

2020/21 Winter Handicap – ARC Virtual 5k Race Results

See [here](#) for the rules

Week 18:

"Adjusted" League Table			
1 st	Alex	Dicken	15:54
2 nd	Adam	Smith	16:07
3 rd	Gemma	Archer	16:14
4 th =	Marie	Roberts	16:25
4 th =	Sarah	Hinkley	16:25
6 th =	Toby	Oury	16:40
6 th =	Lisa	Wakeman	16:40
8 th	Steve	Blakemore	17:39
9 th	Anne	Kelsall	17:41
10 th	Wendy	Sargeant	17:56

"Absolute" League Table			
1 st	Adam	Smith	15:59
2 nd	Toby	Oury	16:34
3 rd =	Alex	Dicken	16:41
4 th	Lisa	Wakeman	19:35
5 th	Steve	Blakemore	19:42
6 th	Marcus	Nye	22:32
7 th	Simon	Hudson	26:04
8 th	Claire	Crook	26:19
9 th	Anne	Kelsall	26:36
10 th	Louise	Booker	27:14

Week 18 Participants

- Adam Smith
- Toby Oury
- Alex Dicken
- Lisa Wakeman
- Steve Blakemore
- Marcus Nye
- Simon Hudson
- Claire Crook
- Anne Kelsall
- Louise Booker
- Richard Lodge
- Wendy Sargeant
- Sarah Ashton
- Marie Roberts
- Jane Quinn
- Nicola James
- Pete Kelsall
- Sarah Hinkley
- Gemma Archer
- Sarah Anne Fitzsimmons

Week 17:

"Adjusted" League Table			
1 st	Henry	Simpson	15:06
2 nd	Matthew	Emery	15:55
3 rd	Gemma	Archer	16:47
4 th	Marie	Roberts	17:11
5 th	Anne	Kelsall	17:14
6 th	Sarah	Ashton	17:22
7 th	Steve	Blakemore	17:29
8 th	Wendy	Sargeant	17:58
9 th	Sarah	Baggott	18:11
10 th	Simon	Hudson	18:20

"Absolute" League Table			
1 st	Steve	Blakemore	19:32
2 nd	Matthew	Emery	20:10
3 rd =	Marcus	Nye	23:07
3 rd =	Henry	Simpson	23:07
5 th	Paul	Butler	26:00
6 th	Simon	Hudson	26:01
7 th	Anne	Kelsall	26:09
8 th	Eamon	Lyons	26:43
9 th	Sarah	Baggott	26:44
10 th	Sarah	Ashton	27:14

Week 17 Participants

- Steve Blakemore
- Matthew Emery
- Marcus Nye
- Henry Simpson
- Paul Butler
- Simon Hudson
- Anne Kelsall
- Eamon Lyons
- Sarah Baggott
- Sarah Ashton
- Wendy Sargeant
- Marie Roberts
- Pete Kelsall
- Jane Quinn
- Gemma Archer
- Sarah Anne Fitzsimmons
- Nicola James

Week 16:

"Adjusted" League Table			
1 st	Anne	Kelsall	16:56
2 nd	Gemma	Archer	17:38
3 rd	Wendy	Sargeant	18:17
4 th	Claire	Crook	19:50
5 th	Sarah Anne	Fitzsimmons	20:12
6 th	Nicola	James	20:43
7 th	Jane	Quinn	25:26

"Absolute" League Table			
1 st	Anne	Kelsall	25:51
2 nd	Claire	Crook	28:11
3 rd	Wendy	Sargeant	28:50
4 th	Gemma	Archer	33:03
5 th	Jane	Quinn	35:18
6 th	Sarah Anne	Fitzsimmons	25:53
7 th	Nicola	James	37:41

Week 16 Participants

- Anne Kelsall
- Claire Crook
- Wendy Sargeant
- Gemma Archer
- Jane Quinn
- Sarah Anne Fitzsimmons
- Nicola James

Week 15

"Adjusted" League Table			
1 st	Lisa	Wakeman	16:52
2 nd	Steve	Blakemore	17:23
3 rd	Anne	Kelsall	17:24
4 th	Louise	Gadd	17:29
5 th	Todd	Nash	17:35
6 th	Sarah	Ashton	17:36
7 th	Marie	Roberts	18:01
8 th	Wendy	Sargeant	18:37
9 th	Jane	Quinn	19:51
10 th	Sarah Anne	Fitzsimmons	20:15

"Absolute" League Table			
1 st	Steve	Blakemore	19:16
2 nd	Lisa	Wakeman	19:47
3 rd	Todd	Nash	22:23
4 th	Anne	Kelsall	26:09
5 th	Sarah	Ashton	27:28
6 th	Louise	Gadd	28:33
7 th	Wendy	Sargeant	29:20
8 th	Jane	Quinn	29:43
9 th	Pete	Kelsall	29:50
10 th	Marie	Roberts	30:34

Week 15 Participants

- Steve Blakemore
- Lisa Wakeman
- Todd Nash
- Anne Kelsall
- Louise Gadd
- Wendy Sargeant
- Jane Quinn
- Pete Kelsall
- Marie Roberts
- Sarah Anne Fitzsimmons
- Sarah Ashton

Week 14:

1 st	Marie	Roberts	15:16
2 nd	Gemma	Archer	15:43
3 rd	Sarah	Hinkley	15:47
4 th	Eamon	Lyons	17:31
5 th	Louise	Gadd	17:45
6 th	Anne	Kelsall	18:02
7 th	Claire	Crook	18:32
8 th	Wendy	Sargeant	18:40
9 th	Sarah Anne	Fitzsimmons	20:58

1 st	Eamon	Lyons	23:40
2 nd	Claire	Crook	26:53
3 rd	Anne	Kelsall	26:57
4 th	Marie	Roberts	28:45
5 th	Louise	Gadd	28:49
6 th	Wendy	Sargeant	29:23
7 th	Sarah	Hinkley	29:51
8 th	Gemma	Archer	31:37
9 th	Sarah Anne	Fitzsimmons	36:39

Week 14 Participants

- Eamon Lyons
- Claire Crook
- Anne Kelsall
- Marie Roberts
- Louise Gadd
- Wendy Sargeant
- Sarah Hinkley
- Gemma Archer
- Sarah Anne Fitzsimmons

Week 13 – ARC Virtual 1 Mile Challenge Results

"Adjusted" League Table			
1 st	Gemma	Archer	3:39
2 nd	Richard	Lodge	4:29
3 rd	Marie	Roberts	4:40
4 th	Sarah	Hinkley	4:45
5 th	Eamon	Lyons	4:47
6 th	Steve	Blakemore	5:08
7 th =	Anne	Kelsall	5:16
7 th =	Todd	Nash	5:16
9 th	Wendy	Sargeant	5:25
10 th	Claire	Crook	5:33

"Absolute" League Table			
1 st	Steve	Blakemore	5:48
2 nd	Eamon	Lyons	6:46
3 rd	Todd	Nash	6:49
4 th	Richard	Lodge	7:32
5 th	Anne	Kelsall	8:08
6 th	Paul	Butler	8:13
7 th	Claire	Crook	8:14
8 th	Wendy	Sargeant	8:49
9 th	Marie	Roberts	9:00
10 th	Pete	Kelsall	9:04

Week 13 Participants

- Steve Blakemore
- Eamon Lyons
- Todd Nash
- Richard Lodge
- Anne Kelsall
- Paul Butler
- Claire Crook
- Wendy Sargeant
- Marie Roberts
- Pete Kelsall
- Gemma Archer
- Sarah Hinkley
- Sarah Anne Fitzsimmons
- Nicola James

Week 12 – ARC Virtual Elevation Challenge – max elevation gain in 10 minutes

1 st	Anne	Kelsall	474
2 nd	Steve	Blakemore	464
3 rd	Matthew	Emery	428
4 th	Wendy	Sargeant	369
5 th	Claire	Crook	341
6 th	Sarah Anne	Fitzsimmons	277
7 th	Paul	Butler	251
8 th	Richard	Lodge	226
9 th	Gemma	Archer	219
10 th	Todd	Nash	199

1 st	Steve	Blakemore	385
2 nd	Matthew	Emery	301
3 rd	Anne	Kelsall	251
4 th	Claire	Crook	186
5 th	Wendy	Sargeant	180
6 th	Paul	Butler	161
7 th	Todd	Nash	135
8 th	Richard	Lodge	116
9 th	Sarah Anne	Fitzsimmons	108
10 th	Gemma	Archer	85

Week 12 Participants

- Steve Blakemore
- Matthew Emery
- Anne Kelsall
- Claire Crook
- Wendy Sargeant
- Paul Butler
- Todd Nash
- Richard Lodge
- Sarah Anne Fitzsimmons
- Gemma Archer

Week 11:

"Adjusted" League Table			
1 st	Anne	Kelsall	15:58
2 nd	Marie	Roberts	16:24
3 rd	Gemma	Archer	16:31
4 th	Richard	Lodge	17:27
5 th	Claire	Crook	18:24
6 th	Todd	Nash	18:42
7 th	Wendy	Sargeant	19:27
8 th	Sarah	Hinkley	20:32
9 th	Paul	Butler	21:33
10 th	Sarah Anne	Fitzsimmons	23:32

"Absolute" League Table			
1 st	Todd	Nash	23:30
2 nd	Anne	Kelsall	25:07
3 rd	Claire	Crook	26:45
4 th	Richard	Lodge	26:57
5 th	Paul	Butler	27:11
6 th	Marie	Roberts	29:54
7 th	Wendy	Sargeant	30:00
8 th	Gemma	Archer	32:25
9 th	Sarah	Hinkley	34:36
10 th	Sarah Anne	Fitzsimmons	39:13

Week 11 Participants

- Todd Nash
- Anne Kelsall
- Claire Crook
- Richard Lodge
- Paul Butler
- Marie Roberts
- Wendy Sargeant
- Gemma Archer
- Sarah Hinkley
- Sarah Anne Fitzsimmons

Week 10:

"Adjusted" League Table			
1 st	Marie	Roberts	16:09
2 nd	Gemma	Archer	16:11
3 rd	Sarah	Baggott	16:42
4 th	Wendy	Sargeant	17:12
5 th	Jane	Quinn	17:58
6 th	Nicola	James	19:03
7 th	Paul	Butler	19:15

"Absolute" League Table			
1 st	Sarah	Baggott	25:15
2 nd	Paul	Butler	25:54
3 rd	Wendy	Sargeant	27:45
4 th	Jane	Quinn	27:50
5 th	Marie	Roberts	29:38
6 th	Gemma	Archer	32:05
7 th	Nicola	James	36:01

Week 10 Participants

- Sarah Baggott
- Paul Butler
- Wendy Sargeant
- Jane Quinn
- Marie Roberts
- Gemma Archer
- Nicola James

Week 9:

"Adjusted" League Table			
1 st	Daniel	Day	16:02
2 nd	Marie	Roberts	16:11
3 rd	Lisa	Wakeman	16:50
4 th	Wendy	Sargeant	17:15
5 th	Steve	Blakemore	17:30
6 th	Anne	Kelsall	17:54
7 th	Gemma	Archer	18:00
8 th	Jane	Quinn	20:12
9 th	Paul	Butler	21:39

"Absolute" League Table			
1 st	Daniel	Day	17:50
2 nd	Steve	Blakemore	19:33
3 rd	Lisa	Wakeman	19:45
4 th	Anne	Kelsall	27:03
5 th	Paul	Butler	27:17
6 th	Wendy	Sargeant	27:48
7 th	Marie	Roberts	29:41
8 th	Jane	Quinn	30:04
9 th	Gemma	Archer	33:54

Week 9 Participants

- Daniel Day
- Steve Blakemore
- Lisa Wakeman
- Anne Kelsall
- Paul Butler
- Wendy Sargeant
- Marie Roberts
- Jane Quinn
- Gemma Archer

Week 8:

"Adjusted" League Table			
1 st	Marie	Roberts	15:39
2 nd	Alex	Dicken	15:50
3 rd	Marcus	Nye	15:51
4 th	Daniel	Day	16:10
5 th	Adam	Smith	16:25
6 th	Matthew	Emery	16:32
7 th	Louise	Berry	16:33
8 th	Gemma	Archer	16:44
9 th	Mark	Shaw	16:52
10 th	Wendy	Sargeant	17:16

"Absolute" League Table			
1 st	Adam	Smith	16:17
2 nd	Alex	Dicken	16:59
3 rd	Daniel	Day	18:00
4 th	Mark	Shaw	18:53
5 th	Steve	Blakemore	19:25
6 th	Marcus	Nye	20:22
7 th	Matthew	Emery	20:47
8 th	Louise	Booker	25:41
9 th	Wendy	Sargeant	27:49
10 th	Marie	Roberts	29:42

Week 8 Participants

- Adam Smith
- Alex Dicken
- Daniel Day
- Mark Shaw
- Steve Blakemore
- Marcus Nye
- Matthew Emery
- Louise Booker
- Wendy Sargeant
- Marie Roberts
- Louise Gadd
- Paul Butler
- Louise Berry
- Todd Nash
- Gemma Archer
- Nicola James
- Sarah Anne Fitzsimmons

Week 7:

"Adjusted" League Table			
1 st	Marie	Roberts	15:27
2 nd	Matthew	Emery	15:41
3 rd	Louise	Berry	15:44
4 th	Louise	Booker	16:35
5 th	Lisa	Wakeman	16:48
6 th	Wendy	Sargeant	17:16
7 th	Steve	Blakemore	17:26
8 th	Anne	Kelsall	17:35
9 th	Nicola	James	17:45
10 th	Emma	Preston	18:24

"Absolute" League Table			
1 st	Steve	Blakemore	19:29
2 nd	Lisa	Wakeman	19:43
3 rd	Matthew	Emery	20:27
4 th	Mark	Shaw	20:56
5 th	Louise	Booker	21:47
6 th	Anne	Kelsall	26:44
7 th	Claire	Crook	27:27
8 th	Wendy	Sargeant	27:49
9 th	Jane	Quinn	29:22
10 th	Louise	Gadd	29:39

Week 7 Participants

- Steve Blakemore
- Lisa Wakeman
- Matthew Emery
- Mark Shaw
- Louise Booker
- Anne Kelsall
- Claire Crook
- Wendy Sargeant
- Jane Quinn
- Louise Gadd
- Marie Roberts
- Louise Berry
- Nicola James
- Emma Preston
- Sarah Anne Fitzsimmons
- Gemma Archer

Week 6:

"Adjusted" League Table			
1 st	Marie	Roberts	15:29
2 nd	Gemma	Archer	16:12
3 rd	Nicola	James	16:57
4 th	Wendy	Sargeant	17:17
5 th	Anne	Kelsall	17:22
6 th	Steve	Blakemore	17:51
7 th	Mark	Shaw	17:54
8 th	Jane	Quinn	19:34
9 th	Louise	Booker	19:38
10 th	Louise	Gadd	19:42

"Absolute" League Table			
1 st	Mark	Shaw	19:35
2 nd	Steve	Blakemore	19:54
3 rd	Louise	Booker	24:50
4 th	Anne	Kelsall	26:31
5 th	Wendy	Sargeant	27:50
6 th	Jane	Quinn	29:26
7 th	Pete	Kelsall	30:42
8 th	Louise	Gadd	30:46
9 th	Marie	Roberts	31:00
10 th	Gemma	Archer	32:06

Week 6 Participants:

- Mark Shaw
- Steve Blakemore
- Louise Booker
- Anne Kelsall
- Wendy Sargeant
- Pete Kelsall
- Louise Gadd
- Jane Quinn
- Marie Roberts
- Gemma Archer
- Nicola James
- Sarah Anne Fitzsimmons
- Emma Preston

Week 5:

"Adjusted" League Table			
1st	Matthew	Emery	16:13
2nd	Gemma	Archer	16:45
3rd	Wendy	Sargeant	17:19
4th	Anne	Kelsall	17:47
5th	Nicola	James	18:59
6th	Jane	Quinn	19:33
7th	Emma	Preston	20:37

"Absolute" League Table			
1st	Matthew	Emery	20:59
2nd	Anne	Kelsall	26:56
3rd	Wendy	Sargeant	27:52
4th	Jane	Quinn	29:25
5th	Gemma	Archer	32:29
6th	Nicola	James	35:57
7th	Emma	Preston	40:12

Week 5 Participants

- Matthew Emery
- Anne Kelsall
- Jane Quinn
- Wendy Sargeant
- Gemma Archer
- Nicola James
- Emma Preston

Week 4:

"Adjusted" League Table			
1st	Marie	Roberts	15:08
2nd	Louise	Booker	17:30
3rd	Wendy	Sargeant	17:48
4th	Emma	Preston	17:52
5th	Anne	Kelsall	18:04
6th	Jane	Quinn	18:22
7th	Mark	Shaw	18:37
8 th	Louise	Gadd	18:40
9 th	Nicola	James	19:06
10 th	Sarah	Hinkley	19:20

"Absolute" League Table			
1st	Mark	Shaw	20:18
2nd	Louise	Booker	22:42
3rd	Anne	Kelsall	27:13
4th	Jane	Quinn	28:14
5th	Wendy	Sargeant	28:21
6th	Louise	Gadd	29:44
7th	Marie	Roberts	30:43
8th	Sarah	Hinkley	33:24
9th	Nicola	James	36:04
10th	Emma	Preston	37:27

Week 4 Participants

- Mark Shaw
- Louise Booker
- Anne Kelsall
- Jane Quinn
- Wendy Sargeant
- Louise Gadd
- Marie Roberts
- Sarah Hinkley
- Nicola James
- Emma Preston
- Sarah Anne Fitzsimmons

Week 3:

“Adjusted” League Table			
1st	Gemma	Archer	15:42
2nd	Marie	Roberts	16:24
3rd	Matthew	Emery	16:39
4th	Lisa	Wakeman	16:47
5th	Brett	Antill	16:57
6th	Mark	Shaw	17:19
7th	Steve	Blakemore	17:25
8 th	Wendy	Sargeant	17:54
9 th	John	Quinn	18:55
10 th	Jane	Quinn	19:38

“Absolute” League Table			
1st	Mark	Shaw	19:00
2nd	Brett	Antill	19:11
3rd	Steve	Blakemore	19:28
4th	Lisa	Wakeman	19:42
5th	Matthew	Emery	21:25
6th	John	Quinn	26:19
7th	Wendy	Sargeant	28:27
8th	Jane	Quinn	29:30
9th	Claire	Crook	29:47
10th	Marie	Roberts	31:59

Week 3 Participants

- Gemma Archer
- Marie Roberts
- Matthew Emery
- Lisa Wakeman
- Brett Antill
- Mark Shaw
- Steve Blakemore
- Wendy Sargeant
- John Quinn
- Jane Quinn
- Claire Crook
- Sarah Anne Fitzsimmons

Week 2:

“Adjusted” League Table			
1st	Henry	Simpson	15:37
2nd	Lisa	Wakeman	15:58
3rd	Gemma	Archer	16:20
4th	Marie	Roberts	16:24
5th	Nic	Baker	16:28
6th	Louise	Berry	16:40
7th	Matthew	Emery	16:50
8th	Daniel	Williams	17:05
9th	John	Quinn	17:15
10th	Anne	Kelsall	17:23

“Absolute” League Table			
1st	Daniel	Williams	18:01
2nd	Lisa	Wakeman	19:07
3rd	Steve	Blakemore	19:45
4th	Matthew	Emery	21:36
5th	Henry	Simpson	24:13
6th	John	Quinn	24:39
7th	Anne	Kelsall	26:32
8th	Jane	Quinn	27:57
9th	Wendy	Sargeant	28:34
10th	Marie	Roberts	31:59

Week 2 Participants:

- Daniel Williams
- Lisa Wakeman
- Steve Blakemore
- Matthew Emery
- Henry Simpson
- John Quinn
- Anne Kelsall
- Jane Quinn
- Wendy Sargeant
- Marie Roberts
- Gemma Archer
- Louise Berry
- Nic Baker
- Sarah Anne Fitzsimmons

Week 1:

"Adjusted" League Table			
1st	Sarah	Ashton	13:47
2nd	Alex	Dicken	15:59
3rd	Marcus	Nye	16:01
4th	Marie	Roberts	16:27
5th	Gemma	Archer	16:45
6th	Aaron	Neath	16:47
7th	John	Quinn	17:13
8 th	Louise	Berry	17:30
9 th	Steve	Blakemore	17:52
10 th	Jane	Quinn	18:54

"Absolute" League Table			
1st	Alex	Dicken	17:41
2nd	Steve	Blakemore	19:55
3rd	Aaron	Neath	20:00
4th	Marcus	Nye	20:43
5th	John	Quinn	24:37
6th	Sarah	Ashton	26:04
7th	Jane	Quinn	28:46
8th	Wendy	Sargeant	30:19
9th	Marie	Roberts	32:02
10th	Gemma	Archer	33:09

Week 1 Participants

- Sarah Ashton
- Alex Dicken
- Marcus Nye
- Marie Roberts
- Gemma Archer
- Aaron Neath
- John Quinn
- Louise Berry
- Steve Blakemore
- Jane Quinn
- Wendy Sargeant
- Sarah Anne Fitzsimmons

Rules

- You must send Mark O'Rourke an EMAIL** to register your interest. If you did NOT take part in the Spring/Summer handicap you should also send him your FASTEST evidenced 5k time (eg parkrun) from the last 12 months, or the last evidenced 5k time you have, with the date.
- You will be assigned a handicap score (which will NOT be shared with you or anyone!) from which Mark will be able to statistically adjust weekly recorded times.
- Your handicap is calculated by subtracting the official club record at 12th October (16:12) from your best time submitted (including any handicap times from previous weeks).
- Mark will send you a link to an online recording spreadsheet.
- To compete in a week you must run 3.11miles (or 5k) between 09:00 on Monday and 20:00 on Sunday.
- You must record this run (without interruption) on a GPS device and enter this onto the spreadsheet by Sunday at 20:00.
- Your time must be entered in SECONDS, eg 20 minutes 2 seconds would become 1202 seconds
- After the week is completed Mark will calculate adjusted times and upload a league table of results soon afterwards.
- There will be a published top 10 of "adjusted" times and also top 10 of "absolute" times.
- Adjusted times are calculated by subtracting your handicap from your week's result. Improver times show the difference in seconds between this week's time and last week's.
- All runs must be completed by yourself alone and in line with the government guidance of the necessary time period (i.e. presently not running while showing symptoms and self-isolating). It may be that the virtual runs need to be suspended if government guidance dictates.
- No tinkering with times, GPS or stopping watches part way through runs – the organiser reserves the right to adjust runs he feels might involve this!
- Any 3.11mile (or 5k) route can be used so think carefully about elevation, crossing roads, etc.
- The same route does NOT need to be used each week.
- You can only submit ONE time each week.
- All decisions made by the organiser are final – no appeals, no arguing, no moaning (it's only for fun folks!).

** If you do not have Mark's email address please email your initial time to aldridgerunningclub@gmail.com and ask them to forward your message.

Click [here](#) to return to top of document.