

HANDICAP RUN 03/12/2013

Sorry for sounding like a stuck record but once again ideal conditions and a large turnout made for a load of PB's, let's see if the trend continues after the festive excesses.

Welcome to new member Gaby who debuted with one of the fastest ladies times seen on this course. Well done to Pete for being first on the night.

Thank you to Carol for the lovely cookies – proper carbo loading.

A big thank you to Mick and Caroline for once again handling the increasingly difficult job of timekeeping.

FINISH ORDER	FORENAME	SURNAME	FINISH TIME	RUN TIME
1	Peter	Ennis	0:30:06	0:24:21
2	Helen	Bates	0:30:12	0:26:12
3	Laura	Morle	0:30:27	0:27:57
4	David	Millington	0:30:31	0:23:31
5	Gaby	Halverson	0:30:36	0:23:21
6	Kevin	Roughton	0:31:03	0:24:48
7	Paula	Pigot	0:31:16	0:28:46
8	Robert	Sharratt	0:31:17	0:22:02
9	Stephen	Sharpe	0:31:19	0:21:49
10	Ian	Beresford	0:31:36	0:23:36
11	Simon	Clarke	0:31:42	0:22:12
12	Michael	Earley	0:31:45	0:18:15
13	Rachel	Davis	0:31:57	0:27:42
14	Elliot	Johnson	0:32:00	0:28:30
15	Andrew	Bird	0:32:08	0:20:53
16	Carol	Sharratt	0:32:09	0:25:54
17	Edward	Buda	0:32:12	0:21:12
18	Colin	Ward	0:32:14	0:19:14
19	James	Turton	0:32:16	0:24:01
20	Simon	Davis	0:32:19	0:20:19
21	Rachel	Newton	0:33:00	0:29:00
22	David	Crilley	0:33:16	0:22:16
N/A	Sharon	Harris	0:33:01	0:25:31
N/A	Richard	Iliffe	0:30:36	0:23:21
N/A	Douglas	Spalding	0:35:57	0:35:57

Season's best in blue

PB's in yellow