

OCTOBER 2020 HANDICAP

Wednesday 7th October

Timekeeper: Liz Airnes Helper: Amanda Fuller

Pos	Name	Watch	H'cap	Time	PB	Date
1	Rafael Eaton	21.48	0.00	21.48	PB	Oct 20
2	Simon Reason	22.03	0.00	22.03	PB	Oct 20
3	Mark Warner	23.12	0.00	23.12	22.11	Jul 20
4	Steve Dunn	24.38	0.00	24.38	23.53	Sep 20
5	Josh Mathais-Davy	24.41	0.30	24.11	DR	
6	Graham Davies	25.21	0.30	24.51	19.39	Mar 00
7	Paul Eaton	25.33	0.30	25.03	PB	Oct 20
9	Nick Hume	25.47	0.30	25.17	18.37	Feb 88
9	Nicola Unsworth	27.43	0.30	27.13	24.53	Apr 18
10	Anthony Blight	27.47	0.30	27.17	24.55	May 02
11	Laura Lawler	28.25	1.00	27.25	26.17	Jun 12
12	Dawn Maher	30.28	1.00	29.28	27.47	Jun 19
13	Martin Bates	30.36	1.00	29.36	20.44	Jul 01
14	Simon Scarr	31.51	1.00	30.51	28.17	Sep 20
15	Gina Whiteley	32.37	1.00	31.17	29.26	Feb 19
16	Reg Smallbone	32.47	1.30	31.17	23.25	Jan 95
17	Tony Airnes	33.33	1.30	32.03	21.35	Dec 90
18	Peter Gibson	34.57	1.30	33.27	25.35	Dec 11
19	Rick Pinches	35.31	1.30	34.01	26.11	Jun 15
20	Malcolm Beech	36.43	2.00	34.43	30.54	Apr 19
21	Nickola Walker	37.34	2.00	35.34	32.59	Jun 19
22	Nicola Eaton	38.26	2.00	36.26	PB	Oct 20
23	Tony Croft	39.49	2.00	37.49	19.33	Jun 87
24	Fiona Martin	39.56	2.00	37.56	DR	

Next Handicap: Sunday 1st November 10.00

DR= Debut run

An almost perfect night for running and thanks to all who turned out and especially to Liz for timekeeping and Amanda for recording. The Eaton Family all ran home with PB's which must be a first triple ever for the Handicap. Now that Rafael knows the course he showed that he is continuing to develop into a talented runner. Simon Reason continues to chip away at his time whilst Graham Davies is showing great form as he eyes the M65 Record in a couple of months time. Josh M-D made a promising debut and surely has more to come next time.

Elsewhere in the field the "old-timers" (including Graham) have over 1,300 appearances between them from over 400 Handicaps, which is why it is important that The Handicap continues for years to come.

It is a great bench mark for all who compete enabling times to be compared with previous ones and whilst the newer athletes have targets in sight, those who have been running it for years still love the chance to run and probably have their own personal targets at the back of their minds.