

PTH 5 mile Handicap Run Tuesday 28th December 2010

	Race time	H/cap	Act Run time	pace per mile
1. Matthew O'Leary	45:47	10:35	35:12	7:02
2. Ray James	46:19	8:45	37:34	7:31
3. Judith Oakley	46:30	7:30	39:00	7:48
4. Andrew O'Leary	46:43	9:15	37:28	7:30
5. Chris Lewis	46:48	13:15	33:33	6:43
6. Sian Phillips	46:59	10:15	36:44	7:21
7. Paul Jelley	47:04	13:40	33:24	6:41
8. Dave Cornish	47:12	12:15	34:57	6:59
9. Tony Holling	47:12	5:30	41:42	8:20
10. Ian Williams	47:14	9:00	38:14	7:39
11. Andrew Reynolds	47:15	18:25	28:50	5:46
12. John Ayres	47:23	6:15	41:08	8:14
13. Mark Davies	47:23	10:15	37:08	8:26
14. Chris Fulcher	47:24	17:15	30:09	6:02
15. Gareth Ayres	47:26	17:25	30:01	6:00
16. Adrian Weaver	47:31	17:25	30:06	6:02
17. Carol Moseley	47:38	12:00	35:38	7:08
18. Keiron Mackintosh	47:50	13:25	34:25	6:53
19. Mario Rabiaotti	47:51	11:05	36:46	7:21
20. Bernard Henderson	48:04	13:35	34:29	6:54
21. Ian Swanson	48:19	4:15	44:04	8:49
22. Steve Walsh	48:20	15:00	33:20	6:40
23. Paul Rees	48:29	15:30	32:59	6:36
24. Pauline Williams	48:33	8:35	39:58	8:00
25. Mandy Morris	48:34	7:50	40:44	8:09
26. Sean Treloar	48:49	15:20	33:29	6:42
27. Michael Oakley	49:04	0	49:04	9:49
28. Darren Vaughan	49:36	8:15	41:21	8:16
29. Alan Perkins	50:40	11:40	39:00	7:48
Non finisher : Michelle Grey (injured)				