

RntS club handicap 2026
Fakenham 5k - 5th April 2026

Actual result			
	Name		Result
1	Will Warnes		0:17:49
2	Sarah Diss		0:19:50
3	Darren Smith		0:20:05
4	Kevin Heyhoe		0:20:09
5	Tom Wills Gillings		0:20:10
6	William Ayley-Dodd		0:22:22
7	Gordana Sucur-Hills		0:22:44
8	Michael Turner		0:22:46
9	Andrew Tuckett		0:22:57
10	Jon Pentelow		0:23:19
11	Paul Woodhouse		0:24:46
12	Sarah Baker		0:25:34
13	Matthew Freezer		0:25:50
14	Jason Jeary		0:26:06
15	Chris Lubbock		0:27:23
16	Paul Littleproud		0:28:30
17	Hannah Horler		0:28:52
18	Kevin Webb		0:29:01
19	Guy Gifford		0:29:05
20	Lucy Martin		0:29:41
21	Becki Cushley		0:29:52
22	Jennifer Simmons-Brack		0:32:07
23	David Naylor		0:32:50
24	Zoe Betts		0:34:00
25	George Forrester		0:34:10
26	Marc Betts		0:35:14

Performance vs. handicap				
	Name	Handicap	Result	Diff (secs)
	Kevin Webb	0:30:30	0:29:01	89
	Darren Smith	0:21:30	0:20:05	85
	Jennifer Simmons-Brack	0:33:00	0:32:07	53
	Will Warnes	0:18:30	0:17:49	41
	David Naylor	0:33:30	0:32:50	40
	Paul Littleproud	0:29:00	0:28:30	30
	Lucy Martin	0:30:00	0:29:41	19
	Matthew Freezer	0:26:00	0:25:50	10
	Hannah Horler	0:29:00	0:28:52	8
	Becki Cushley	0:30:00	0:29:52	8
	William Ayley-Dodd	0:22:30	0:22:22	8
	Tom Wills Gillings	0:20:10	0:20:10	0
	Jon Pentelow	0:23:19	0:23:19	0
	Sarah Baker	0:25:30	0:25:34	-4
	Guy Gifford	0:29:00	0:29:05	-5
	Chris Lubbock	0:27:00	0:27:23	-23
	Michael Turner	0:22:15	0:22:46	-31
	Jason Jeary	0:25:30	0:26:06	-36
	Andrew Tuckett	0:22:15	0:22:57	-42
	Sarah Diss	0:19:00	0:19:50	-50
	Paul Woodhouse	0:23:45	0:24:46	-61
	Kevin Heyhoe	0:19:00	0:20:09	-69
	Gordana Sucur-Hills	0:21:30	0:22:44	-74
	Marc Betts	0:34:00	0:35:14	-74
	Zoe Betts	0:32:30	0:34:00	-90
	George Forrester	0:32:00	0:34:10	-130

Age grading of actual result			
	Name	Result	Age grade
	Will Warnes	0:17:49	71.9%
	Sarah Diss	0:19:50	71.3%
	Gordana Sucur-Hills	0:22:44	71.2%
	Kevin Heyhoe	0:20:09	70.8%
	Andrew Tuckett	0:22:57	70.4%
	Michael Turner	0:22:46	70.4%
	Sarah Baker	0:25:34	67.1%
	Chris Lubbock	0:27:23	66.2%
	Paul Woodhouse	0:24:46	65.8%
	Darren Smith	0:20:05	65.0%
	William Ayley-Dodd	0:22:22	64.3%
	Tom Wills Gillings	0:20:10	63.6%
	George Forrester	0:34:10	62.1%
	Kevin Webb	0:29:01	60.8%
	Hannah Horler	0:28:52	58.7%
	Jason Jeary	0:26:06	58.3%
	Jon Pentelow	0:23:19	58.0%
	Becki Cushley	0:29:52	56.1%
	Guy Gifford	0:29:05	53.6%
	Paul Littleproud	0:28:30	53.4%
	Matthew Freezer	0:25:50	50.8%
	Lucy Martin	0:29:41	50.5%
	David Naylor	0:32:50	47.5%
	Jennifer Simmons-Brack	0:32:07	44.0%
	Zoe Betts	0:34:00	41.8%
	Marc Betts	0:35:14	36.4%