

Summary 2012-2013

**Summary Sheet for Fairwater Runners Handicap Training Run Sheet 2012/2013 (mm:ss)**

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

Ordered by average handicap position if it is possible for runner to complete & score 4 runs

|    | Name      |           | Handicap Run times   |       |       |       |       |       |     |     | Races | Best time in 2012-13 | Improvement | Handicap positions |     |     |     |     |      | Average | Races scored | Average Best 4 scored |
|----|-----------|-----------|----------------------|-------|-------|-------|-------|-------|-----|-----|-------|----------------------|-------------|--------------------|-----|-----|-----|-----|------|---------|--------------|-----------------------|
|    |           |           | Best time in 2011-12 | Oct   | Nov   | Dec   | Jan   | Feb   | Mar | Oct |       |                      |             | Nov                | Dec | Jan | Feb | Mar |      |         |              |                       |
| 1  | Garry     | Woods     | 37:26                |       | 36:54 | 36:13 | 35:54 | 35:45 |     | 4   | 35:45 | 01:41                |             | 1                  | 2   | 1   | 2   |     | 1.5  | 4       | 1.5          |                       |
| 2  | Rob       | Symons    | -                    | 36:05 | 35:42 | 35:37 | 36:01 | 34:47 |     | 5   | 34:47 | 01:18                | G           | 2                  | 4   | 4   | 1   |     | 2.8  | 4       | 2.8          |                       |
| 3  | Martyn    | Jenkins   | 37:00                | 36:43 | 36:47 | 36:53 | 36:32 | 36:32 |     | 5   | 36:32 | 00:28                | 6           | 3                  | 6   | 2   | 3   |     | 4.0  | 5       | 3.5          |                       |
| 4  | Richard   | Bowie     | 34:42                | 34:53 | 36:07 | 34:23 | 35:51 | 35:59 |     | 5   | 34:23 | 00:19                | 7           | 5                  | 3   | 6   | 5   |     | 5.2  | 5       | 4.8          |                       |
| 5  | Helen     | Gwilliam  | 43:20                | 43:34 |       | 43:49 | 44:42 | 43:41 |     | 4   | 43:34 | -                    | 9           |                    | 5   | 5   | 4   |     | 5.8  | 4       | 5.8          |                       |
| 6  | Roger     | Mills     | 32:48                | 36:58 |       |       | 35:06 | 38:43 |     | 3   | 35:06 | -                    | 12          |                    |     | 8   | 6   |     | 8.7  | 3       | 8.7          |                       |
| 7  | Richard   | Thomas    | 35:49                | 34:18 | 35:28 |       |       |       |     | 2   | 34:18 | 01:31                | 2           | 4                  |     |     |     |     | 3.0  | 2       | 3.0          |                       |
| 8  | Adrian    | Gwilliam  | 34:28                |       | 36:00 | 36:01 | DNF   |       |     | 2   | 36:00 | -                    |             | 6                  | 7   |     |     |     | 6.5  | 2       | 6.5          |                       |
| 9  | Jeanette  | Jenkins   | 38:25                |       | 40:32 | 45:04 | DNF   |       |     | 2   | 40:32 | -                    |             | 8                  | 10  |     |     |     | 9.0  | 2       | 9.0          |                       |
| 10 | John      | Fry       | 42:02                |       | 47:06 | 45:45 |       |       |     | 2   | 45:45 | -                    |             | 9                  | 9   |     |     |     | 9.0  | 2       | 9.0          |                       |
| 11 | Stella    | Symons    | 39:07                | 40:53 |       | 41:17 |       |       |     | 2   | 40:53 | -                    | 11          |                    | 8   |     |     |     | 9.5  | 2       | 9.5          |                       |
| 12 | Matthew   | Lloyd     | 36:49                | 32:48 |       |       |       |       |     | 1   | 32:48 | 04:01                | 1           |                    |     |     |     |     | 1.0  | 1       | 1.0          |                       |
| 13 | Nadim     | Rehman    | -                    | 37:28 |       | 36:01 |       |       |     | 2   | 36:01 | 01:27                | G           |                    | 1   |     |     |     | 1.0  | 1       | 1.0          |                       |
| 14 | Grant     | Lewis     | -                    | 29:34 |       |       |       |       |     | 1   | 29:34 | -                    | 3           |                    |     |     |     |     | 3.0  | 1       | 3.0          |                       |
| 15 | Daryll    | Barnby    | 27:22                | 37:27 |       |       | 27:41 |       |     | 2   | 27:41 | -                    | G           |                    |     | 3   |     |     | 3.0  | 1       | 3.0          |                       |
| 16 | Andrew    | Spencer   | 32:50                | 32:27 |       |       |       |       |     | 1   | 32:27 | 00:23                | 4           |                    |     |     |     |     | 4.0  | 1       | 4.0          |                       |
| 17 | Mike      | Skyrme    | 34:32                | 34:00 |       |       |       |       |     | 1   | 34:00 | 00:32                | 5           |                    |     |     |     |     | 5.0  | 1       | 5.0          |                       |
| 18 | Becky     | Reynolds  | 37:45                |       |       |       | 41:33 |       |     | 1   | 41:33 | -                    |             |                    |     | 7   |     |     | 7.0  | 1       | 7.0          |                       |
| 19 | Julie     | Roche     | 38:29                | 38:30 |       |       |       |       |     | 1   | 38:30 | -                    | 8           |                    |     |     |     |     | 8.0  | 1       | 8.0          |                       |
| 20 | Richard   | Lloyd     | 29:36                | 29:59 |       |       |       |       |     | 1   | 29:59 | -                    | 10          |                    |     |     |     |     | 10.0 | 1       | 10.0         |                       |
| 21 | Sheree    | Mann      | 43:32                | 48:18 |       |       |       |       |     | 1   | 48:18 | -                    | 13          |                    |     |     |     |     | 13.0 | 1       | 13.0         |                       |
| 22 | Jane      | Carpanini | -                    |       |       |       |       | 44:03 |     | 1   | 44:03 | -                    |             |                    |     |     | G   |     | -    | 0       |              |                       |
| 23 | Sally Ann |           | -                    |       | 40:04 |       |       |       |     | 1   | 40:04 | -                    |             | G                  |     |     |     |     | -    | 0       |              |                       |
| 24 | Matthew   | Collins   | 26:13                |       |       |       |       |       |     | 0   | 00:00 | -                    |             |                    |     |     |     |     | -    | 0       |              |                       |
| 25 | Mark      | Jennings  | 26:46                |       |       |       |       |       |     | 0   | 00:00 | -                    |             |                    |     |     |     |     | -    | 0       |              |                       |
| 26 | Nigel     | Jones     | 45:05                |       |       |       |       |       |     | 0   | 00:00 | -                    |             |                    |     |     |     |     | -    | 0       |              |                       |
| 27 | Jim       | Richards  | 29:49                |       |       |       |       |       |     | 0   | 00:00 | -                    |             |                    |     |     |     |     | -    | 0       |              |                       |
| 28 | Jenna     | Roberts   | 32:08                |       |       |       |       |       |     | 0   | 00:00 | -                    |             |                    |     |     |     |     | -    | 0       |              |                       |
| 29 | Alun      | Williams  | 30:19                |       |       |       |       |       |     | 0   | 00:00 | -                    |             |                    |     |     |     |     | -    | 0       |              |                       |
| 30 | Jonathon  | Williams  | 32:00                |       |       |       |       |       |     | 0   | 00:00 | -                    |             |                    |     |     |     |     | -    | 0       |              |                       |
| 31 | Anson     |           | -                    |       | DNF   |       |       |       |     | 0   | 00:00 | -                    |             |                    |     |     |     |     | -    | 0       |              |                       |
| 32 |           |           |                      |       |       |       |       |       |     |     |       |                      |             |                    |     |     |     |     |      |         |              |                       |
| 33 |           |           |                      |       |       |       |       |       |     |     |       |                      |             |                    |     |     |     |     |      |         |              |                       |

G = Guest or other non-scoring runner.

DNF = Did not Finish