

Red Rose Road Runners
Grand Prix Results
Avenham Park 5K
Date: 2nd May 2022

Competitor	Handicap	Avenham 5k	Min/Km	Ratio	Points
Steven Willetts	04:13	00:19:38	00:03:56	107.22%	30
Andrew Fairweather	04:22	00:20:37	00:04:07	105.86%	29
James Bretherton	03:55	00:18:31	00:03:42	105.85%	28
Nigel Harrison	05:22	00:25:28	00:05:06	105.53%	27
Christopher Bridge	04:16	00:20:30	00:04:06	104.27%	26
Matthew Holmes	03:34	00:17:18	00:03:28	102.95%	25
David Eaves	04:39	00:22:46	00:04:33	102.28%	24
Philip Butler	04:39	00:22:45	00:04:33	102.19%	23
Stuart Cann	04:16	00:20:57	00:04:11	102.03%	22
Dave Aspin	08:33	00:42:07	00:08:25	101.48%	21
Anthony Pope	06:22	00:31:39	00:06:20	100.48%	20
Manolo Mendoza	04:09	00:20:48	00:04:10	99.86%	19
Steven Moon	04:55	00:24:40	00:04:56	99.58%	18
Andrew Christie	03:47	00:19:04	00:03:49	99.13%	17
John Naylor	04:22	00:22:07	00:04:25	98.85%	16
Joe Swarbrick	04:06	00:20:49	00:04:10	98.56%	15
Karl Hodgson	03:30	00:17:49	00:03:34	98.32%	14
Joydip Majumder	06:04	00:31:28	00:06:18	96.47%	13
Eddie Hamilton	04:47	00:25:11	00:05:02	94.85%	12
Keith Burrows	05:35	00:29:42	00:05:56	93.97%	11
Gary Corcoran	04:03	00:22:07	00:04:25	91.66%	10
Bernard Mitchell	05:18	00:30:23	00:06:05	87.08%	9
John Wiseman	04:47	00:29:19	00:05:52	81.61%	8
Richard Field	04:24	00:32:29	00:06:30	67.73%	7
Ben Smithers	04:38	00:44:30	00:08:54	52.14%	6

Competitor	Handicap	Avenham 5k	Min/Km	Ratio	Points
Fiona Gutteridge	06:43	00:29:43	00:05:57	113.10%	30
Nina Watters	08:34	00:39:12	00:07:50	109.35%	29
Laura Renke	05:35	00:26:23	00:05:17	105.91%	28
Sophie Pilkington	04:08	00:19:33	00:03:55	105.80%	27
Alison Dick	07:01	00:33:21	00:06:40	105.32%	26
Melissa Houghton	04:59	00:23:42	00:04:44	105.10%	25
Tracey Alami	06:05	00:29:28	00:05:54	103.35%	24
Tina Carr	06:01	00:29:52	00:05:58	100.78%	23
Jennie Brade	05:42	00:28:31	00:05:42	100.00%	22
Rebecca Wells	05:25	00:27:07	00:05:25	100.00%	21
Samantha Edwards	04:23	00:22:11	00:04:26	98.92%	20
Julie Thorley	05:29	00:27:46	00:05:33	98.74%	19
Sian King	05:14	00:26:39	00:05:20	98.30%	18
Carolyn Douglass	05:16	00:26:58	00:05:24	97.75%	17
Paula Plowman	04:59	00:25:46	00:05:09	96.60%	16
Esther Stanier	05:22	00:27:48	00:05:34	96.42%	15
Janette Rayton	04:34	00:23:48	00:04:46	95.95%	14
Angela Dallinger	05:35	00:29:46	00:05:57	93.70%	13
Kathryn Abbott	05:27	00:29:07	00:05:49	93.60%	12
Louise Withnell	05:43	00:31:12	00:06:14	91.67%	11