
48	40	13	38	
48	40	14	37	
49	8	15	36	
49	11	16	35	
49	16	17	34	
49	26	18	33	
49	48	19	32	
49	49	20	31	
50	33	21	30	
50	47	22	29	
51	38	23	28	
DNF		24	1	

TOTAL TIME	Est. 7.2km (sec)	Est. 7.2km (real)	Handicap	REAL TIME (sec)	REAL TIME (real)	Difference
2378	2415	0:40:15	450	1928	0:32:08	-487
2704	2501	0:41:41	364	2340	0:39:00	-161
2819	2207	0:36:47	658	2161	0:36:01	-46
2837	2440	0:40:40	425	2412	0:40:12	-28
2841	2865	0:47:45	0	2841	0:47:21	-24
2846	1897	0:31:37	968	1878	0:31:18	-19
2863	2837	0:47:17	28	2835	0:47:15	-2
2874	1982	0:33:02	883	1991	0:33:11	9
2877	2015	0:33:35	850	2027	0:33:47	12
2877	2408	0:40:08	457	2420	0:40:20	12
2884	1915	0:31:55	950	1934	0:32:14	19
2900	1636	0:27:16	1229	1671	0:27:51	35
2912	2440	0:40:40	425	2487	0:41:27	47
2912	1856	0:30:56	1009	1903	0:31:43	47
2940	2260	0:37:40	605	2335	0:38:55	75
2943	1888	0:31:28	978	1966	0:32:45	78
2948	2401	0:40:01	464	2484	0:41:24	83
2958	2400	0:40:00	465	2493	0:41:33	93
2980	2077	0:34:37	788	2192	0:36:32	115
2981	2428	0:40:28	437	2544	0:42:24	116
3025	2695	0:44:55	170	2855	0:47:35	160
3039	2336	0:38:56	529	2510	0:41:50	174
3090	1998	0:33:18	867	2223	0:37:03	225
#VALUE!	1904	0:31:44	961	#VALUE!	#VALUE!	#VALUE!

**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