

PTH 5 mile Handicap Run 2012 29/12/12

Pos			Finish	H/cap	Run Time	Pace
1	Anthony Callagan	G	51.59	12.00	39.59	8:00
2	Tony Holling	PT	57.27	12.10	45.17	9:03
3	Alan Furnell	PT	58.05	14.45	43.20	8:40
4	Lynne Bain	R4A	58.15	17.00	41.15	8:15
5	Paul Carman	PT	59.25	24.35	34.50	6:58
6	Paul Hambley	R4A	59.38	20.15	39.23	7:53
7	Alan Perkins	PT	59.43	23.55	35.48	7:10
8	Kevin McIntosh	PT	59.44	26.00	33.44	6:45
9	Karl Eenmaa	PT	59.53	26.40	33.13	6:39
10	Alison Williams	R4A	60.10	6.10	54.00	10:48
11	Bernard Henderson	PT	60.17	26.50	33.27	6:41
12	John Ayres	PT	60.24	19.30	40.54	8:11
13	Mandy Morris	PT	60.29	23.35	36.54	7:23
14	Peter Deacon	PT	60.31	23.20	37.11	7:26
15	Carol Moseley	PT	60.43	24.45	35.58	7:12
16	Ian Williams	PT	60.44	25.10	35.34	7:07
17	Ray James	PT	60.44	20.20	40.24	8:05
18	Rhian Thomas	R4A	60.50	4.00	56.50	11:22
19	Dave Parfitt	PT	60.52	29.00	31.52	6:22
20	Sean Treloar	PT	60.53	26.20	34.33	6:55
21	Kay Barnes	G	60.56	12.35	48.21	8:40
22	Michael Oakley	PT	60.57	15.00	45.57	9:11
23	Pauline Williams	PT	61.07	22.25	38.42	7:44
24	Paul Jelley	PT	61.07	27.20	33.47	6:45
25	Gareth Ayres	PT	61.14	31.30	29.44	5:57
26	Lesley Mainwarring	R4A	61.25	20.20	41.05	8:13
27	Nigel Barnes	PT	61.27	30.35	30.52	6:10
28	Richard Owen	G	61.29	15.15	46.14	9:15
29	Catherine Hoile-Davies	R4A	61.53	13.05	48.48	8:46
30	Paul Davies	PT	61.53	27.30	34.23	6:53
31	Judith Oakley	PT	62.08	23.55	38.13	7:39
32	Julie Jones	G	62.43	10.20	52.23	10:29
33	Mark Jones	PT	62.51	22.20	40.31	8:06
34	Alex Button	R4A	70.16	0.00	70.16	14:03

Fastest man : Gareth Ayres

Fastest lady : Carol Moseley

Prize winners

Gareth Ayres, Tony Holling, Alan Furnell, Paul Carman, Paul Hambley & Alan Perkins.

Carol Moseley, Lynne Bain, Alison Williams, Mandy Morris, Rhian Thomas & Alex Button

plus 2 spot prizes

Winner : Chris Callagan - finished way ahead of the rest of the field, was a much faster than anticipated

Second : Tony Holling in by far his fastest time for over 2 years

Third : Alan Furnell who raised his game to finish in a well deserved third spot

Fourth & 1st Lady : Lyne Bain of **Run4All** running club, just 1sec/mile slower than her PB 5K pace

18 of the 34 runners were within +/-1 minute of the 60 minute predicted finish time.

Only 6 runners were outside +/- 2mins of the 60 minute predicted finish time.

Apologies to the 4 runners that took more than 62 mins since we didn't get your handicaps right.

Thanks to those of you that ran, marshaled or simply came along to support the event and also those that expressed an interest in the event, but as a result of circumstances were unable to come on the day