KEITH VINE HANDICAP LEAGUE 2019

2019 KEITH VINE HANDICAP LEAGUE MEN		10KM HANDICAP PACE	1 Broadstone Quarter	2 Rough 'n' Tmble	3 Blackmore Vale Half	4 Lytchett Manor 10	5 Bournemouth 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	25 Round the Rock 10km	26 The Beast	27 Lytchett Relays	28 Camelot Challenge	29 Black Hill 10km	30 Hazelbury Bryan 10k	31 Salisbury Half Marathon	32 Gold Hill 10k	33 Gilly Hilly	34 New Forest Stinger	35 Wimborne 10	36 Boscombe 10km	37 Full Montecute	38 Sturminster 5	IMPROVEMENT SCORE	RACES RUN	TOTAL OF BEST 8 SCORES	CURRENT POSITION	STARTING - 6 JUNE 10KM HANDICAP PACE	ENDING - 6 DECEMBER 10KM HANDICAP PACE	Faster (+) or Slower (-)
Nick	Berry	06:08	18		8		5									10			-				14							10												-	6			06:05	06:08	- 00:03
Carlos	Blanco	07:29																	-	3		17				5																-	3			07:29	07:29	- 00:00
Nick	Brooke	06:22				6						12				8			-				12					4						2	7	9						-1	8	60	12	06:26	06:22	+ 00:05
Ian	Buckingham	07:32													5	5			-2																							-	2			07:32	07:32	+ 00:00
Andy	Bucknell	07:02																	-			10										4										-	2			07:03	07:02	+ 00:01
Matt	Clayton	08:08																	-						3	7																-	2			08:10	08:08	+ 00:02
John	Cowley	08:30	15		15	7			15			8			9	4			-			22	6		4	8		5					6		14	3						+1	15	43	7	08:22	08:30	- 00:08
Neil	Cranidge	08:12	2	6					5	10					2				-2	1		4			5						9				20	4						-1	11	27	4	08:08	08:12	- 00:05
Jamie	Drennan	08:03	4								5								-2					4																		-	3			08:04	08:03	+ 00:01
Adam	Frampton	08:42		4							3								+1	7			2				8							8								+1	6			08:35	08:42	- 00:07
Chris	Frear	06:32			12							5			12	2			-3							9																-	5			06:30	06:32	- 00:02
Gavin	Green	07:04			1											1			-6																							-	2			07:04	07:04	+ 00:00
William	Hill	10:08				8	2					15							-													2										-2	4			10:19	10:08	+ 00:11
Richard	Hull	07:20							12			6			15	3			-			18												7								+2	6			07:09	07:20	- 00:11
David	Hurst	07:48	1		17				2		4				8	18		3	-5			5				12		3					3		9							-3	12	24	3	08:03	07:48	+ 00:16
Patrick	Hurst	07:23																	-			10											1		5							-3	3			07:41	07:23	+ 00:18
David	Jackson	07:12	14		6							4		1	19	17			-3			21									5		4			7						+1	10	55	11	07:07	07:12	- 00:05
Stephan	James	08:37		5															+1	8			11				6															-	4			08:34	08:37	- 00:03
Barry	Jenkins	08:35		2	20					5			6			15			+3	6		6		3	6					3			2									-5	11	36	6	08:59	08:35	+ 00:25
Thomas	Mitchell	06:39																	-																	5						-	1			06:39	06:39	+ 00:00
Spencer	Mogridge	06:17			14				8										-											6												-	3			06:21	06:17	+ 00:04
Ian	Moore	06:50							18			13							+2																								-	2			06:50	06:50	+ 00:00
Brian	Murison	10:17																	-							6										1						-3	2			10:32	10:17	+ 00:15
Justin	Perry	06:42	6		13			1		7									-		2								4	12					6							-2	8	51	9	06:55	06:42	+ 00:12
Michael	Peters	06:57			3				7						14	16			-2			20									2				17		4						-	8	81	15	06:54	06:57	- 00:03
Guy	Readman	08:06			3				7						14	16			-2			20									2			5								-	7			08:06	08:06	- 00:00
Philip	Reese	05:54				9	6											6	+1					1				7	3			5			15							-3	8	53	10	06:10	05:54	+ 00:16
Nick	Reynolds	06:00	17			2	3							5					-2				9					2		14												-	7			06:03	06:00	+ 00:03
Steven	Rigby	05:46	10			10	1	2						3	25		4		-														12									+1	8	67	13	05:39	05:46	- 00:07
Paul	Russell	06:57	7		4	11		6			2	17			27			1	-			1			2	11	1								10		2					-10	14	19	1	07:48	06:57	+ 00:51
Barry	Shea	05:44	9		10				11							11			-			7	4							13					4							-3	8	69	14	06:01	05:44	+ 00:17
Daniel	Simmonds	07:05	13							8			7		11				+3			16							2	4												-	7			07:08	07:05	+ 00:03
Piotr	Sulecki	06:35																4	-			13												4								-	3			06:35	06:35	+ 00:00
Nick	Summons	08:19	8	7						9		16		6		19			+9			2					9			1	8	7		1							-1	12	49	8	08:25	08:19	+ 00:06
Roger	Teasdale	06:07	12			1	4					2			26	20	1	2	-3								10	1		16			5									-	12	23	2	06:05	06:07	- 00:02
John	Townsend	07:12			11			5		4			3		18				-		4			7					1	7		1					6					-1	11	31	5	07:18	07:12	+ 00:06
Shamsul	Wahab	07:29							17						24	7			+2											15					1							-2	5			07:40	07:29	+ 00:12
Duncan	Ward	05:39				5	8		13										-				13																			-	4			05:37	05:39	- 00:02

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Jason	Woods	07:25									1								-2					5																	-	**2**			07:23	07:25	- 00:02
Edgard	Zaldua	06:22						3		3									-		1																					-2	**3**			06:34	06:22	+ 00:12

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 deteriation in handicap time.

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Amanda	Adams	09:30					11								17			7	+3						7									21		3					+2	6			09:20	09:30	- 00:10
Ines	Braun	09:27	3			3													-2				17																		+1	3			09:20	09:27	- 00:07
Flora	Brooke	09:08				4						14			4	9			-1			8	5										6	2	8						-3	9	36	3	09:25	09:08	+ 00:17
Lucy	Brown	08:42																	-								7							19							+3	2			08:26	08:42	- 00:16
Emma	Chaloner	09:59				12	9												-																						-	2			09:59	09:59	+ 00:00
Stacey	Connolly	06:46									7								-										5	1											-7	3			07:22	06:46	+ 00:36
Tracy	Cook	06:08						4					1						-2										18												+1	3			05:59	06:08	- 00:09
Kim	Crane	09:25			5				3						23				-2								3			4		13									-	6			09:24	09:25	- 00:01
Lynda	Faulkner	06:40							10						10				-	2			15			4				3											-1	6			06:49	06:40	+ 00:09
Jane	Feather	10:07			22										3	21	7		-				7			2								3							-3	7	65	6	10:25	10:07	+ 00:18
Sandra	Fowles	09:23			2										6				-5								4					11		8							-	5			09:24	09:23	+ 00:00
Jane	Fowles	09:32							16						29				-			15					2					8									-1	5			09:37	09:32	+ 00:05
Ingrid	Gilbertson	09:49														22			-											7											+1	2			09:40	09:49	- 00:09
Sharon	Hutchings	06:53																	-												8			16							+3	2			06:38	06:53	- 00:15
Lynn	Hutchings	07:19	5												20	6	2	5	-			14				1		6			3	9		11							-1	11	28	2	07:27	07:19	+ 00:08
Jen	Lynch	10:40							19										-																10						-	2			10:40	10:40	+ 00:00
Alie	Madders	09:13											2						-		5			6																	+1	3			09:04	09:13	- 00:09
Melanie	Mitchell	08:51		1	19					2			5						-	4				2					11												-1	7	44	4	08:59	08:51	+ 00:08
Sarah	Perrett	08:59			21				14			3			7		5		-			9	8									10		22	6						-	10	48	5	08:56	08:59	- 00:03
Ruth	Readman	07:50	16				10			1							6		-								11														+1	5			07:41	07:50	- 00:09
Julia	Slade	08:13							6						13		3		-1										9							5					-	5			08:10	08:13	- 00:03
Catherine	Snook	10:59																	-			10	1												2						-3	3			11:16	10:59	+ 00:17
Jane	Ward	08:22		3					1	6		11			28				-			3			8		5		8	6	6					1					-2	12	25	1	08:36	08:22	+ 00:14
Jill	Watson	08:25							4		6	7			22				-										17				9	18							+5	7	83	7	07:59	08:25	- 00:26
Jemma	Westwell	08:47			16														-									6													+1	2			08:38	08:47	- 00:09
Christine	Willis	11:24																	-				3		1	3		11													-3	4			11:40	11:24	+ 00:16
Charlie	Wilson	07:38							9			1							-1				16																		+1	3			07:31	07:38	- 00:06

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