

SEPTEMBER 2023 HANDICAP

Monday 28th August

Officials: Liz Airnes, Tony Airnes & Tony Croft

Pos	Name	Start Time	Finish Time	H'Cap Time	PB	Date
1	Andy Slater	00:02:00	29:28	27:28	PB	
2	Andy Hall	00:03:00	30:25	27:25	26.49	Jul-22
3	Michael Osinski-Gray	00:10:00	30:27	20:27	20.14	May-23
4	Josh Smith	00:10:00	30:55	20:55	PB	
5	Steve Wilson	00:07:30	30:56	23:26	PB	
6	Rachael Slater	00:02:00	31:25	29:25	PB	
7	Jack Wilson	00:09:00	31:47	22:47	22.18	Jun-23
8	Nick Hume	00:03:00	31:57	28:57	18.37	Feb-88
9	Anthony Blight	00:02:00	32:03	30:03	24.55	May-02
10	Tony Terras	00:07:00	32:30	25:30	23.33	Nov-16
11	Paul Eaton	00:07:30	32:42	25:12	24.23	Oct-21
12	Peter Gibson	00:00:00	32:59	32:59	25.35	Dec-11
13	Luke Helmn	00:06:00	37:15	31:15	25.51	Aug-23

Many thanks to all who supported the Handicap tonight, especially Liz, Tony A & Tony C, and a good evening for racing saw 4 PBs. The Slater family went home with honours even as both Andy and Rachel set very good PBs, as did Josh and Steve. Good to see two athletes under 21 minutes. We wish Andy all the best for his Hernia operation tomorrow and a speedy recovery. Hopefully Luke and Tony C will recover from their injuries ready for the October Handicap.

Despite dire predictions that the world would end at 19.00 due to the Handicap moving days this did not occur and a few runners thought they saw the Rev wearing sack cloth and ashes in one of the fields adjacent to the Lanes!

Next Handicap will be Wednesday 4th October at 18.15

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