

AUGUST 2022 HANDICAP

Wednesday 3rd August

Timekeeper: Nick Hume Recorder: Laura Lawler

Pos	Name	Start Time	Finish Time	H'Cap Time	PB	Date
1	Chris Wylie	00:09:00	32:59	23:59	PB	
2	Diane Strickland	00:06:30	34:29	27:59	PB	
3	Ian Dawson	00:12:00	34:32	22:32	21.43	Jul-15
4	Malcolm Beech	00:01:00	34:51	33:51	30.54	Apr-19
5	Steve Dunn	00:10:00	35:02	25:02	23.21	May-21
6	Jonathon Sanderson	00:11:00	35:12	24:12	24.06	Apr-22
7	Basia Pawelczak	00:05:00	35:15	30:15	27.03	Jun-19
8	Anthony Blight	00:08:00	35:27	27:27	24.55	May-02
9	Ian Close	00:04:00	35:50	31:50	22.41	May-01
10	Simon Reason	00:12:00	35:55	23:55	22.03	Oct-20
11	Peter Gibson	00:03:00	36:38	33:38	25.35	Dec-11
12	Andrea Smith	00:05:30	36:50	31:20	22.36	Sep-02
13	Fiona Martin	00:00:00	39:28	39:28	37.11	Apr-21
14	Tony Croft	00:00:00	41:12	41:12	19.33	Jun-87

A pleasing turnout for the August Handicap and some good conditions for the race. Chris Wylie led the runners back with a new PB knocking 39 seconds off his previous time, whilst in 2nd Diane Strickland reduced her PB by 32 seconds. Jonathon Sanderson was only 6 seconds off his PB despite incorporating this into his long run. Others such as Malcolm Beech and Fiona Martin were delighted with their runs which is what the Handicap is all about for most runners as it provides an important benchmark on current form and fitness.

Next Handicap will (hopefully) be Wednesday 14th September at 19.00