

# HANDICAP RUN 04/12/2012

<u>POSITION</u>	<u>NAME</u>	<u>CLOCK TIME</u>	<u>ACTUAL TIME</u>	<u>PB</u>
1	Rachel Davis	30-58	30-28	30-40
2	Andrew Bird	32-55	23-10	-
3	Michael Earley	33-07	19-37	-
4	Dougie Spalding	33-10	33-10	29-50
5	James Turton	33-11	24-11	24-39
6	Emily Williams	33-16	24-16	24-59
7	Adam Chadwick	33-22	19-22	18-59
8	Dave Litchfield	33-33	21-33	21-01
9	Colin Ward	33-42	18-57	18-34
10	Kevin Roughton	33-52	25-37	25-48
11	Alan Bower	33-57	21-42	21-29
12	Kev Johnson	34-00	20-45	20-42
13	Malc Atherton	34-17	20-32	20-12
14	Paul Robinson	34-45	22-30	23-04
15	Carol Sharratt	34-52	26-22	24-43
16	Rob Sharratt	34-59	22-44	20-53

PB's highlighted in yellow

Season's Best in grey

Apart from the slightly icy surfaces, conditions were ideal for fast running and some excellent times were clocked. A lack of recent form left Rach with a generous handicap but that said, she did set a PB. Welcome to guest/new runners, Andrew and Michael, who both posted excellent times. Pb's were also set by Emily, James, Paul and Kevin R.

Many thanks to Sam for helping with the timekeeping and to Carol for the excellent home baking treats.