

GFDR 2.4 MILE MONTHLY HANDICAP (2007/8)

Name of Runner	Best Time 2006/7	3/10/07	7/11/07	5/12/07	2/1/08	6/2/08	5/3/08	Best Time for 2007/8	Mins per mile of season's best	Lifetime PB
Alastair Brown					13:56	13:08	12:47	12:47	05:20	12:47
Steve Read	12:25						12:50	12:50	05:21	12:25
Nick Laughton	13:29			13:33		13:21	13:20	13:20	05:33	13:20
Jim O'Mahoney		13:30		13:23				13:23	05:35	13:23
Ryan Gibson	13:35	13:43	13:31			13:35		13:31	05:38	13:31
Richard Humphrey	13:54		16:25	14:14	13:59		14:26	13:59	05:50	13:54
Andy Smith	14:15	14:22		14:53	15:25		14:06	14:06	05:53	14:06
Neil Rumbold	14:44	17:09	14:55	14:38		14:36	14:24	14:24	06:00	14:24
David Cronk	14:39		15:18	15:21	15:28	15:13	14:47	14:47	06:10	14:39
Ian Lawson	14:36	15:05	15:08		15:52	14:49		14:49	06:10	14:36
Steve Blakey	15:02	14:59		15:48		15:26		14:59	06:15	14:59
Tina Hull	16:18	15:00				15:32	15:06	15:00	06:15	15:00
Stuart Owers				16:38			15:14	15:14	06:21	15:14
Jane Smith	16:15					15:29		15:29	06:27	15:29
Stuart Adams	15:51					15:36		15:36	06:30	15:36
Julie Jenkins	16:07			15:43				15:43	06:33	15:43
John Hardy	15:13	15:49	16:01	15:58	16:59		16:01	15:49	06:35	15:13
Emma Copeman	15:53		16:24	15:55			16:32	15:55	06:38	15:53
Simon King		17:01		16:39		16:26	16:04	16:04	06:42	16:04
Duncan Anniss	15:26	16:05		16:55		16:07		16:05	06:42	15:26
Kim Holland	15:54		16:06					16:06	06:43	15:54
John Kemp						17:00	16:07	16:07	06:43	16:07
Jules Reeve	15:59	16:20		16:47		16:11		16:11	06:45	15:59
David Kelsey						16:13		16:13	06:45	16:13
Anita Cox	15:32	16:41	16:18	16:54	16:49	16:43	17:38	16:18	06:48	15:27
Brendan Whelan	16:36		16:28	16:49	16:34	16:23		16:23	06:50	14:06
Ian Reijs	16:27		16:33	16:56				16:33	06:54	16:02
Rob Kings	16:51	16:33	16:42	16:57				16:33	06:54	16:33
Nick Perry	16:21	17:40	17:55				16:38	16:38	06:56	16:21
Jo Bissett-Smith	16:47	16:47	16:57	18:18	16:59			16:47	07:00	16:47
Paul Farrell	15:07			16:51				16:51	07:01	15:07
Andy Wise	15:56		18:09			16:57	17:17	16:57	07:04	16:57
Andrew Askew	19:59	17:05				17:53	17:46	17:05	07:07	17:05
Andy Stevenson	16:43	17:09				17:29	17:13	17:09	07:09	16:43
Gavin Foster		19:13	19:14	19:02	19:10	18:00	17:23	17:23	07:15	17:23
Darren McLagan	18:25	17:29	18:12	18:17		19:06	18:09	17:29	07:17	14:15
Angela Allin	16:38	18:15	18:01	17:57		17:30	17:43	17:30	07:18	16:38
Jackie Adams		17:41		17:43				17:41	07:22	17:41
Richard Percy	18:20	17:50			19:09	19:49	18:31	17:50	07:26	13:29
Peter Inman	18:17	17:56		18:12	18:24		19:43	17:56	07:28	17:56
Simon Burpitt						18:02		18:02	07:31	18:02
Charlotte King		20:12	19:24	19:05		19:14	18:18	18:18	07:38	18:18
Emma Pitcher	18:05				18:32	18:39		18:32	07:43	15:56
John Sandlin	17:58	18:35	18:43		19:40	18:45		18:35	07:45	18:05
Sandra Smith	17:09				18:37			18:37	07:45	17:58
Denise Brooks	18:37	20:02	19:24		20:08	20:06	18:54	18:54	07:53	18:37
Suzanne Monks		20:11		20:20		19:39	19:25	19:25	08:05	19:25
Becky Parratt	20:36	20:51	20:24		23:36	21:02		20:24	08:30	20:24
Gina Bennett	21:20		20:26	21:53	22:02	21:18		20:26	08:31	20:26
Margaret Fearn					20:59	20:32		20:32	08:33	20:32
Sandra Blakey	21:16	21:09		22:41		23:14		21:09	08:49	21:09
Sue Harrington					22:56	21:24		21:24	08:55	21:24
Pat Sams						23:02		23:02	09:36	23:02
Kate James	23:47						24:46	24:46	10:19	23:47
Liz Williams	22:16						24:47	24:47	10:20	22:16