

AUGUST 2023 HANDICAP

Wednesday 2nd August

Officials: Nick Hume, Tony Croft & Malcolm Beech

Pos	Name	Start Time	Finish Time	H'Cap Time	PB	Date
1	Rachael Slater	00:03:00	32:59	29:59	PB	
2	Anthony Blight	00:03:00	33:17	30:17	24.55	May-02
=3	Andrea Smith	00:03:00	33:35	30:35	22.36	Sep-02
=3	Karen Dunford	00:03:00	33:35	30:35	26.44	May-06
5	Ian Dawson	00:03:00	33:37	30:37	21.43	Jul-15
6	Kate Lakeland	00:06:30	33:43	27:13	25.54	Jun-22
7	Luke Helmn	00:08:00	33:51	25:51	PB	
8	Simon Reason	00:10:00	34:02	24:02	22.03	Oct-20
9	Michael Osinski-Gray	00:13:00	34:29	21:29	20.14	May-23
10	Graham Davies	00:08:00	34:35	26:35	19.39	Mar-00
11	Steve Davies	00:06:30	34:38	28:08	PB	
12	Nicola Unsworth	00:06:30	34:42	28:12	24.53	Apr-18
13	Dave Williamson	00:11:00	34:43	23:43	21.41	Jul-15
14	Andy Slater	00:05:00	34:52	29:52	28.35	May-23
15	Jonathon Sanderson	00:11:00	34:54	23:54	23.47	Jul-23
16	Basia Pawelczak	00:06:00	35:16	29:16	27.03	Jun-19
17	Peter Gibson	00:03:00	35:19	32:19	25.35	Dec-11
18	Phil Lakeland	00:00:00	40:22	40:22	29.44	Jun-17
19	Fiona Martin	00:00:00	40:43	40:43	37.11	Apr-21

Thanks to all who competed and with 3 PBs for Rachael, Luke & Steve it was another good night's running. Thanks to Tony and Malcolm for giving their time to officiate and help all run smoothly. Please note the amended date for the September Handicap is 30th August.

Next Handicap will be Wednesday 30th August at 19.00

HANDICAP RECORDS

Category	Name	Time	Date
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