

JULY 2023 HANDICAP

Wednesday 5th July

Officials: Liz Airnes, Tony Airnes & Malcolm Beech

Pos	Name	Start Time	Finish Time	H'Cap Time	PB	Date
1	Luke Helmn	00:06:00	33:02	27:02	PB	
2	Michael Osinski-Gray	00:12:00	33:35	21:35	20.14	May-23
3	Jonathon Sanderson	00:10:30	34:17	23:47	PB	
4	Rachel Slater	00:03:00	34:19	31:19	PB	
5	Graham Davies	00:08:00	34:22	26:22	19.39	Mar-00
6	Andrew Neal	00:09:30	34:31	25:01	PB	
7	Nicola Unsworth	00:06:30	34:33	28:03	24.53	Apr-18
8	Simon Reason	00:09:30	34:42	25:12	22.03	Oct-20
9	Andrea Smith	00:03:00	34:48	31:48	22.36	Sep-02
10	Jack Wilson	00:12:00	34:58	22:58	22.18	Jun-23
11	Anthony Blight	00:03:00	35:16	32:16	24.55	May-02
12	Peter Gibson	00:03:00	35:40	32:40	25.35	Dec-11
13	Andy Slater	00:06:00	35:46	29:46	28.35	May-23
14	Steve Dunn	00:08:00	35:58	27:58	23.21	May-21
15	Nick Hume	00:07:30	35:59	28:29	18.37	Feb-88
16	Phil Lakeland	00:00:00	41:05	41:05	29.44	Jun-17
17	Dave Williamson			23:17	21.41	Jul-15

Of the 17 runners 14 had competed in June and 5 had raced at Caldervale the night before. There were good PBs by Luke H, Jonathon S, Rachel Slater & Andrew N so many congratulations to them. For the rest of us it was supporting the event and the taking part. Thanks once again to Liz, Tony & Malc for keeping us all in order and making it all possible.

Next Handicap will be Wednesday 2nd August at 19.00

HANDICAP RECORDS

Category	Name	Time	Date
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Open Men	CARL KING	18.16	Jun-98
M40	PHIL LEYBOURNE	19.17	Jun-11
M45	JOHN HOUGHTON	19.36	Oct-02
M50	TONY CROFT	20.04	Apr-00
M55	STUART CALDERBANK	21.14	Mar-02
M60	GRAHAM DAVIES	23.49	Apr-17
M65	GRAHAM DAVIES	25.21	May-22
M70	JOHN WINTERS	26.25	Sep-05
M75	MIKE WALSH	28.07	Jun-07
Open Ladies	SHARON ASTLEY	20.49	Jul-86
F35	CAROLINE BETMEAD	21.47	Jun-07
F40	CHRISSIE O'CONNOR	23.27	May-04
F45	CAROLINE BETMEAD	23.07	Jun-21
F50	CAROLINE BETMEAD	24.05	Dec-21
F55	BEV WRIGHT	24.46	Mar-17
F60	MARGARET BROWN	29.07	Nov-06
F65	MARGARET BROWN	30.44	Sep-08