

IOMVAC Spring Handicap Walk / Run

Overall Result

Note that Lap 1 is excluded from lap min/max/average

Rank	Bib	Name	Club	Laps	Fastest	Average	Result	(Actual)
5km Walk								
1.	290	Jayne Farquhar	VAC	7	4:38	4:46	0:46:32	0:29:46
2.	287	Colin Moore	VAC	7	5:13	5:19	0:47:32	0:33:04
3.	293	Nick Wallinger	VAC	7	5:48	5:57	0:47:42	0:37:02
4.	298	Adam Cowin		7	3:29	3:39	0:48:04	0:22:38
5.	289	Ian Callister	VAC	7	4:51	5:03	0:48:08	0:31:35
6.	292	Louise Hollings	VAC	7	5:00	5:07	0:48:11	0:31:47
7.	291	Lalage Earnshaw-Cain	Unatt	7	5:05	5:23	0:48:16	0:33:28
8.	286	Carolanne Hanley	NAC	7	7:24	7:43	0:48:26	0:48:00
9.	294	Nicola Raven	VAC	7	5:02	5:05	0:48:29	0:31:43
10.	297	Voirrey Earnshaw-Cain	NAC	7	5:15	5:20	0:48:37	0:33:11
11.	296	Sylvia Kennaugh	VAC	7	5:53	5:58	0:48:53	0:37:08
12.	288	Henry Da Silva	SLH	6	7:33	7:43	0:43:25	0:40:50

Number of results: 12