

WEST CHESHIRE AC

ROAD RUNNING HANDICAP CODES (at Nov 24 2008)

Male

David Alexander	7
Stephen Armstrong	29
Thomas Atherton	23*
Richard Batterham	15
Alex Beaney	7
Brian Beattie	23
Bob Benson	16*
Christopher Cain	[20]
Andrew Clague	10
Alan Cooper	21
Clive Donovan	16
Geoff Harvey	31*
Brian Hastings	20*
Alex Haswell	10*
Kevin Hearn	[36]*
David Herrington	16
Andrew Hetherington	20*
Dave Hough	20
Louis Humphreys	8
Tony Kennedy	20
Russell Kirk	12
Alan Littler	22
Mike Perchard	20
Mark Povey	24
Peter Povey	37
Paul Price	13
Chris Rhodes	15*
Gary Roberts	10*
Steve Russell-Ingram	29
Clive Sykes	22*
Tony Thackray	31
Dave Tiernan	14
Stephen Williams	15*
Gary Withers	12
Max Woods	16

Female

Jane Boyle	18
Lisa Davies	15*
Joanne Fellows	18
Sacha Kendall-Woods	20
Miriam Lamb	22*
Mary Radford	28
Kerry Riley	14*
Eleanor Robinson	16
Brenda Sharp	34

NOTES :

* = includes data from 2007 to give 3 races

[xx] = only 2 races

NOTE :

Handicap codes are determined from times recorded at any distance and converted to a number against an agreed formula. Codes from at least three races (within 2 years) are required before a code for handicap events (as given above) is given. We then use the minimum code from these 3 or more races as the operative number for events.

As you run more races your operative code becomes the minimum of your last 5 races. So, as you run another race, the oldest of the last 5 codes is deleted and your new code is the minimum of the latest 5 races.

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