

KEITH VINE HANDICAP LEAGUE 2019

2019 KEITH VINE HANDICAP LEAGUE WOMEN		10KM HANDICAP PACE																								TOTAL OF BEST 6 SCORES	CURRENT POSITION	STARTING - 6 JUNE 10KM HANDICAP PACE	ENDING - 6 DECEMBER 10KM HANDICAP PACE	Faster (+) or Slower (-)									
		1 Broadstone Quarter	2 Rough 'n' Tmble	3 Blackmore Vale Half	4 Lytchett Manor 10	5 Bourne mouth 10	6 Wimborne 20	7 Sherborne 10K	8 The Grizzly	9 Larmer 20	10 Yeovil Half Marathon	11 Dorset Ooser Marathon	12 Manchester Marathon	13 Marnhull 12K	14 Broad Oak Hilly	15 May 5	16 Egdon Easy	IMPROVEMENT SCORE	17 Hants Hoppit Half	18 Hants Hoppit Marathon	19 John Deacon Handicap	20 Purbeck 10k	21 Giants Head Marathon	22 Forse Abbey 10k	23 Tarrant Valley 10k						24 Snowdonia Trail Marathon	RACES RUN							
Amanda Adams	09:30				11																															09:20	09:30	- 00:10	
Jen Barker	09:25						19																													09:25	09:25	+ 00:00	
Ines Braun	09:27	3		3																	17															09:20	09:27	- 00:07	
Johanna Brighton	07:46									4																										07:46	07:46	+ 00:00	
Flora Brooke	09:18			4						14		4	9							8	5															09:25	09:18	+ 00:07	
Lucy Brown	08:33																							7	1											08:26	08:33	- 00:07	
Lerryn Chaffey	06:52					7																														06:52	06:52	+ 00:00	
Emma Chaloner	09:59			12	9																															09:59	09:59	+ 00:00	
Stacey Connolly	07:22								7																											07:22	07:22	+ 00:00	
Tracy Cook	05:59					4					1																									05:59	05:59	+ 00:00	
Kim Crane	09:23		5				3					23																								09:24	09:23	+ 00:01	
Lynda Faulkner	06:50						10					10						2			15															06:49	06:50	- 00:01	
Jane Feather	10:19		22									3	21	7							7															10:25	10:19	+ 00:06	
Sandra Fowles	09:22		2									6																									09:24	09:22	+ 00:01
Jane Fowles	09:30						16					29								15																	09:37	09:30	+ 00:07
Ingrid Gilbertson	09:40											22																									09:40	09:40	+ 00:00
Lynn Hutchings	07:19	5										20	6	2	5					14																07:27	07:19	+ 00:08	
Laura Jones	09:08											1																									09:08	09:08	+ 00:00
Sarah Jordan	06:41									9																											06:41	06:41	+ 00:00
Belinda Lopez	11:53												12																								11:53	11:53	+ 00:00
Alie Madders	09:13										2								5																		09:04	09:13	- 00:09
Melanie Mitchell	08:50	1	19					2			5								4																		08:59	08:50	+ 00:09
Clare Morgan	10:37																																				10:37	10:37	+ 00:00
Sarah Perrett	08:55		21				14			3			7	5						9	8																08:56	08:55	+ 00:01
Ruth Readman	07:50	16			10			1																													07:41	07:50	- 00:09
Julia Slade	08:10					6						13	3																								08:10	08:10	+ 00:00
Catherine Snook	11:04																			10	1																11:16	11:04	+ 00:12
Charlotte Townsend	08:29		9																																		08:29	08:29	+ 00:00
Jane Ward	08:31	3					1	6		11		28								3																	08:36	08:31	+ 00:05
Jill Watson	07:59					4		6	7			22																									07:59	07:59	+ 00:00
Jemma Westwell	08:38		16																																		08:38	08:38	+ 00:00
Christine Willis	11:14																																				11:40	11:14	+ 00:26
Charlie Wilson	07:38						9			1																											07:31	07:38	- 00:06

The improvement score is calculated twice during the year - in June and again in December.

For each half year period the difference between your starting and ending handicap time is calculated, and for each clear 5 sec improvement 1 point is deducted from the total score, conversly if your handicap time has got slower 1 point is added for each clear 5 sec deterioration in handicap time.

