

HANDICAP RUN 01/04/2014

A fine night greeted our return to the summer off-road course and with the exception of one muddy section conditions proved good. After all the track work recently there was predictably a lot of PB's - excellent work.

Welcome to new member Carrie Chan.

Well done to Kerry, Carrie, John and Tom Iliffe who despite not having run this course had plenty of recent 5k results to suggest they set very good times.

Brilliant runs by Natalie and Colin saw Natalie break her ladies course record and Colin break Michael Earley's absolute course record.

Many thanks to Michael and James for setting out the course and time keeping.

FINISH ORDER	FORENAME	SURNAME	FINISH TIME	RUN TIME
1	Kerry	Queenan	00:28:42	0:26:57
2	Carrie	Chan	00:28:50	0:26:35
3	John	Queenan	00:29:38	0:23:08
4	Tom	Wheatley	00:29:39	0:23:09
5	Tom	Iliffe	00:30:44	0:21:59
6	Simon	Clarke	00:30:51	0:22:51
7	Edward	Buda	00:30:56	0:22:11
8	Alan	Bower	00:30:58	0:21:43
9	Simon	Davis	00:31:07	0:21:22
10	Colin	Ward	00:31:12	0:18:57
11	David	Millington	00:31:15	0:23:30
12	Pete	Wallis	00:31:16	0:24:01
13	Ian	Beresford	00:31:17	0:24:32
14	Richard	Iliffe	00:31:29	0:21:14
15	Kevin	Roughton	00:31:30	0:27:00
16	Paul	Robinson	00:31:41	0:23:26
17	Paula	Pigot	00:31:44	0:29:44
18	Natalie	Lebeter	00:31:47	0:22:17
19	Laura	Morle	00:31:48	0:27:18
20	Tara	Oxley	00:32:19	0:25:34
21	Gaby	Halverson	00:32:30	0:24:30
22	Rachel	Davis	00:33:07	0:29:52
23	Catherine	Hughes	00:33:07	0:29:52

PB's in **YELLOW**