

HANDICAP RUN 08/01/2013

| <u>POSITION</u> | <u>NAME</u> | <u>CLOCK TIME</u> | <u>ACTUAL TIME</u> | <u>PB</u> |
|-----------------|-------------------|-------------------|--------------------|-----------|
| 1 | David Millington | 31-32 | 28-32 | - |
| 2 | Andrew Bird | 32-10 | 22-10 | 23-10 |
| 3 | Helen Bates | 32-25 | 24-55 | 24-28 |
| = | Tara Oxley | " | 25-40 | 24-25 |
| 5 | Alan Bower | 32-34 | 21-19 | 21-29 |
| 6 | Colin Ward | 32-36 | 18-36 | 18-34 |
| 7 | Jackie Ward | 32-37 | 25-52 | 26-20 |
| 8 | Edward Buda | 32-45 | 24-45 | - |
| 9 | Kevin Roughton | 32-52 | 25-22 | 25-48 |
| 10 | Michael Earley | 32-56 | 19-26 | 19-37 |
| 11 | James Turton | 33-08 | 24-23 | 24-11 |
| 12 | Becky Nightingale | 33-14 | 23-14 | 22-40 |
| = | Matt Nightingale | " | 19-29 | 19-13 |
| 14 | Paul Coe | 33-25 | 22-10 | 21-20 |
| 15 | Emily Williams | 33-38 | 25-23 | 24-16 |
| 16 | Richard Bower | 33-40 | 24-55 | - |
| 17 | Kev Johnson | 34-12 | 21-57 | 20-42 |
| 18 | Ben McVay | 34-14 | 20-14 | - |
| 19 | Verity Miles | 34-50 | 28-50 | - |
| 20 | Caroline Lawson | 36-05 | 31-05 | 23-47 |
| N/A | Tony Donaldson | - | 20-46 | 20-02 |

PB's highlighted in yellow

Season's Best in grey

Conditions were damp and drizzly but, judging by the excellent times, good for running. Welcome to first timers: David, Edward, Ben and Verity. A big welcome back to long time injured Paul Coe. Well done to all the PB'ers and Colin who came so close to setting a new course record.

Finally a big thank you to Tony for helping with the time keeping as soon as he'd finished.