

KEITH VINE HANDICAP LEAGUE 2019

2019 KEITH VINE HANDICAP LEAGUE MEN		10KM HANDICAP PACE	10KM HANDICAP PACE													IMPROVEMENT SCORE	RACES RUN	TOTAL OF BEST 10 SCORES	CURRENT POSITION	STARTING - 6 JUNE		ENDING - 6 DECEMBER		Faster (+) or Slower (-)											
			1 Broadstone Quarter	2 Rough n' Tmble	3 Blackmore Vale Half	4 Lytchett Manor 10	5 Bournemouth 10	6 Wimborne 20	7 Sherborne 10K	8 The Grizzly	9 Larmer 20	10 Yeovil Half Marathon	11 Dorset Ooser Marathon	12 Manchester Marathon	13 Marnhull 12K					14 Broad Oak Hilly	15 May 5	16 Egdon Easy	IMPROVEMENT SCORE		RACES RUN		TOTAL OF BEST 10 SCORES		CURRENT POSITION		STARTING - 6 JUNE		ENDING - 6 DECEMBER		Faster (+) or Slower (-)
Nick Berry	05:58	18		8	5										10															06:05	05:58	+ 00:07			
Carlos Blanco	07:24																														07:29	07:24	+ 00:05		
Nick Brooke	06:02			6						12																					06:26	06:02	+ 00:24		
Ian Buckingham	07:32												5	5																	07:32	07:32	+ 00:00		
Andy Bucknell	07:02																														07:03	07:02	+ 00:01		
Matt Clayton	08:08																		3	7												08:10	08:08	+ 00:02	
Tim Cotton	07:28																				3											07:18	07:28	- 00:09	
John Cowley	08:19	15	15	7			15			8			9	4																		08:22	08:19	+ 00:04	
Neil Cranidge	08:05	2	6				5	10				2																				08:08	08:05	+ 00:02	
Jamie Drennan	07:57	4							5													4										08:04	07:57	+ 00:07	
Jon Eveleigh	06:41		4						3																							06:31	06:41	- 00:10	
Steven Fowles	08:16																															08:16	08:16	+ 00:00	
Adam Frampton	08:24		4						3																							08:35	08:24	+ 00:11	
Chris Frear	06:32			12						5		12	2																			06:30	06:32	- 00:02	
Gavin Green	07:02			1																												07:04	07:02	+ 00:02	
William Hill	10:08				8	2				15																						10:19	10:08	+ 00:11	
Richard Hull	07:08									12																						07:09	07:08	+ 00:01	
David Hurst	07:42	1		17			2		4				8	18																		08:03	07:42	+ 00:21	
Patrick Hurst	07:20																																07:41	07:20	+ 00:21
David Jackson	07:04	14		6						4		1	19	17																		07:07	07:04	+ 00:03	
Stephan James	08:37		5																													08:34	08:37	- 00:03	
Barry Jenkins	08:41		2	20					5			6		15																		08:59	08:41	+ 00:18	
Thomas Mitchell	06:39																															06:39	06:39	+ 00:00	
Spencer Mogridge	06:17			14				8																								06:21	06:17	+ 00:04	
Phillip Monk	07:02																															07:04	07:02	+ 00:02	
Ian Moore	06:50						18				13																					06:50	06:50	+ 00:00	
Stuart Martin	06:55																																06:46	06:55	- 00:09
Justin Perry	06:35	6		13			1		7																								06:55	06:35	+ 00:20
Michael Peters	07:00			3				7					14	16																		06:54	07:00	- 00:06	
Guy Readman	08:06			3				7					14	16																		08:06	08:06	- 00:00	
Philip Reese	06:03				9	6													6													06:10	06:03	+ 00:07	
Nick Reynolds	05:59	17			2	3							5									9										06:03	05:59	+ 00:04	
Steven Rigby	05:36	10			10	1	2						3	25	4																	05:39	05:36	+ 00:03	
Paul Russell	06:57	7		4	11		6			2	17			27					1			1										07:48	06:57	+ 00:51	
Barry Shea	05:44	9		10				11							11							7	4									06:01	05:44	+ 00:17	
Ed Shelton	07:04																																07:04	07:04	+ 00:00
Daniel Simmonds	07:05	13							8				7		11																	07:08	07:05	+ 00:03	

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Piotr	Sulecki	06:35												4	-		13													-	3			06:35	06:35	+ 00:00								
Nick	Summons	07:58	8	7					9	16	6	19				+9		2							9				1	8	7	1	1			-5	13	54	7th	08:25	07:58	+ 00:27		
Roger	Teasdale	06:07	12		1	4				2		26	20	1	2	-3								10	1		16		5							-	12	51	6th	06:05	06:07	- 00:02		
John	Townsend	07:19		11		5	4			3		18				-	4										1	7	1					6	22			-	12	49	4th	07:18	07:19	- 00:01
Iain	Trickett	05:22			7											-																				-	1			05:22	05:22	+ 00:00		
Andrew	Tuffin	07:55												12																					20	+1	2			07:50	07:55	- 00:05		
Shamsul	Wahab	07:25					17					24	7			+2											15			1					8	-3	6			07:40	07:25	+ 00:15		
Duncan	Ward	05:34			5	8	13																												8	-	5			05:37	05:34	+ 00:03		
Jason	Woods	07:25						1																											28	-	3			07:23	07:25	- 00:02		
Edgard	Zaldua	06:22				3	3												1																	-	3			06:34	06:22	+ 00:12		

The improvement score is calculated twice during the year - in June and again in December.

For each half year period the difference between your starting and ending handicap time is calculated, and for each clear 5 sec improvement 1 point is deducted from the total score, conversly if your handicap time has got slower 1 point is added for each clear 5 sec deterioration in handicap time.



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2019 KEITH VINE HANDICAP LEAGUE WOMEN		10KM HANDICAP PACE																	IMPROVEMENT SCORE	RACES RUN	TOTAL OF BEST 10 SCORES	CURRENT POSITION	STARTING - 6 JUNE	ENDING - 6 DECEMBER	Faster (+) or Slower (-)																				
		1 Broadstone Quarter	2 Rough 'n' Tmble	3 Blackmore Vale Half	4 Lytchett Manor 10	5 Bournemouth 10	6 Wimborne 20	7 Sherborne 10K	8 The Grizzly	9 Larmer 20	10 Yeovil Half Marathon	11 Dorset Ooser Marathon	12 Manchester Marathon	13 Marnhull 12K	14 Broad Oak Hilly	15 May 5	16 Egdon Easy	17 Hants Hoppit Half					18 Hants Hoppit Marathon	19 John Deacon Handicap	20 Purbeck 10k	21 Giants Head Marathon	22 Forse Abbey 10k	23 Tarrant Valley 10k	24 Snowdonia Trail Marathon	25 Round the Rock 10km	26 The Beast	27 Lytchett Relays	28 Camelot Challenge	29 Black Hill 10km	30 Hazelbury Bryan 10k	31 Salisbury Half Marathon	32 Gold Hill 10k	33 Gilly Hilly	34 New Forest Stinger	35 Wimborne 10	36 Full Montecute	37 Sturminster 5	IMPROVEMENT SCORE	STARTING - 6 JUNE 10KM HANDICAP PACE	ENDING - 6 DECEMBER 10KM HANDICAP PACE
Amanda	Adams	09:31				11																																09:20	09:31	- 00:11					
Suzanna	Baker	07:40																									2								4					07:59	07:40	+ 00:19			
Ines	Braun	09:27	3		3															17																			09:20	09:27	- 00:07				
Flora	Brooke	09:16			4					14		4	9						8	5																			09:25	09:16	+ 00:09				
Lucy	Brown	08:45																						7																08:26	08:45	- 00:19			
Emma	Chaloner	09:59			12	9																																		09:59	09:59	+ 00:00			
Stacey	Connolly	06:48							7																		5	1													07:22	06:48	+ 00:34		
Tracy	Cook	06:08				4					1																18														05:59	06:08	- 00:09		
Kim	Crane	09:18		5			3					23													3			4	13												09:24	09:18	+ 00:06		
Lynda	Faulkner	06:47					10					10									15				4				3													06:49	06:47	+ 00:02	
Jane	Feather	10:26		22								3	21	7							7				2																	10:25	10:26	- 00:01	
Sandra	Fowles	09:23		2								6													4					11	8											09:24	09:23	+ 00:00	
Jane	Fowles	09:42					16					29								15				2					8													09:37	09:42	- 00:05	
Ingrid	Gilbertson	09:49											22															7													09:40	09:49	- 00:09		
Sharon	Hutchings	06:48																											8												06:38	06:48	- 00:10		
Lynn	Hutchings	07:19	5									20	6	2	5						14				1	6			3	9	11												07:27	07:19	+ 00:08
Jen	Lynch	10:50					19																																			10:40	10:50	- 00:10	
Alie	Madders	09:13									2									5																						09:04	09:13	- 00:09	
Melanie	Mitchell	08:51		1	19			2			5										4							11														08:59	08:51	+ 00:08	
Sarah	Perrett	09:02			21		14		3			7	5								9	8																			08:56	09:02	- 00:06		
Ruth	Readman	07:50	16			10		1																		11																07:41	07:50	- 00:09	
Julia	Slade	08:22					6					13	3															9														08:10	08:22	- 00:12	
Catherine	Snook	11:09																																								11:16	11:09	+ 00:07	
Jane	Ward	08:11	3				1	6		11		28									3			8	5			8	6	6													08:36	08:11	+ 00:25
Jill	Watson	08:34					4	6	7		22																	17														07:59	08:34	- 00:35	
Jemma	Westwell	08:47		16																																						08:38	08:47	- 00:10	
Christine	Willis	11:24																																								11:40	11:24	+ 00:16	
Charlie	Wilson	07:38																																									07:31	07:38	- 00:06

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