

Summary Sheet for Fairwater Runners Handicap Training Runs 2011/2012

	Name		Race Times								Handicap Race Positions										
			Best time in 2010-11	Oct	Nov	Dec	Jan	Feb	Mar	Races	Best time in 2011-12	Improvement	Oct	Nov	Dec	Jan	Feb	Mar	Avg	Races Scored	Avg Best 4
1	Helen	Gwilliam	-	48:18:00	46:10:00	45:57:00	45:04:00	44:31:00	43:20:00	6	43:20:00	04:58	G	1	2	2	4	8	3.4	5	2.3
2	Martyn	Jenkins	41:39:00	38:16:00	37:00:00	38:40:00	38:00:00	37:25:00	37:14:00	6	37:00:00	04:39	1	2	10	8	6	4	5.2	6	3.3
3	Andrew	Spencer	32:57:00	35:21:00	33:25:00	33:47:00	33:09:00	32:50:00	32:54:00	6	32:50:00	00:07	13	7	6	4	5	3	6.3	56	4.5
4	Garry	Woods	38:36:00		37:26:00		38:04:00	38:18:00	38:06:00	4	37:26:00	01:10		3		6	8	6	5.8	4	5.8
5=	Daryll	Barnby	27:18:00	27:50:00	27:22:00	28:12:00	31:24:00	27:59:00		5	27:22:00	none	7	5	5	G	7		6	4	6
5=	Adrian	Gwilliam	34:24:00	34:48:00	34:28:00	35:38:00	34:54:00	37:02:00	43:20:00	6	34:28:00	none	5	6	8	5	14	G	7.6	5	6
7	Stella	Symons	39:20:00	39:49:00		41:27:00	40:45:00		39:07:00	4	39:07:00	00:13	6		11	9		2	7	4	7
8	John	Fry	43:47:00	42:42:00	42:02:00	45:15:00	45:17:00			4	42:02:00	01:45	2	4	12	12			7.5	4	7.5
9	Richard	Bowie	34:36:00	36:09:00	35:24:00	34:42:00	35:12:00	35:34:00	36:27:00	6	34:42:00	none	12	9	4	7	11	12	9.2	6	7.8
10=	Jeanette	Jenkins	38:12:00	38:25:00	46:10:00		40:01:00	39:02:00	39:12:00	5	38:25:00	none	8	G		10	10	10	9.5	4	9.5
10=	Alun	Williams	29:18:00	30:19:00	32:35:00		31:49:00	30:26:00	30:39:00	5	30:19:00	none	9	11		11	9	9	9.8	5	9.5
12	Richard	Thomas	32:14:00	36:10:00	36:22:00	36:42:00		35:49:00	36:34:00	5	35:49:00	none	14	12	13		15	13	13.4	5	13
13	Sheree	Mann	-	56:14:00			47:18:00	45:22:00	43:32:00	4	43:32:00	12:42	G			1	1	7	3	3	-
14	Richard	Lloyd	30:19:00	30:24:00				31:42:00	29:36:00	3	29:36:00	00:43	4				13	1	6	3	-
15	Julie	Roche	38:19:00		39:03:00	38:29:00		39:38:00		3	38:29:00	none		8	3		12		7.7	3	-
16	Nigel	Jones	41:31:00	47:01:00	46:15:00		45:05:00			3	45:05:00	none	15	13		13			13.7	3	-
17	Roger	Mills	33:46:00				33:52:00	32:48:00		2	32:48:00	00:58				3	3		3	2	-
18	Becky	Reynolds	38:03:00	39:10:00		37:45:00			DNF	2	37:45:00	00:18	10		1			DNF	5.5	2	-
19	Mike	Skyrme	33:16:00		34:32:00				34:52:00	1	34:32:00	none		10				11	10.5	2	-
20	Jonathon	Williams	33:24:00		RWR			32:00:00		1	32:00:00	01:24			RWR		2		2	1	-
21	Jim	Richards	29:57:00	29:49:00						1	29:49:00	00:08	3						3	1	-
22	Jenna	Roberts	-	32:08:00					32:20:00	2	32:08:00	none	G					5	5	1	-
23	Matthew	Collins	25:25:00		26:13:00	26:25:00				2	26:13:00	none			G	7			7	1	-
24	Mark	Jennings	38:19:00		RWR	26:46:00				1	26:46:00	none			RWR	9			9	1	-
25	Rhys	Williams	30:34:00	31:43:00					36:28:00	2	31:43:00	none	11					G	11	1	-
26	Angela	Jones	-				33:06:00			1	33:06:00	none				G			-	-	-
27	Peter	Edwards	31:16:00			34:42:00				1	34:42:00	none				G			-	-	-
28	Matthew	Lloyd	-					36:49:00		1	36:49:00	none						G	-	-	-
29	Mark	Fry	31:37:00	44:36:00						1	44:36:00	none	G						-	-	-
30	Christine	Vorres	-	56:14:00						1	56:14:00	none	G						-	-	-
31	Gavin	Hanrahan	31:47:00			DNF				-	-	none				DNF			-	-	-

**Course:** 4.9 miles - To & from Cwmbran Stadium, via Llantarnam Road, Oakfield Road, Two Locks Road, Hollybush Way, Penylan Way, Fairwater Way, Ton Road, Two Locks Road, Oakfield Road, Llantarnam Road.

**G** = Guest or other non-scoring runner

**RWR** = Ran Wrong Route

**DNF** = Did Not Finish

## 11th October 2011

Handicap position	Name		Run time	Position by time
1	Martyn	Jenkins	38:16:00	11
G	Helen	Gwilliam	48:18:00	18
2	John	Fry	42:42:00	15
3	Jim	Richards	29:49:00	2
4	Richard	Lloyd	30:24:00	4
5	Adrian	Gwilliam	34:48:00	7
6	Stella	Symons	39:49:00	14
7	Daryll	Barnby	27:50:00	1
8	Jeanette	Jenkins	38:25:00	12
G	Jenna	Roberts	32:08:00	6
9	Alun	Williams	30:19:00	3
10	Becky	Reynolds	39:10:00	13
11	Rhys	Williams	31:43:00	5
12	Richard	Bowie	36:09:00	9
13	Andrew	Spencer	35:21:00	8
G	Mark	Fry	44:36:00	16
14	Richard	Thomas	36:10:00	10
15	Nigel	Jones	47:01:00	17
G	Sheree	Mann	56:14:00	19
G	Christine	Vorres	56:14:00	19

**G = Guest or other non-scoring runner**

## 8th November 2011

Handicap position	Name		Run time	Position by time
1	Helen	Gwilliam	46:10:00	13=
G	Jeanette	Jenkins	46:10:00	13=
2	Martyn	Jenkins	37:00:00	9
3	Garry	Woods	37:26:00	10
4	John	Fry	42:02:00	12
5	Daryll	Barnby	27:22:00	2
6	Adrian	Gwilliam	34:28:00	5
7	Andrew	Spencer	33:25:00	4
8	Julie	Roche	39:03:00	11
9	Richard	Bowie	35:24:00	7
10	Mike	Skyrme	34:32:00	6
G	Matthew	Collins	26:13:00	1
11	Alun	Williams	32:35:00	3
12	Richard	Thomas	36:22:00	8
13	Nigel	Jones	46:15:00	15
RWR	Jonathon	Williams	RWR	
RWR	Mark	Jennings	RWR	

**G = Guest or other non-scoring runner**

**RWR = Ran Wrong Route**

## 13th December 2011

Handicap position	Name		Run time	Position by time
1	Becky	Reynolds	37:45	8
2	Helen	Gwilliam	45:57	13
3	Julie	Roche	38:29	9
4	Richard	Bowie	34:42	5=
G	Peter	Edwards	34:42	5=
5	Daryll	Barnby	28:12	3
6	Andrew	Spencer	33:47	4
7	Matthew	Collins	26:25	1
8	Adrian	Gwilliam	35:38	6
9	Mark	Jennings	26:46	2
10	Martyn	Jenkins	38:40	10
11	Stella	Symons	41:27	11
12	John	Fry	45:15	12
13	Richard	Thomas	36:42	7
DNF	Gavin	Hanrahan	DNF	

G = Guest or other non-scoring runner

**10th January 2012**

<b>Handicap position</b>	<b>Name</b>		<b>Run time</b>	<b>Position by time</b>
1	Sheree	Mann	47:18:00	15
2	Helen	Gwilliam	45:04:00	12
3	Roger	Mills	33:52:00	5
G	Angela	Jones	33:06:00	3
4	Andrew	Spencer	33:09:00	4
5	Adrian	Gwilliam	34:54:00	6
6	Garry	Woods	38:04:00	9
7	Richard	Bowie	35:12:00	7
8	Martyn	Jenkins	38:00:00	8
9	Stella	Symons	40:45:00	11
G	Daryll	Barnby	31:24:00	1
10	Jeanette	Jenkins	40:01:00	10
11	Alun	Williams	31:49:00	2
12	John	Fry	45:17:00	14
13	Nigel	Jones	45:05:00	13

**G = Guest or other non-scoring runner**

## 14th February 2012

Handicap position	Name		Run time	Position by time
1	Sheree	Mann	45:22:00	15
2	Jonathon	Williams	32:00:00	4
3	Roger	Mills	32:48:00	5
4	Helen	Gwilliam	44:31:00	14
5	Andrew	Spencer	32:50:00	6
6	Martyn	Jenkins	37:25:00	10
7	Daryll	Barnby	27:59:00	1
8	Garry	Woods	38:18:00	11
9	Alun	Williams	30:26:00	2
10	Jeanette	Jenkins	39:02:00	12
11	Richard	Bowie	35:34:00	7
12	Julie	Roche	39:38:00	13
13	Richard	Lloyd	31:42:00	3
14	Adrian	Gwilliam	37:02:00	9
15	Richard	Thomas	35:49:00	8

## 13th March 2012

Handicap position	Name		Run time	Position by time
1	Richard	Lloyd	29:36:00	1
G	Matthew	Lloyd	36:49:00	9
2	Stella	Symons	39:07:00	12
3	Andrew	Spencer	32:54:00	4
4	Martyn	Jenkins	37:14:00	10
5	Jenna	Roberts	32:20:00	3
6	Garry	Woods	38:06:00	11
7	Sheree	Mann	43:22:00	16
8	Helen	Gwilliam	43:20:00	14=
G	Adrian	Gwilliam	43:20:00	14=
9	Alun	Williams	30:39:00	2
10	Jeanette	Jenkins	39:12:00	13
11	Mike	Skyrme	34:52:00	5
12	Richard	Bowie	36:27:00	6
G	Rhys	Williams	36:28:00	7
13	Richard	Thomas	36:34:00	8
DNF	Becky	Reynolds	DNF	

**Note: both Sheree Mann and Helen Gwilliam started late.**

**G = Guest or other non-scoring runner**

**DNF = Did Not Finish**