

HANDICAP RUN RESULTS 16/08/2011

1. JOANNE DAYKIN	27.59	(32-59)
2. RACHEL DAVIS	32.02	(34-02)
3. CATHERINE HUGHES	26.19	(34-19)
4. NATALIE LEBETER	24-09	(34-39)
5. JAMES CALDON	20.43	(34-43)
6. KEV JOHNSON	22-22	(35-07)
7. IAN BERESFORD	24.15	(35.15)
8. DAVE LITCHFIELD	22.52	(35.22)
9. SUE BATES	35.23	(35-23)
10. ALAN BOWER	23.43	(35-43)

After an absence of several months due to various injuries, Joanne Daykin finally made her return and came in first, admittedly with an over generous handicap time.

Of those who have recent times for comparison, though I hate to say it, Rachel ran very well knocking 57 seconds off last month's time to come in second.

Another p.b. was from Natalie Lebeter who came in forth and who I'm sure will go sub 24min next month.

The two debut runners, Catherine and James, both ran well to dip under their handicap times.

A final mention has to go to Dave Litchfield who, after a summer of hardman events such as the Hilly 100 and the Thunder Run, found this event so easy that he felt the need to hurl himself onto the rocky path. He then proceeded to finish the race with blood oozing from a collection of gashes, cuts and grazes.

Next Handicap run will be on Tuesday 20th September. The venue will be confirmed nearer the time.