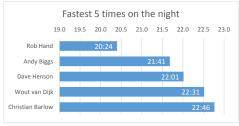


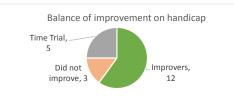


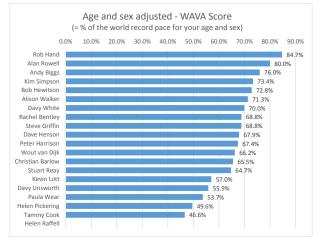
Club Handicap results

Year	2014
Series	Summer Handicap
Date	27-May

Times and points for the night								Andy's Flat 10K Predictor					SEAS			
		Position on the	Gross	Gross	Points on the night			Pace						% Diff versus		
FullName	RunType	night	Mins	Secs			Secs	_	secs	Mins		wava%		previous best	MIN	SEC
Paula Wear	RACING	1	33	0	12	31	36	9	8	57	2	53.7%		-9.7%	35	C
Helen Raffell	RACING	2	33	10	11	31	46	9	11	57	20		SB	-9.2%	35	(
Davy White	RACING	3	33	41	10	28	10	8	8	50	50	70.0%		-8.8%	30	53
	RACING	4	34	34	9	34	29	9	58	62	14	49.6%		-5.0%	36	19
Rachel Bentley	RACING	5	35	7	8	24	25	7	3	44	4	68.8%		-5.0%	25	42
Kevin Lott	RACING	6	35	16	7	26	23	7	38	47	37	57.0%	SB	-4.1%	27	31
Peter Harrison	TIME TRIAL	7	35	28	-	23	21	6	45	42	9	67.4%			6	C
Rob Hand	RACING	8	35	32	6	20	24	5	54	36	49	84.7%	SB	-4.1%	21	16
Alison Walker	TIME TRIAL	9	35	37	-	25	17	7	18	45	38	71.3%			7	C
Christian Barlow	RACING	10	35	48	5	22	46	6	35	41	5	65.5%	SB	-2.6%	23	22
Kim Simpson	RACING	11	35	51	4	22	55	6	37	41	22	73.4%	SB	-2.3%	23	28
Dave Henson	RACING	12	35	54	3	22	1	6	22	39	44	67.9%	SB	-2.2%	22	31
Alan Rowell	RACING	13	36	0	2	24	25	7	3	44	4	80.0%	SB	-1.6%	24	49
Andy Biggs	RACING	14	36	11	1	21	41	6	16	39	8	76.0%	SB	-1.0%	21	54
Bob Hewitson	RACING	15	36	25	-	24	32	7	5	44	17	72.8%		0.1%	24	31
Stuart Reay	RACING	16	36	29	-	27	37	7	59	49	51	64.7%		0.3%	27	32
Tammy Cook	TIME TRIAL	17	36	46	-	36	41	10	36	66	12	46.6%			10	C
Steve Griffin	TIME TRIAL	19	36	59	-	26	39	7	42	48	6	68.8%			7	C
Davy Unsworth	TIME TRIAL	18	36	59	-	31	28	9	6	56	47	55.9%			9	(
Wout van Dijk	RACING	20	37	7	-	22	31	6	30	40	38	66.2%		3.3%	21	48







Series Leaderboard

Sum of Points	Date
FullName	27-May
Paula Wear	12
Helen Raffell	11
Davy White	10
Helen Pickering	9
Rachel Bentley	8
Kevin Lott	7
Rob Hand	6
Christian Barlow	5
Kim Simpson	4
Dave Henson	3
Alan Rowell	2
Andy Biggs	1
Stuart Reay	0
Bob Hewitson	0
Peter Harrison	0
Alison Walker	0
Tammy Cook	0
Davy Unsworth	0
Steve Griffin	0
Wout van Dijk	0

A good turnout on the night, although I suspect there were a few who were out in Durham watching the cycling who may return next month. Thanks to Rob, and LIz for doing the timing - there were no issues with the as far as I can see, so I expect these to be final final results and I don;t think we need the video.

A few pointers as to how to interpret the data. Points are scored for the first 12 finishers on the night. Clearly, at this stage it goes to those who improved the most from the time trial event on 6th May. It was very pleasing to see most of the field improving or (Bob and Stuart) being very close. Wout has an excuse since he was taking it easy ahead of racing 15km this weekend. Congrats to Rob Hand for the fastest time of the night and for Paula for finishing first - I bet finishing first in a race was not in your sights when you joined the club! Everyone needs to note that the Summer Handicap is often won by someone relatively new to the club, who makes great improvement - everyone has something aim for!

The Flat 10k predictor / WAVA score is something new. Those who do parkrun will be familiar with the percent score - it represents the % of the world record pace for a given distance based upon your age and sex. Therefore, it is one table when men, women and those of different ages can be compared. Assuming I manage to get a little time during the summer, I'll be trying to add times from previous years (2008 onwards). We can then all have an idea of whether we are improving i.e not slowing down as fast as the WAVA would indicate we should. The predictor is a mix of the Runner's world time predictor formula (scaling up the 3.46 mies of the handicap course to 6.22 miles) and a fixed (Andy-determined) factor to allow for the fact that this course has a hill that inevitably slows the pace versus a flat course. I might tweak the factor a little over time, but it currently seems to work for where my 10k pace should be (I ran badly last week at Clive Cookson, but clocked 39:10 8 weeks ago, which compares with the 39:10 that tonight's run predicts!

HANDICAP

As revised after event on 27 May

	mins	Ś	secs
Tammy Cook	0	:	0
Julie Barker	0		17
Helen Pickering	2	:	12
Helen Raffell	4		55
Paula Wear	5	:	5
Davy Unsworth	5		13
Lynne Carruthers	5	:	48
, Chris Callan	7		29
Sarah Lynch	7	:	41
Ken	8	:	16
Davy White	8	:	31
Fanny Joubert	8	:	39
Stuart Reay	9	:	9
Steve Griffin	10	:	2
Kevin Lott	10	:	18
Les Phillips	10	:	35
Kirstin Farquhar	10	:	37
Nigel Nimmo	10	:	45
Simon Hackett	10	:	50
Will Nimmo	10	:	53
Mike Kenyon	10	:	57
Paul Delaney	10	:	58
Graham	11	:	13
Steph	11	:	19
Ian Marshall	11	:	20
Alison Walker	11	:	24
Dave Coxon	11	:	36
Bob Hewitson	12	:	10
Rachel Bentley	12	:	16
Alan Rowell	12	:	16
Lindsey Phillips	12	:	22
Rob Garbutt	12	:	24
Peter Harrison	13	:	20
Ian Heginbottom	13	:	25
Kim Simpson	13	:	46
Christian Barlow	13	:	55
Chris Herkes	14	:	36
Dave Henson	14	:	40
Kevin Knight	14	:	43
Wout van Dijk	14	:	53
Andy Biggs	15	:	0
Rob Hand	16	:	17