RntS Club Champs 2025
Results - Beach 5k Handicap (4th August 2025)

Position	Performance vs. handicap				
	Name		Handicap	Net time	Diff (secs)
1	Emma	Kiley	0:36:33	0:33:21	192
2	Vicki	Armes	0:38:00	0:36:31	89
3	Lucy	Martin	0:31:30	0:30:04	86
4	Paula	Bazley	0:32:30	0:31:16	74
5	Kevin	Webb	0:32:00	0:30:58	62
6	Catherine	Thorpe	0:36:00	0:35:15	45
7	Debbie	Moore	0:33:00	0:32:21	39
8	Kamal	Bhamra	0:34:00	0:33:28	32
9	Sarah	Baker	0:27:00	0:26:31	29
10	Guy	Gifford	0:29:00	0:28:41	19
11	Hayley	Jones	0:33:30	0:33:13	17
12	Freya	Straffon-Lawrence	0:24:00	0:23:44	16
13	Cathryn	Foley-Wray	0:23:30	0:23:17	13
14	Paul	Woodhouse	0:24:30	0:24:18	12
15	Nick	Loades	0:24:30	0:24:20	10
16	Emily	Bingham	0:30:00	0:29:56	4
17	Becki	Cushley	0:28:30	0:28:28	2
18	Kirsty	Lack	0:28:30	0:28:29	1
19	Peter	Jones	0:29:00	0:29:01	-1
20	Paul	Rice	0:27:04	0:27:09	-5
21	Paula	Smith	0:25:00	0:25:14	-14
22	Matthew	Freezer	0:24:50	0:25:08	-18
23	Alex	Howard	0:24:15	0:24:34	-19
24	Andy	Payne	0:25:30	0:25:51	-21
25	Jennifer	Simmons-Brack	0:33:00	0:33:23	-23
26	Andrew	Tuckett	0:22:30	0:22:55	-25
27	Kyle	Hastings	0:22:00	0:22:30	-30
28	Kirsty	Grand	0:27:30	0:28:01	-31
29	Hilary	Duncan	0:31:00	0:31:32	-32
30	Marie	Pacey	0:28:00	0:28:33	-33
31	Gordana	Sucur-Hills	0:22:00	0:22:35	-35
32	Gemma	Pickering	0:23:40	0:24:17	-37
33	Alexander	Chidichimo	0:33:30	0:34:08	-38
34	Sean	Lynn	0:22:30	0:23:16	-46
35	Tim	Mardall	0:17:40	0:18:29	-49
36	David	Naylor	0:31:00	0:31:52	-52
37	Tracy	Linger	0:30:30	0:31:23	-53

Actual time		
Name		Net time
Tim	Mardall	0:18:29
Kyle	Hastings	0:22:30
Gordana	Sucur-Hills	0:22:35
Andrew	Tuckett	0:22:55
Sean	Lynn	0:23:16
Cathryn	Foley-Wray	0:23:17
Freya	Straffon-Lawrence	0:23:44
Gemma	Pickering	0:24:17
Paul	Woodhouse	0:24:18
Oliver	Harris	0:24:19
Nick	Loades	0:24:20
Michael	Turner	0:24:32
Alex	Howard	0:24:34
Matthew	Freezer	0:25:08
Paula	Smith	0:25:14
Anthony	Cude	0:25:41
Andy	Payne	0:25:51
Sarah	Baker	0:26:31
Paul	Rice	0:27:09
Kirsty	Grand	0:28:01
Robert	Lyddon	0:28:03
Becki	Cushley	0:28:28
Kirsty	Lack	0:28:29
Marie	Pacey	0:28:33
Guy	Gifford	0:28:41
Peter	Jones	0:29:01
Suzanne	Wedderburn	0:29:08
Lavona	Rivington	0:29:15
Emily	Bingham	0:29:56
Lucy	Martin	0:30:04
Kevin	Webb	0:30:58
Paula	Bazley	0:31:16
Chris	Lubbock	0:31:20
Tracy	Linger	0:31:23
Hilary	Duncan	0:31:32
David	Naylor	0:31:52
Debbie	Moore	0:32:21

Age grading of actual time			
Name		Net time	Age grade
Tim	Mardall	0:18:29	82.3%
Gordana	Sucur-Hills	0:22:35	70.8%
Andrew	Tuckett	0:22:55	70.5%
Lavona	Rivington	0:29:15	70.4%
Sean	Lynn	0:23:16	68.8%
Paul	Woodhouse	0:24:18	66.5%
Paula	Smith	0:25:14	64.9%
Michael	Turner	0:24:32	64.7%
Gemma	Pickering	0:24:17	64.4%
Alex	Howard	0:24:34	64.0%
Sarah	Baker	0:26:31	63.9%
Nick	Loades	0:24:20	63.6%
George	Forrester	0:32:38	63.4%
Cathryn	Foley-Wray	0:23:17	62.0%
Marie	Pacey	0:28:33	61.5%
Robert	Lyddon	0:28:03	60.8%
Kirsty	Grand	0:28:01	59.8%
Hilary	Duncan	0:31:32	59.4%
Freya	Straffon-Lawrence	0:23:44	58.6%
Becki	Cushley	0:28:28	58.1%
Peter	Jones	0:29:01	57.7%
Chris	Lubbock	0:31:20	57.1%
Kyle	Hastings	0:22:30	57.0%
Seb	Moore	0:33:35	56.7%
Paul	Rice	0:27:09	56.5%
Anthony	Cude	0:25:41	56.4%
Debbie	Moore	0:32:21	56.4%
Kevin	Webb	0:30:58	56.3%
Andy	Payne	0:25:51	55.6%
Guy	Gifford	0:28:41	54.4%
Kirsty	Lack	0:28:29	53.8%
Suzanne	Wedderburn	0:29:08	53.1%
Oliver	Harris	0:24:19	52.7%
Paula	Bazley	0:31:16	52.3%
Matthew	Freezer	0:25:08	51.9%
Kamal	Bhamra	0:33:28	51.8%
Lucy	Martin	0:30:04	49.4%

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Position	Performance vs. handicap				
	Name		Handicap	Net time	Diff (secs)
38	Suzanne	Wedderburn	0:28:10	0:29:08	-58
39	Vikki	Powles	0:32:00	0:33:06	-66
40	Lavona	Rivington	0:28:00	0:29:15	-75
41	Oliver	Harris	0:23:00	0:24:19	-79
42	Michael	Turner	0:23:00	0:24:32	-92
43	Seb	Moore	0:32:00	0:33:35	-95
44	Lizzie	McLucas	0:35:00	0:36:39	-99
45	George	Forrester	0:30:58	0:32:38	-100
46	Robert	Lyddon	0:26:00	0:28:03	-123
47	Gary	Thorpe	0:35:30	0:38:39	-189
48	Chris	Lubbock	0:27:30	0:31:20	-230
49	K Louise	Hubbard	0:30:00	0:34:20	-260
50	Anthony	Cude	0:19:30	0:25:41	-371

Actual time		
Name		Net time
George	Forrester	0:32:38
Vikki	Powles	0:33:06
Hayley	Jones	0:33:13
Emma	Kiley	0:33:21
Jennifer	Simmons-Brack	0:33:23
Kamal	Bhamra	0:33:28
Seb	Moore	0:33:35
Alexander	Chidichimo	0:34:08
K Louise	Hubbard	0:34:20
Catherine	Thorpe	0:35:15
Vicki	Armes	0:36:31
Lizzie	McLucas	0:36:39
Gary	Thorpe	0:38:39

Age grading of actual time			
Name		Net time	Age grade
K Louise	Hubbard	0:34:20	49.4%
David	Naylor	0:31:52	49.0%
Tracy	Linger	0:31:23	48.8%
Vikki	Powles	0:33:06	47.8%
Emily	Bingham	0:29:56	46.4%
Hayley	Jones	0:33:13	46.1%
Emma	Kiley	0:33:21	42.6%
Jennifer	Simmons-Brack	0:33:23	42.3%
Vicki	Armes	0:36:31	41.9%
Gary	Thorpe	0:38:39	41.8%
Catherine	Thorpe	0:35:15	39.5%
Alexander	Chidichimo	0:34:08	38.8%
Lizzie	McLucas	0:36:39	37.9%