

# HANDICAP RUN 03/01/2012

<u>POSITION</u>	<u>NAME</u>	<u>CLOCK TIME</u>	<u>ACTUAL TIME</u>	<u>PB</u>
1	Jean Davis	31-24	27-39	29-47
2	Catherine Hughes	33-36	24-46	25-03
3	Jacob Wood	34-30	19-20	18-55
4	Carol Sharratt	34-33	25-18	24-43
5	Dave Litchfield	34-46	22-06	21-01
6	Caroline Lawson	34-55	24-50	23-47
7	Robert Sharratt	35-19	22-09	20-53
8	Helen Bates	35-37	26-47	25-06
=	Gemma Lincoln	35-37	26-47	-
10	Hannah Anderson	36-58	28-08	-
N/A	Simon Davis	N/A	21-00	19.43

Tough windy conditions and probably the effects of the festive indulgences saw most people slower than previously. But reversing this trend, Jean ran a blinder and smashed her PB and Catherine continued to chip away at her PB. Well done to guest runner, and hopefully new member, Hannah Anderson who ran well on only her second run with the club. Finally, thanks to Carol for the cake – spot on carbo loading