

**NICSAC Predicted Time 5km Handicap
Results
10 September 2025**

Name	Gen	Actual Time	Predicted Time	Time Difference
Anne McNally	F	00:27:42	00:27:50	- 00:00:08
Clare Walsh	F	00:31:28	00:31:00	+ 00:00:28
Janice McCartney	F	00:29:59	00:29:30	+ 00:00:29
Naomi Magowan	F	00:31:20	00:32:10	- 00:00:50
Emma McCracken	F	00:31:00	00:32:00	- 00:01:00
Mel McConaghy	F	00:27:09	00:28:30	- 00:01:21
Sam Anderson	F	00:40:25	00:38:44	+ 00:01:41
Heidi Rodgers	F	00:29:44	00:34:45	- 00:05:01
Stephen Lemon	M	00:23:55	00:23:45	+ 00:00:10
Gerry Mitchell	M	00:28:16	00:28:30	- 00:00:14
Sean McIntyre	M	00:24:05	00:23:30	+ 00:00:35
Stewart Malcolm	M	00:22:33	00:23:23	- 00:00:50
Al Macinnes	M	00:24:04	00:25:00	- 00:00:56
Paul O'Hare	M	00:28:33	00:27:30	+ 00:01:03
Ivan Baxter	M	00:44:03	00:43:00	+ 00:01:03